



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2016/2017 Number 12  
20 December 2016



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### WALKER OF THE WEEK

Only a short newsletter this week, given the busy nature of Christmas and the small number of races currently being held. Before going on the racewalking news of the week, a quick wish to all our readers that you have a safe Christmas break, surrounded by friends and family. And now off we go.....

My Walker of the Week is once again 17 year old Perth walker **Declan Tingay**. Walking in the Athletics Victoria Shield competition last Saturday in Geelong, he powered through the 3000m walk in a 10 sec PB time of **11:40.32**, bettering Troy Sundstrom's Australian U18 3000m Australian record of 11.42.04, set in Sydney in 1998.

The previous weekend weekend at Fawkner Park, he bettered Troy Sundstrom's Australian U18 10km record of 42:47 with his time of **42:36**. The previous weekend, he won the U18 5000m walk at the Australian Schools Championships in a PB time of **20:11.80**. Talk about a walker in rare form!



*Declan in action the week before at Fawkner Park in Melbourne*

Australian records can be viewed at <http://www.athletics.com.au/Portals/56/Copy%20of%20AustRec-2016-Oct.pdf>.

Declan's latest time catapults him into the top 20 of my Australian all-time list for 3000m

1.	10.56.22	Andrew Jachno	V	13-04-1962	1	Melbourne	07-02-1991	33
2.	10.56.23	Dane Bird-Smith	Q	15-07-1992	1	Cork, Ireland	08-07-2014	21
3.	10.59.04	Luke Adams	N	22-10-1976	2	Cork, Ireland	03-07-2010	33
4.	11.00.56	David Smith	V	24-07-1955	1	Perth	24-01-1987	31
5.	11.11.45	Nick A'Hern	N	06-01-1969	2	Melbourne	07-02-1991	22
6.	11.13.77	Jared Tallent	V	17-01-1984	1	Sydney	28-02-2009	25
7.	11.16.2	Troy Sundstrom	N	30-05-1981	1	Sydney	27-11-1999	18
8.	11.17.0	Nathan Deakes	V	17-08-1977	1	Melbourne	10-12-1998	21

9.	11.19.0	Jesse Osborne	Q	12-01-1995	1	Melbourne	12-04-2014	19
10.	11.21.86	Adam Rutter	N	24-12-1986	3	Sydney	28-02-2009	22
11.	11.23.2	Steve Beecroft	V	14-03-1971	1	Melbourne	13-01-1994	22
12.	11.26.0	Simon Baker	V	06-02-1958	1	Solleftuna	07-07-1989	31
13.	11.27.0	Michael McCagh	W	16-04-1986	2	Sydney	17-02-2007	20
14.	11.28.2	Willi Sawall	V	07-11-1941	1	Melbourne	15-03-1980	38
15.	11.28.83	Chris Erickson	V	01-12-1981	6	Sydney	18-02-2012	30
16.	11.29.7	Brent Vallance	N	30-04-1972	1	Sydney	06-12-1997	25
17.	11.32.9	Doug Connolly	N	30-10-1982	2	Sydney	27-11-1999	17
18.	11.33.1	Rhydian Cowley	V	04-01-1991	2	Brisbane	14-02-2015	24
19.	11.38.8	Liam Murphy	S	05-06-1979	1	Adelaide	13-11-1999	20
20.	11.40.32	Declan Tingay	W	06-02-1999	1	Geelong	17-12-2016	17

See my full ranking lists at <http://www.vrwc.org.au/arankings.shtml>.

#### WHAT'S COMING UP

- All competition has now finished for the year, as far as I know. Athletics Victoria Shield restarts on **Saturday 7<sup>th</sup> January** with Round 10.
- The AIS will soon be hosting a large number of top national and international walkers in the second part of a major nutritional study being undertaken within the Sports Science department. Walkers will spend 6 weeks training in Canberra, starting in early January and finishing on 12<sup>th</sup> February. Most will then be travelling to Adelaide for the 2017 Australian Summer 20km championships. It's a wonderful opportunity for our walkers to train with such an elite group. It can only benefit everyone. I believe that Jared Tallent, Regan Lamble, Adam Garganis and Rhydian Cowley will be waving the flag on behalf of the Aussies.
- An ongoing reminder that registrations are still open for our annual **VRWC Falls Creek Summer Racewalk Camp**. It will run from Friday 30<sup>th</sup> December 2016 to Thursday 12<sup>th</sup> January 2017. See <http://www.vrwc.org.au/vrwc-fallscreek.shtml> for further details. Week 1 is now full but there are places left for week 2.

#### AV SHIELD ROUND 9, SATURDAY 10 DECEMBER

It was another bumper turnout of walkers in the final Athletics Victoria Shield competition before Christmas, with 95 walkers in action across the 7 zones. Conditions were good on Thursday evening and we saw a number of PBs.

#### AV Shield Round 9, Blue Zone, Lakeside Stadium, Albert Park, Thursday 15 December

17 year old **Philippa Huse** won the 3000m at Albert Park with a PB 14:03.9, ahead of **Reese Walmsley** (14:10.7). Also great to see young **Paige de Lisen** walk a PB of 16:07.0 back in 4<sup>th</sup> place. The 1500m walk also saw an excellent performance from 14 year old **Corey Dickson** with a PB 6:58.9.

##### 3000m Walk

1.	Huse, Philippa	W99	SANDRINGHAM ATHL	14:03.9	PB 0:05
2.	Walmsley, Reese	M98	KNOX ATHLETIC CLUB	14:10.7	
3.	Hamilton, Emily	W98	KNOX ATHLETIC CLUB	15:30.0	
4.	De Lisen, Paige	W98	KNOX ATHLETIC CLUB	16:07.0	PB 0:03
5.	Osmand, Kym	W82	OAKLEIGH ATHLETI	16:35.8	
6.	Carr, Heather	W49	GLENHUNTLY ATHLE	17:16.7	
7.	Steed, Gwen	W42	GLENHUNTLY ATHLE	20:04.6	
8.	Barrow, Geoff	M49	MENTONE ATHLETIC	20:41.0	
9.	Holohan, Bernadette	W65	SANDRINGHAM ATHL	23:06.6	
10.	Howorth, Sandra	W63	GLENHUNTLY ATHLE	28:01.7	
11.	Murphy, Christopher	M58	GLENHUNTLY ATHLE	32:06.0	
	Stern, Steven	M51	GLENHUNTLY ATHLE	DQ	
	Zeleznikow, John	M50	GLENHUNTLY ATHLE	DQ	

##### 1500m Walk

1.	Dickson, Corey	M02	KNOX ATHLETIC CLUB	6:58.9	PB 0:04
2.	Karagiorgos, Chloe	W02	KNOX ATHLETIC CLUB	7:32.5	
3.	Hay, Charlotte	W03	KNOX ATHLETIC CLUB	7:57.0	
4.	Louey, Grace	W03	KNOX ATHLETIC CLUB	8:41.3	
5.	Hay, Angus	M03	KNOX ATHLETIC CLUB	9:50.0	

**AV Shield Round 9, Red Zone, Tom Kelly Reserve, Doncaster, Thursday 15 December**

It looks like **Adam Garganis** and **Emmet Brasier** had a stroll around together at Doncaster, finishing in 14:09.0 and 14:09.6 respectively. **Pramesh Prasad** had another good walk, his time of 14:26.6 just outside his PB. **Donna-Marie Elms** was the first of the women with 18:26.5. As usual, **William Dynes** was fastest in the 1500m with 7:46.1.

**3000m Walk**

1.	Garganis, Adam	M	COLLINGWOOD	14:09.0
2.	Brasier, Emmet	M	DIAMOND VALL	14:09.6
3.	Prasad, Pramesh	M	COLLINGWOOD	14:26.6
4.	McDonough, Aaron	M	PRESTON ATHL	14:51.2
5.	Hawkins, Trenton	M	PRESTON ATHL	15:27.6
6.	Smyth, David	M	COLLINGWOOD	15:51.0
7.	Elms, Donna-Marie	W	PRESTON ATHL	18:26.5
8.	Lazar, Dennis	M	DIAMOND VALL	18:54.0
9.	Gardiner, Robert	M	COLLINGWOOD	19:58.1
10.	McLennan, Laura	W	DONCASTER AT	20:02.0
11.	McLennan, Campbell	M	DONCASTER AT	20:06.5
12.	Brown, Tammarah	W	RICHMOND HAR	25:31.7
13.	Campbell, Donna	W	PRESTON ATHL	27:10.0

**1500m Walk**

1.	Dynes, William	M	DIAMOND VALL	7:46.1
2.	McLennan, Liam	M	DONCASTER AT	9:40.9
3.	Camilleri, Rhianyn	W	DIAMOND VALL	10:47.7
4.	Camilleri, Brent	M	DIAMOND VALL	12:41.1
5.	Thompson, Max	M	DONCASTER AT	12:45.4

**AV Shield Round 9, White Zone, Bill Sewart Athletics Track, East Burwood, Thursday 15 December**

Some great 3000m performances at East Burwood with **Kyle Swan** (12:42.6), Rio Olympian **Alana Barber** (a PB 12:54.4), **Jason Kozica** (a huge PB of 13:09.5) and **Brad Simpson** (13:15.8) leading the walkers home.

**3000m Walk**

1.	Swan, Kyle	M99	ATHLETICS NUNAWA	12:42.6	
2.	Barber, Alana	W87	UNATTACHED	12:54.4	PB 0:11
3.	Kozica, Jason	M87	ST KEVINS ATHLET	13:09.5	PB 0:35
4.	Simpson, Bradley	M93	ATHLETICS NUNAWA	13:15.8	
5.	Evans, Simon	M60	BOX HILL ATHLETI	15:51.1	
6.	Muldoon, Wendy	W71	ATHLETICS NUNAWA	16:22.2	
7.	Geisler, Sandra	W77	RINGWOOD ATHLETI	16:36.3	
8.	Rosenbrock, Carolyn	W62	ATHLETICS NUNAWA	16:49.6	
9.	Taylor, Lucas	M96	YARRA RANGES ATH	17:17.1	
10.	Riddoch, Clyde	M53	ATHLETICS WAVERLEY	19:19.8	
11.	Marston, Janice	W65	ATHLETICS WAVERLEY	19:42.3	
12.	Meager, Sharron	W59	BOX HILL ATHLETI	19:43.7	
13.	Benke, Geza	M56	OLD MELBOURNIANS	20:33.9	
14.	Sommers, David	M57	ATHLETICS NUNAWA	20:46.6	
15.	Sofianos, Gerald	M49	ST KEVINS ATHLET	22:28.1	

**1500m Walk**

1.	Imbriano, Joel	M06	ST KEVINS ATHLET	8:56.1
2.	Taylor, Lee	W01	YARRA RANGES ATH	10:06.4

**AV Shield Round 9, Yellow Zone, Moonee Valley Athletics Track, Aberfeldie, Thursday 15 December**

Former NZ Olympic walker **Scott Nelson** continued his recent good form with another sub-15 walk, his time 14:51.5 this time round. And a great battle between daughter **Arnkia Nelson** (7:44.6) and **Heath Beveridge** (equal PB 7:47.0) in the 1500 walk.

**3000m Walk**

1.	Nelson, Scott	M	WYNDHAM TRACK AN	14:51.5
2.	Donahoo, Mark	M	ATHLETICS ESSENDON	15:24.3
3.	Kondogonis, John	M	KEILOR ST BERNAR	16:27.9
4.	Erickson, Tim	M	COBURG HARRIERS	17:18.7
5.	Dunstone, Phillip	M	WESTERN ATHLETICS	17:45.6
6.	Knox, Duncan	M	ATHLETICS ESSENDON	18:39.8
7.	Beaumont, Hamish	M	MELBOURNE UNIVER	19:01.3
8.	Anderson, Brian	M	ATHLETICS ESSENDON	19:06.1
9.	Murphy, Stephen	M	ATHLETICS ESSENDON	19:07.1
10.	McGoughan, Tracy	W	KEILOR ST BERNAR	19:21.2

11.	Shaw, Robyn	W	WESTERN ATHLETICS	19:39.4
12.	Lewis, Leandar	M	WYNDHAM TRACK AN	20:36.6
13.	Hodgart, Janice	W	WESTERN ATHLETICS	21:20.5
14.	Spiteri, Kelly	W	COBURG HARRIERS	21:20.7
15.	Ireland, Roslyn	W	BRUNSWICK ATHLET	22:36.9
16.	Kunig, Krystal	W	KEILOR ST BERNAR	23:14.9
17.	Cashin, Brenda	W	WESTERN ATHLETICS	23:15.9
18.	Ireland, Mark	M	BRUNSWICK ATHLET	24:53.3
19.	Crook, Madison	W	ATHLETICS ESSENDON	24:54.3
20.	Ireland, Olive	W	BRUNSWICK ATHLET	25:12.9

#### 1500m Walk

1.	Nelson, Arnika	W	WYNDHAM TRACK AN	7:44.6	
2.	Beveridge, Heath	M	WESTERN ATHLETICS	7:47.0	eq PB
3.	Williams, Alexandra	W	KEILOR ST BERNAR	12:02.3	
4.	Knox, Christian	M	ATHLETICS ESSENDON	DQ	

#### AV Shield Round 9, Ballarat Zone, Llanberris Reserve, Ballarat, Thursday 15 December

**Jemma and Alanna Peart** obviously walked together in Ballarat, finishing with 15:04.03 and 15:04.29 respectively. And good to see some of the youngsters from the Ballarat Race Walking Club having a hitout in the 1500m, where 12 year old **Fraser Saunder** was fastest with 7:55.18.

#### 3000m Walk

1.	Peart, Jemma	W01	BALLARAT YCW HAR	15:04.03
2.	Peart, Alanna	W03	BALLARAT YCW HAR	15:04.29
3.	Dowie, Ellen	W99	EUREKA ATHLETIC	17:54.51
4.	Luke, Peter	M58	UNA	21:18.63

#### 1500m Walk

1.	Saunder, Fraser	M04	UNA	7:55.18
2.	Peart, Scott	M06	UNA	9:11.94
3.	Tallent, Brodie	M06	UNA	9:48.21
4.	Darlow, Mia	W05	UNA	10:07.55

#### AV Shield Round 9, Bendigo Zone, La Trobe University Track, Bendigo, Thursday 15 December

Bendigo saw another win to **Amanda Heard** with 15:48.92.

#### 3000m Walk

1.	Amanda Heard	W21	EAGLEHAWK	15:48.92
2.	Madison Hill	W16	SOUTH BENDIGO	18:00.20
3.	Jennifer Payne	W60	SOUTH BENDIGO	18:52.99
	Ebony Whiley	W21	EAGLEHAWK	DNF

#### AV Shield Round 9, Geelong Zone, Landy Field, Geelong, Saturday 17 December

Finally to Geelong which had its competition on Saturday afternoon. What a way to finish the comp, with 17 year old Perth walker **Declan Tingay** burning up the track with a 3000m PB of 11:40.32. Last weekend at Fawkner Park, he bettered the Australian U18 10km record. His tiem this week actually bettered Troy Sundstrom's Australian U18 3000m Australian record of 11.42.04, set in Sydney in 1998. Wow!!!

#### 3000m Walk

1.	Tingay, Declan	M99	UNA	11:40.32	PB 0:10
2.	Davison, Mackayla	W00	CORIO ATHLETIC CLUB	17:48.83	

#### 1500m Walk

1.	Heikkila-Dubowik, Kaylah	W05	CORIO ATHLETIC CLUB	8:45.88
2.	Walker, Charli	W03	BELLARINE T&F CLUB	9:11.50

### SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, THURSDAY 15 DECEMBER

Thanks to Colin Hainsworth for the latest results from Adelaide - Colin commented: *Last night of competition at SA Stadium. All the best to everyone for Christmas and the coming year.*

#### 2000m Walk

1.	Kim Mottrom	09:34	M32	70.26%
2.	Rhiannon Lovegrove	10:17		

#### 1500m Walk

1.	Kim Mottrom	07:00	M32	74.20%
2.	Rhiannon Lovegrove	07:23		

3.	Peter Crump	11:11	M56	72.00%	3.	Peter Crump	08:25	M56	74.00%
4.	Marie Maxted	11:36	W56	75.16%	4.	Marie Maxted	08:52	W56	75.20%
5.	Cherie Rothery	12:24	W46	64.46%	5.	Gil McIntosh	09:17	M66	74.22%
6.	Gil McIntosh	12:45	M66	69.87%	6.	Helen Suridge	10:41	W65	68.44%
7.	Kerry Goode	13:34	W42	57.05%	7.	Richard Moyle	10:42	M60	60.47%
8.	James Hoare	13:54	M70	67.14%	8.	Graham Harrison	11:04	M73	67.72%
9.	Helen Suridge	14:21	W65	66.89%	9.	Margaret McIntosh	12:10	W64	59.42%
10.	Richard Moyle	14:23	M60	58.15%	10.	Jill Rogers	12:40	W72	63.03%
11.	Graham Harrison	14:39	M73	66.15%	11.	Edna Bates	12:56	W64	55.90%
12.	Bill Starr	15:15	M74	64.39%					
13.	Dave Fallon	15:59	M64	54.53%					
14.	Margaret McIntosh	16:01	W64	59.23%					
15.	Jill Rogers	17:00	W72	61.89%					
16.	Edna Bates	17:36	W64	53.90%					

#### ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 15 DECEMBER

Thanks to Robin Whyte for the latest results from Canberra. **Brendon Reading** fastest as usual with 22:50 for the 5000m.

##### 3000m Walk

1.	Gabby Hunt	15:31
2.	Hannah Manning	16:44
3.	Ellen Vahey	19:26
4.	Margaret McSpadden	25:02
5.	Robert Kennelly	29:02

##### 1000m Walk

1.	Andrew Camp-Liddiard	05:51
2.	Harry Baker	06:15
3.	Ella Baker	06:18
4.	Sebastian Tanner	06:22
5.	Anna Vahey	06:57
6.	Tiona Kane	08:20

##### 5000m Walk

1.	Brendon Reading	22:50
2.	Mitchell Baker	23:32
3.	Matt Griggs	23:33
4.	Ann Staunton-Jugovic	28:11
5.	Robin Whyte	31:41
6.	Bryan Thomas	36:07
7.	Ruth Baussmann	36:49
	Val Chesterton	DNF

#### 2016 NSW CLUB & COMBINED EVENT CHAMPS, SOPAC, SYDNEY, 17-18 DECEMBER

NSW walkers were in action last weekend at the NSW Club Championships in Sydney. Walks were contested on both days of the meet. Saturday saw 1500m and 5000m walks contested. was the standout with a 5000m time of 20:55.84.

##### 1500m U15

1.	Hardy, Renee	W13	Asics Wests	7:54.25
2.	Martin, Brooke	W13	Nepean Distr	8:36.60
3.	Hickson, Alannah	W11	Asics Wests	8:41.64
4.	Schofield, Catheri	W11	Nepean Distr	9:11.73
5.	Pitcher, Sienna	W9	Mingara Athl	9:23.98
6.	Scholle, Felix	M10	Asics Wests	9:26.45

##### 5000m U20

1.	Francis, Lucy	W17	Sydney Pacif	26:46.14
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##### 5000m Open

1.	Jones, Tyler	M18	Mingara Athl	20:55.84
2.	Gibbons, Carl	M20	Westlakes At	23:35.94
3.	Washburn, Steven	M22	U.T.S. North	24:48.43
4.	Webb, Cheryl	W40	Blacktown Ci	25:52.84

3000m walks were contested on Sunday, with more walkers joining the fray. Best walk of the day probably by 13 year old **Allanah Pitcher** who was only a few secs outside her PB with 1:12.69.

##### 3000m U14

1.	Pitcher, Allanah	W13	Mingara Athl	14:12.69
2.	Mcmillen, Elizabet	W12	Sydney Pacif	14:59.23
3.	Vesper, Ryan	M11	Mingara Athl	16:22.64
4.	Dunne, Izabella	W11	Mingara Athl	16:22.77

5.	Bolton, Hannah	W13	Mingara Athl	17:24.99
6.	McLoughlin, Chloe	W12	Gosford Athl	17:57.29
7.	Cunningham, Breann	W11	Campbelltown	18:30.10
8.	Tebbutt, Archie	M12	Gosford Athl	18:35.89
9.	Davis, George	M13	Ryde Athleti	19:32.89
	Vesper, Danielle	W13	Mingara Athl	DNF

### 3000m U16

1.	Tebbutt, Oscar	M15	Gosford Athl	14:35.11
2.	Blaskett, Hayden	M14	Sydney Strid	15:13.55
3.	McGinniskin, Jack	M14	Edgeworth an	16:42.81
4.	Parker, Hannah	W14	Randwick Bot	17:49.47
	Johnston, Lily	W14	Asics Wests	DNF

### 3000m U18

1.	Richardson, Dylan	M16	Mingara Athl	13:17.39
2.	Bedford, Kyle	M16	Nepean Distr	14:09.56
3.	Thomson, Ryan	M16	Nepean Distr	14:45.98
4.	O'Neill, Molly	W16	Adamstown Ne	15:56.82
5.	Barendregt, Travis	M16	Nepean Distr	17:11.04
	Young, Aisling	16	Mingara Athl	DNF

### 3000m Masters

1.	Weekes, Anne	W54	Sutherland D	17:36.18
2.	Osborne, Robert	M61	Nepean Distr	17:47.43
3.	Seymon, Jim	M79	U.T.S. North	19:36.24
4.	McDonald, Anthony	M55	Nsw Masters	19:40.72
5.	White, Baden	M72	Nsw Masters	22:39.62
6.	Hyde, Brendon	M71	Sydney Unive	23:41.83

## REUNION DAY T&F MEET, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 17 DECEMBER

14 year old **Bayley Campbell** (15:51.99) took fastest time in Hobart last Saturday.

### 3000m Walk

1.	Bayley Campbell		Old Virgilians	15:51.99
2.	Anna Blackwell		Old Virgilians	16:13.94
3.	Elizabeth Leitch		Tasmanian Masters	19:25.23
4.	David Moore		Tasmanian Masters	DNF
5.	Ron Foster		Tasmanian Masters	DQ

## QMA TRACK MEET, QSAC, BRISBANE, SATURDAY 17 DECEMBER

Two Queensland Masters races to report on in this newsletter. First to Brisbane on Saturday with **Dean Nipperess** showing a clean pair of heels to the rest with a 5000m time of 25:15.71.

### 5000m Walk

1.	Dean Nipperess	M45	GC & Sthrn	25:15.71	77.89%
2.	Ignacio Jimenez	M51	Brisbane	25:19.40	80.97%
3.	Peter Bennett	M61	Brisbane	36:16.11	61.85%
4.	Noela McKinven	W74	Brisbane	42:20.79	66.55%

## QMA TRACK MEET, GRIFFITH UNIVERSITY, GOLD COAST, SUNDAY 18 DECEMBER

Dean was back in action on Sunday on the Gold Coast and won the 1500m with 6:38.55.

### 1500m Walk

1.	Dean Nipperess	M45	GC & Sthrn	6:38.55	85.32%
2.	Kay Shaw	W57	GC & Sthrn	9:08.38	72.30%
3.	Nyle Sunderland	W49	Visitor	8:19.94	72.87%
4.	Paul Lindenberg	M54	GC & Sthrn	8:45.47	67.47%
5.	Debbie Lindenberg	W55	GC & Sthrn	10:24.99	63.44%

## WARWC ROAD WALKS, WILSON, PERTH, SUNDAY 18 DECEMBER

Thanks to Terry Jones for the latest results from the Western Australian Racewalking Club in Perth.

### 10km Walk

1.	Brad Mann	56.59
2.	Isabella Tolardo	64.39
3.	Karyn Tolardo	65.34
4.	Marie Fitzsimons	66.07
5.	Wendy Farrow	68.27

### 5km Walk

1.	John Smith	45.53
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### 1.5km Walk

1.	Korbin Maskiell	8.44
2.	Sienna Andritsos	8.48
3.	Amy Holland	8.51
4.	Amber Richards	9.10
5.	Xavier Bernard	10.37
6.	Myka Richards	11.03
7.	Owen Davies	11.07
8.	John Back	11.38

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 5 press releases this week

Sat 17 Dec - Refresh of European Championship results for U20 women after the latest drugs busts  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2638](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2638)

- Fri 16 Dec - French U20 Indoor 3000m record to Clemence Beretta  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2637](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2637)
- Thu 15 Dec - Refresh of European Championship results for U20 men after the latest drugs busts  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2636](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2636)
- Mon 12 Dec - Ines Henriques and Miguel Carvalho win Leiria Challenge in Leiria, Portugal  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2635](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2635)
- Tue 13 Dec - 2016 Olympic champion Liu Hong of China will take a year off competition in 2017  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2634](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2634)

and Omarchador had 8 press releases.

- Tue 20 Dec - Álvaro Martín and Laura García-Caro win 10km walks in Getafe, Spain  
<http://omarchador.blogspot.com.au/2016/12/alvaro-martin-e-laura-garcia-caro.html>
- Mon 19 Dec - Jorge Vieira re-elected president of the Portuguese Athletic Federation  
<http://omarchador.blogspot.com.au/2016/12/jorge-vieira-reeleito-presidente-da-fpa.html>
- Sun 18 Dec - Argentina and Peru stand out in South American Schools Championships  
<http://omarchador.blogspot.com.au/2016/12/jovens-da-argentina-e-do-peru-destacam.html>
- Sat 17 Dec - Results of the Christmas Classic 3000m indoors walk in Cardiff  
<http://omarchador.blogspot.com.au/2016/12/marcha-em-cardiff-no-christmas-classic.html>
- Fri 16 Dec - Cehegin hosts the Spanish Winter Championships  
<http://omarchador.blogspot.com.au/2016/12/cehegin-acolheu-campeonatos-de-promocao.html>
- Thu 15 Dec - Matt Griggs wins Australian 50km in Melbourne  
<http://omarchador.blogspot.com.au/2016/12/griggs-e-campeao-de-50-km-da-australia.html>
- Wed 14 Dec - Inês Henriques and Miguel Carvalho win 20 km in Leiria, Portugal  
<http://omarchador.blogspot.com.au/2016/12/ines-henriques-e-miguel-carvalho-vencem.html>
- Tue 13 Dec - Portuguese masters walker Paula Gracioso celebrates her 50th birthday  
<http://omarchador.blogspot.com.au/2016/12/paula-gracioso-em-dia-de-aniversario.html>
- Tue 13 Dec - Ellward and Starck win Christmas Cup 10km walks in Yverdon-les-Bains, Switzerland  
<http://omarchador.blogspot.com.au/2016/12/ellward-e-starck-vencem-taca-natalicia.html>

## OUT AND ABOUT

- The IAAF may reanalyze Russian samples from the 2014 world indoor track championships over suspicions that athletes who failed doping tests were allowed to compete. Messages between then-Moscow laboratory director Grigory Rodchenkov and Sports Ministry official Alexei Velikodny, released on Friday 9<sup>th</sup> December as part of WADA investigator Richard McLaren's report into Russian doping, show eight athletes gave suspicious samples the week before they were to travel to the competition in Sopot, Poland. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11766360&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11766360&ref=rss).
- One of the big things to come out of the latest drugs findings by Professor McLaren is the vast archive of emails that detail a system which was eventually expanded to cover up drug use by blind athletes and children as young as 15. Very disturbing reading - <https://apnews.com/8be9cb7fcb5b4d65b1031597bb9f9e5e/Emails-show-how-Russian-officials-covered-up-mass-doping>.
- **Jared Tallent** is interviewed by the IAAF - <https://www.iaaf.org/news/feature/jared-tallent-australia-race-walk>.
- The International Bobsleigh and Skeleton Federation has finally bowed to pressure from many sides and has now decided to move the IBSF World Championships 2017 from Sochi, Russia to another location to be determined in the coming days. See <http://www.ibsf.org/en/news/19906-press-release-ibsf-decided-to-move-the-ibsf-world-championships-2017>.
- Canadian Rio Olympic walker **Evan Dunfee** heads the list of Spikes Magazine Sports Personalities of the Year, an accolade that is well deserved - see <https://spikes.iaaf.org/post/spikes-personalities-of-the-year-2016>.
- The International Biathlon Union (IBU) has received the names of 31 Russian athletes implicated in the second part of the McLaren Report and a decision on possible sanctions could be made before the 2017 World Championships in Hochfilzen in February, according to the President of the worldwide governing body. Good! Not so good is the fact that the IBU awarded their 2021 World Championships to Tyumen, Russia, in September, in what appeared to be a direct violation of the IOC's "provisional measures" first introduced in July in the wake of the publication of the first McLaren Report. See <http://www.insidethegames.biz/articles/1044895/international-biathlon-union-receives-names-of-31-russian-athletes-implicated-in-mclaren-report>.
- Rio Olympic bronze medallist **Dane Bird-Smith** is one of 4 Australians who have broken Open records this year. Nice article by Athletics Australia - see <http://www.athletics.com.au/News/four-australian-records-broken-in-2016>.

## 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.

### 2016/2017 Australian/Victorian Key Dates

Jan 26-28, 2017	Victorian Country Track & Field Championships, Casey Fields, Casey, VIC
Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships, Adelaide, SA
Feb 24-26, 2017	Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park, VIC
Mar 3-5, 2017	Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park, VIC
Mar 7, 2017	Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Mar 25-26, 2017	Victorian Masters Championships, Doncaster, VIC
Mar 26 - Apr 2, 2017	Australian Open and Junior T&F Champs, SOPAC, Sydney, NSW
Apr 22-23, 2017	Australian Centurions 24 Hour Walk Championships, Coburg, VIC
Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT. See <a href="http://ntmastersathletics.com.au/">http://ntmastersathletics.com.au/</a>
Jun 11, 2017	51 <sup>st</sup> LBG Racewalking Carnival, Canberra, ACT

### 2016/2017 International Dates

Mar 18-29, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
Mar 19, 2017	Memorial Mario Albisetti (elite 20km), Lugano, Switzerland
Mar 25, 2017	European Athletics Walks Meet, Dudince, Slovakia
April 8, 2017	Podebrady Race Walk Meet, CZE. See <a href="http://www.podebrady-walking.cz/en/">http://www.podebrady-walking.cz/en/</a>
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See <a href="http://www.worldmastersgames2017.co.nz">www.worldmastersgames2017.co.nz</a>
April 23, 2017	Naumburg Racewalking Carnival, GER
May 21, 2017	European Race Walking Cup, Podebrady, CZE
June 9, 2017	European Athletics Walks Meet, Altyus, LTU
July 12-16, 2017	10 <sup>th</sup> World Youth T&F Championships, Niarobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK. See <a href="http://www.london2017athletics.com/">http://www.london2017athletics.com/</a> .
August 19-30, 2017	29 <sup>th</sup> Summer Universiade, Taipei, Taiwan

### Looking Further Ahead

Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
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May 2018	28 <sup>th</sup> IAAF World Race Walking Team Championships, Taicang, China
July 2018	16 <sup>th</sup> World Junior T&F Championships, Tampere, Finland
Sept 2018	22 <sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain
Sept 28 – Oct 6, 2019	17 <sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar
July 2019	30 <sup>th</sup> Summer Universiade, Brasilia, Brazil
2019	World Masters Indoors T&F Championships, Torun, Poland
July 24 – Aug 9, 2020	32 <sup>nd</sup> Olympic Games, Tokyo
July 20 – Aug 1, 2020	23 <sup>rd</sup> World Masters T&F Championships, Toronto, Canada
Aug 2021	18 <sup>th</sup> IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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