



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK

In June 2016, Victorian Masters walker Andrew Jamieson turned 70 and set his sights on the M70 Australian and World record set. He quickly started making inroads into the list.

2016	26 June	20km	1:52:35	Victorian 20km Championships Middle Park	WR
	23 July	10km	53:17	VRWC Races, Middle Park	WR
	8 Oct	3000m	15:17.0	AV Shield, East Burwood	AR
	26 Oct	5000m	26:42.1	WMA Champs, Perth	AR
	12 Dec	2000m	10:32.9	AV Shield, East Burwood	AR

His performances in the 2016 World Masters Championships in Perth, Australia, in November were up to his usual standard and he left the meet with 3 individual golds to add to his collection.

M70	5000m Trackwalk	1 st	26:42.1 (AR)
M70	10 km Roadwalk	1 st	53:37
M70	20 km Roadwalk	1 st	2:01:29



Andrew on his way to a new M70 Australian 5000m World Record in Perth

His year finished on a high with the announcement a few days ago that he had been awarded the **World Masters Athletics 2016 Male Athlete of the Year**. He had previously won this prestigious award for 2007 and he had been nominated in 2009 and 2012. With such a finish to his year, he has to be my **Walker of the Week** time time around.

Check out Andrew's impressive profile at <http://www.vrwc.org.au/tim-archive/articles/wv-andrew-jamieson.pdf>.

WHAT'S COMING UP

Athletics Victoria Shield continues on **Saturday 14th January** with Round 11. Venues as follows, as per the AV website

- AV Shield Round 11, White Zone vs Red Zone, Bill Seward Athletics Track, East Burwood, Saturday 14 January
- AV Shield Round 11, Yellow Zone vs Blue Zone, Moonee Valley Athletics Track, Aberfeldie, Saturday 14 January
- AV Shield Round 11, Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 14 January
- AV Shield Round 11, Bendigo Zone, La Trobe University Track, Bendigo, Saturday 14 January
- AV Shield Round 11, Geelong Zone, Landy Field, Geelong, Saturday 14 January

Looking further ahead, our next 2 VRWC summer road races are coming up soon. The two dates read as shown below.

Sun 22 January 2017, VRWC Road Races, Middle Park		
8.30am	20km, 15km, 10km	Open
	5km, 3km	Open
10.00am	2km, 1km	Open

Note that the program for Sunday 5th February includes the **Athletics Victoria 5km Teams Championships for men and women**. We expect AV to open their entry panel very soon. Time to get your teams organized.

Sun 5 February 2017, VRWC Road Races (and AV 5km Teams Walks), Middle Park		
8.30am	20km, 15km, 10km	Open
9.30am	AV 5km Teams Championships	Open Men / Women
9.30am	5km, 3km	Open
10.00am	2km, 1km	Open

The **Victorian Country T&F Championships** will be held on the weekend of **26-28 January** at Casey Fields, Casey. Entries close this coming Sunday 15th January. Enter at <http://athsvic.org.au/events/calendar/>.

Entries are also open for the **2017 Australian/Oceania 20km Race Walking Championships** which will be held in War Memorial Drive, Adelaide, on Sunday 19th February. See <https://athletes20kmracewalking.eventdesq.com/>. Timetable reads as follows:

- 7:00am Oceania & Australian 20km Race Walking Championships
- 8:00am Oceania Under 20 10km RaceWalking Championships
- 8:00am Invitational Under 18 5km Race Walk

AV SHIELD ROUND 10, SATURDAY 7 JANUARY

As Victoria endured a hot weekend, with Melbourne heading for a Saturday top of 37C, the Athletics Victoria Shield competition went ahead but in torrid conditions in the afternoon. Overall, the number of walkers in action was down, with many choosing discretion rather than valour.

AV Shield Round 10, Blue Zone, Knox Park Reserve, Knox, Saturday 7 January

While all other venues decided to cut the walks down from the scheduled 5000m/3000m to 2000m, the Blue Zone decided to continue with a combined 3000m walk. **Philippa Huse** (14:32.4) and **Hayden Walmsley** (15:18.5) both walked very well considering the conditions.

3000m Walk

1.	Huse, Philippa	W	SANDRINGHAM ATHL	14:32.4
2.	Walmsley, Hayden	M	KNOX ATHLETIC CLUB	15:18.5
3.	Thompson, Will	M	CASEY CARDINIA A	16:17.0
4.	Hay, Charlotte	W	KNOX ATHLETIC CLUB	17:31.1
5.	Carr, Heather	W	GLENHUNTLY ATHLE	17:35.5
6.	Bennett, Ralph	M	GLENHUNTLY ATHLE	19:03.2
7.	Lillie, Jessica	W	KNOX ATHLETIC CLUB	20:02.2
8.	Louey, Grace	W	KNOX ATHLETIC CLUB	20:13.3
9.	Van Dongen, Rupert	M	MENTONE ATHLETIC	20:53.8
10.	Steed, Gwen	W	GLENHUNTLY ATHLE	21:08.5
11.	Barrow, Geoff	M	MENTONE ATHLETIC	21:19.4
12.	hay, Angus	M	KNOX ATHLETIC CLUB	21:42.4
13.	Collins, Aaron	M	SANDRINGHAM ATHL	23:56.2
14.	Zeleznikow, John	M	GLENHUNTLY ATHLE	29:08.0

AV Shield Round 10, Red Zone, Tom Kelly Reserve, Doncaster, Saturday 7 January

Masters walker **Pramesh Prasad** seemed unaffected by the heat, winning the 2000m at Doncaster in a PB 9:29.3. Impressive!

2000m Walk

1.	Prasad, Pramesh	M	COLLINGWOOD	9:29.3	PB 0:06
2.	Hawkins, Trenton	M	PRESTON ATHL	10:12.3	
3.	Evans, Simon	M	BOX HILL ATH	10:29.0	
4.	Dynes, William	M	DIAMOND VALL	11:21.5	
5.	Keirl, Bernie	M	DIAMOND VALL	11:23.6	
6.	Clarke, Patrick	M	DIAMOND VALL	11:46.0	
7.	Elms, Donna-Marie	W	PRESTON ATHL	12:17.7	
8.	Lazar, Dennis	M	DIAMOND VALL	12:19.5	
9.	Gardiner, Robert	M	COLLINGWOOD	13:54.7	
10.	Campbell, Donna	W	PRESTON ATHL	17:35.7	
11.	Sapolu, Kai	M	DONCASTER AT	DQ	

AV Shield Round 10, Yellow Zone, Moonee Valley Athletics Track, Aberfeldie, Saturday 7 January

Former NZ Olympian **Scott Nelson** was in scintillating form at Aberfeldie, winning the 2000m in a season best of 9:27.0. There was a problem with the paper on the printing stopwatch used in the 2000m walk recording. As a result, a number of times are estimated.

2000m Walk

1.	Nelson, Scott	M	WYNDHAM TRACK AN	9:27.0	
2.	Kennedy, Paul	M	KEILOR ST BERNAR	10:38.0	
3.	Hawskworth, Danny	M	ATHLETICS ESSENDON	10:45.9	
4.	Dunstone, Phillip	M	WESTERN ATHLETICS	11:00.0 est	
5.	Feain, Madeleine	W	KEILOR ST BERNAR	12:30.0	
6.	Nelson, Arnika	W	WYNDHAM TRACK AN	12:30.3	
7.	Knox, Duncan	M	ATHLETICS ESSENDON	12:51.0	
8.	McLaren, Justin	M	ATHLETICS ESSENDON	13:00.0 est	
9.	Tonti-Filippini, Justija	W	ATHLETICS ESSENDON	13:10.0 est	
10.	Abfalter, Maria	W	KEILOR ST BERNAR	13:24.0	
11.	Weickhardt, Sebastianw	M	UNATTACHED	14:01.0	
12.	Lewis, Leandar	M	WYNDHAM TRACK AN	14:01.2	
13.	Hodgart, Janice	W	WESTERN ATHLETICS	14:05.2	
14.	Spiteri, Kelly	W	COBURG HARRIERS	14:10.0 est	
15.	Ireland, Roslyn	W	BRUNSWICK ATHLET	14:15.2	
16.	Shaw, Robyn	W	WESTERN ATHLETICS	15:00.0 est	
17.	Cashin, Brenda	W	WESTERN ATHLETICS	15:10.3	
18.	Glover, Jackson	M	WESTERN ATHLETICS	15:30.0 est	
19.	Ireland, Olive	W	BRUNSWICK ATHLET	15:59.5	
20.	Stern, Steven	M	GLENHUNTLY ATHLE	17:00.0 est	



Scott Nelson, Duncan Knox, Paul Kennedy, Arnika Nelson and Danny Hawskworth (photos Gerard Feain)

AV Shield Round 10, White Zone, Bill Seward Athletics Track, East Burwood, Saturday 7 January

Well done to **Cassie Knight** for her 2000m walk win (11:14.0) at East Burwood.

2000m Walk

1.	Knight, Cassandra	W94	BOX HILL ATHLETI	11:14.0
2.	Rosenbrock, Carolyn	W62	ATHLETICS NUNAWA	11:19.8
3.	Egginton, Andrew	M61	BOX HILL ATHLETI	12:25.2
4.	Sommers, David	M57	ATHLETICS NUNAWA	12:53.6
5.	Dickenson, Russ	M45	VICTORIAN MASTER	12:59.5
6.	Riddoch, Clyde	M53	ATHLETICS WAVERLEY	13:35.7
7.	Benke, Geza	M56	OLD MELBURNIANS	13:43.2
8.	Sofianos, Gerald	M49	ST KEVINS ATHLET	15:06.4
9.	Heathcote, Hannah	W98	BOX HILL ATHLETI	18:48.5

AV Shield Round 10, Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 7 January

Former Australian international **Kelly Ruddick** was in great form in Ballarat, winning comfortably with 9:26.26.

2000m Walk

1.	Ruddick, Kelly	W73	BALLARAT HARRIERS	9:26.26
2.	Beaumont, Hamish	M76	MELBOURNE UNIVER	13:43.03
3.	Ruddick, Kevin	M50	BALLARAT HARRIERS	13:47.17

AV Shield Round 10, Bendigo Zone, La Trobe University Track, Bendigo, Saturday 7 January

15 year old **Zahra Hayes** was first in Bendigo as usual with a time of 10:01.31.

2000m Walk

1.	Zahra Hayes	W15	SOUTH BENDIGO	10:01.31
2.	Peter Curtis	M22	SOUTH BENDIGO	11:32.16
3.	Brenton O'Brien	M15	BENDIGO HARRIERS	11:45.97
4.	Ebony Whiley	W21	EAGLEHAWK	12:29.89
5.	Madison Hill	W16	SOUTH BENDIGO	12:38.29
6.	Annette Curtis	W60	SOUTH BENDIGO	14:05.13
7.	Leigh Browell	M42	SOUTH BENDIGO	14:52.03
8.	John Carter	M66	SOUTH BENDIGO	15:21.90

AV Shield Round 10, Geelong Zone, Landy Field, Geelong, Saturday 7 January

I didn't see any walk results from the Shield competition in Geelong so I assume no walkers turned out.

AV Shield continues next Saturday with Round 11.

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 4 JANUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: warm evening. **Kim Mottrom** was the standout from time and age graded perspectives with 7:23 for the 1 Mile Walk.

1 Mile Walk

1.	Kim Mottrom	07:23	M32	75.66%
2.	Jayden Goode	07:55		
3.	Rhiannon Lovegrove	08:04		
4.	Peter Crump	09:19	M56	71.89%
5.	Marie Maxted	09:45	W56	73.47%
6.	Cherie Rothery	09:53	W46	66.53%
7.	Kevin Finn	10:32	M65	69.58%
8.	James Hoare	11:33	M70	67.21%
9.	Graham Harrison	11:54	M73	67.73%
10.	Rodger Barber	12:15	M78	70.44%
11.	Roger Lowe	12:46	M73	63.13%
12.	Dave Fallon	12:55	M64	56.13%
13.	David Robertson	14:03	M83	66.29%

3000m Walk

1.	Peter Crump	18:05	M56	70.21%
2.	John Leydon	18:43	M54	66.63%
3.	Marie Maxted	19:39	W56	70.18%
4.	Kevin Finn	19:56	M65	69.70%

5.	James Hoare	22:15	M70	66.15%
6.	Mark Worthing	22:15	M54	56.05%
7.	Graham Harrison	22:39	M73	67.48%
8.	Rodger Barber	23:05	M78	70.95%
9.	Roger Lowe	24:52	M73	61.47%
10.	Linda Whitelaw	25:02	W62	58.71%
11.	Edna Bates	26:42	W64	56.36%
12.	Jill Rogers	27:16	W72	61.43%

GOLD COAST PB MEET, GRIFFITH UNIVERSITY ATHLETICS TRACK, SOUTHPORT, FRIDAY 6 JANUARY

14 year old Caitlin Hannigan had an easy win in the 2000m walk at the Gold Coast PB meet in Queensland last Friday.

2000m Race Walk

1.	Hannigan, Caitlin	15	Gold Coast Victory	9:58.31
2.	Schofield, Amelia	14	Gold Coast Victory	11:04.66
3.	Hill, Gabriella	14	Gold Coast Victory	11:08.94
4.	Sly, Charlotte	12	Una	12:17.48
5.	Williams, Lyla	10	Queensland R	12:44.73
6.	Hill, Cassandra	12	Gold Coast Victory	13:23.18

INTERNATIONAL 10,000M TRACK WALK, AIS ATHLETICS TRACK, CANBERRA, THURSDAY 5 JANUARY

As part of the AIS study being undertaken in Canberra over the next 6 weeks, all walk attendees had to turn out for a 10,000m walk last Thursday morning to best their baseline. They will perform a further race over the same distance at the end of the camp to assess changes in their performance base. Overall wins to **Evan Dunfee** (40:40.29) and **Brigita Virbalyte-Dimsiene** (46:25.61). Lots of excellent photos at <https://www.facebook.com/media/set/?set=oa.1225784754173621>.

Men 10,000m Race Walk

1.	Evan DUNFEE	CAN	90	40:40.29	
2.	Quentin REW	NZL	84	41:39.13	
3.	Lebogang SHANGE	RSA	90	41:56.81	
4.	Marius ZIUKAS	LTU	85	41:57.24	
5.	Rhydian COWLEY	AUS	91	41:58.91	
6.	Edward ARAYA	CHI	86	42:40.09	PB 0:55
7.	Isamu FUJISAWA	JPN	87	43:32.69	
8.	Mathieu BILODEAU	CAN	88	43:35.79	
9.	Nick CHRISTIE	USA	91	43:59.85	
10.	Adrian BLOCKI	POL	90	44:09.27	
11.	Artur BRZOZOWSKI	POL	85	44:18.91	
12.	Tadas SUSKEVICIUS	LTU	85	44:43.72	
13.	Jared TALLENT	AUS	84	45:04.27	
14.	Toru YAMAMOTO	JPN	90	45:04.47	
15.	Dawid TOMALA	POL	89	45:37.56	
16.	Brendon READING	AUS	89	45:51.52	
17.	Sándor RÁCZ	HUN	86	46:02.51	
18.	Adam GARGANIS	AUS	97	46:07.64	
19.	Jakub JELONEK	POL	85	46:17.36	
20.	Yuichi YARITA	JPN	94	47:13.91	

Women 10,000m Race Walk

1.	Brigita VIRBALYTE-DIMSIENE	LTU	85	46:25.61	
2.	Regan LAMBLE	AUS	91	46:33.47	
3.	Alana BARBER	NZL	87	46:36.43	
4.	Viktória MADARÁSZ	HUN	85	47:28.38	
5.	Ainhoa PINEDO	ESP	83	48:49.93	
6.	Bethan DAVIES	GBR	90	49:40.95	

16 year old local walkers **Connor Frew** and **Tim Fraser** contested an U18 10,000m walk, with Connor winning in a big PB of 48:00.22.

U18 Men 10,000m Race Walk

1.	Connor FREW	AUS	00	48:00.22	PB 1:30
2.	Tim FRASER	AUS	00	50:57.88	



Left: The big field gets underway



Right: Aussie Olympians Brendon Reading and Rhydian Cowley



Quentin Rew (NZL), Evan Dunfee (CAN), Lebogang Shange (RSA) and Brigita Virbalyte-Dimsiene (LTU)

ATHLETICS WA T&F MEET, WA ATHLETICS STADIUM, PERTH, FRIDAY 6 JANUARY

To Perth where **Bradley Mann** was fastest over 5000m with 27:00.08.

5000m Walk

1.	Mann, Bradley	M99	Ridgewood	27:00.08
2.	Tolardo, Isabella	W97	Melville	28:02.77
3.	Jackson, Hayley	W99	Athletics WA	28:52.74

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 7 JANUARY

To Hobart where **Anna Blackwell** won the 5000m walk with 29:44.23.

5000m Walk

1.	Anna Blackwell	OVA	29:44.23
2.	Elizabeth Leitch	ES	34:12.50
3.	Ron Foster	NS	32:43.15
4.	William Robertson	OVA	38:58.01

GLYNIS NUNN SHIELD, UQ ATHLETICS CENTRE, BRISBANE, SUNDAY 8 JANUARY

And finally to Brisbane to complete our Australian walks coverage, with **Jamie McCutcheon** (23:08.99, PB by 13 secs) and younger brother **Nelson McCutcheon** (14:15.20) winning their respective events.

5000m Walk

1.	McCutcheon, Jamie	18	Qeii Track Club	23:08.99	PB 0:13
2.	Stovin, Jamison	16	Gold Coast Central	27:13.26	
3.	Clarke, Ethan	16	QRW	30:16.77	
4.	Haig, Callum	17	USC	30:29.62	

3000m Walk

1.	McCutcheon, Nelson	15	Qeii Track Club	14:15.20
2.	Clarke, Anika	12	QRW	15:32.42
3.	Wearne, Jonathan	13	QRW	16:42.64
4.	Stewart, Ryan	15	Ipswich & District	17:11.02
5.	Ofield, Mackenzie	13	USC	18:58.78

ENGLISH ATHLETICS INDOOR CHAMPIONSHIPS, SHEFFIELD, 7-8 JANUARY

I start my overseas review with a visit to the United Kingdom for the annual England, Welsh, Midland & Northern Athletics Senior & U20 Indoor Championships, held in conjunction with the Combined Events Championships in Sheffield. Thanks to Mark Wall for this comprehensive report.

The first of the events were a combined Boys and Girls U13 & U15 title, won by **Faris Alkhamesi** of Nuneaton (5:22.77).

Next up was the Senior Women's 3000m indoor walk title. It was primarily a head to head between England International **Gemma Bridge** and British Junior Representative **Emma Achurch**. Emma has now moved into senior ranks. Gemma took an early lead which she built on and did not relinquish. She was compelled to back off from her schedule after attracting two reports for disqualification. She finished a comfortable margin in front to record a maiden indoor walk performance of 13:41.33, ahead of Emma's 13:51.23. In third place was the UK's leading U18 (U17) competitor, **Ana Garcia**. She too had judging issues but she was able to hang on for a fine 14:46.24. This came a day after finishing 13th in the Yorkshire County Cross country (despite falling and, in her words, trampled). **Sophie Lewis Ward** (4th in the European U18 5000m Walks Champs 2016), perhaps affected by a heavy swim training load was an isolated 4th in 15:43.07.

In the absence of Tom Bosworth, the men's 3000m indoor walk championship held the prospect of the three new seniors (**Callum Wilkinson**, **Cameron Corbishley** and **Guy Thomas** have all bid farewell to the junior ranks) seeking to stamp their authority on the event. This came to be. Callum took an early lead with Cameron in close attendance and Guy not far off the pace. The four judges were active during the race, but given athletes passed the judges a total of 60 times, this is not surprising. Unfortunately Cameron collected his third report in the dying stages of the event and the disqualification could only be communicated after he had crossed the finish line. In mitigation, he has been involved in heavy training loads so fatigue may well have played a hand overall. This left Callum a comfortable winner in a sharp 11:35.0. He looks to push on internationally over the coming year. Guy may have been subdued by two cards against his name but came home in 12:22.4. A tussle ensued behind the leaders, with **Luc Legon** taking third place ahead of junior **Tom Partington**. Tom is part of Leeds 2020 project. He recorded a time of 13:15.8. Unfortunately due to electrical failure, the electronic timing failed so manual timing was used.

1000m Walk Mixed U13B, U15B, U15G

1.	Faris Alkhamesi	U15 Boys	Nuneaton Harriers	5:22.77
2.	Molly Meleady-Hanley	U15 Girls	City of Sheffield & Dearne	5:24.45
3.	Owen Bradshaw	U13 Boys	City of Sheffield & Dearne	5:26.25
4.	Lara McColl	U15 Girls	City of Sheffield & Dearne	6:03.53
5.	Toby Chaplin	U13 Boys	City of Sheffield & Dearne	6:43.78

3000m Walk Women

1.	Gemma Bridge	Senior Women	Oxford City AC	13:41.33
2.	Emma Achurch	U23 Women	Leicester Walking Club	13:51.23
3.	Ana Garcia	U17 Women	City of Sheffield AC	14:46.24
4.	Sophie Lewis Ward	U20 Women	Cambridge Harriers	15:43.07

5.	Natalie Myers	Senior Women	City of Sheffield & Dearne	16:21.23
6.	Emily Ghose	U20 Women	Tonbridge AC	16:41.27
7.	Lucy Lewis Ward	U17 Women	Cambridge Harriers	16:41.89
8.	Pagen Spooner	U17 Women	Wetherby Runner AC	17:58.10

3000m Walk Men

1.	Callum Wilkinson	Senior Men	Enfield & Haringey AC	11:35.0*
2.	Guy Thomas	U23 Men	Tonbridge AC	12:22.4*
3.	Luc Legon	U23 Men	Bexley AC	13:10.1*
4.	Tom Partington	U20 Men	Manx Harriers	13:15.8*
5.	Benjamin Allen	U17 Men	Leicester Walking Club	15:58.8*
6.	Cameron Corbishley	U20 Men	Medway & Maidstone AC	R230.7a

ASBURY PARK POLAR BEAR RACES, ASBURY PARK, NJ, USA, SATURDAY 31 DECEMBER 31

Back a week for the annual Asbury Park Polar Bear races in Asbury Park, New Jersey. This iconic meet is put on by Shore A.C, with a 5km run, a 10 Miles racewalk and a 5 Miles Healthwalk. The walks are coordinated by Elliott Denham. The 10 Mile walk, which started at 10AM, consisted of 10 laps of a 1 mile loop. Conditions were reported as 'mild'.

53rd Annual Polar Bear 10 Miles Walk

Men's Leaders:

1.	John Soucheck	Little Silver/ Shore AC	1:36:52
2.	Bruce Logan	NYC/ Park Walkers USA	1:47:30
3.	Barry Blake	Summit/Shore AC	1:47:44
4.	Fred Linkhart	Ocean Twp/FARC	1:53:33
5.	Tom Quattrocchi	Spotswood/Shore AC	1:57:01
6.	John Morrison	Essex Md/PVTC	1:58.76
7.	Ron Salvio	Whiting/FARC	2:01:13.
8.	Avtar Tinna	NYC	2:04:14
9.	Eliot Collins	Raritan/Shore AC	2:13:48

Women's Leaders

1.	Maria Paul	Long Branch/Shore AC	2:03:10
2.	Panse Geer	Hazlet/Shore AC	2:06:28
3.	Sue Lockhart	Hillsborough	2:13:08
4.	Susan Palermo	West Orange	2:26:40

23RD U.S. ARMY HISPANIC GAMES, THE ARMORY, NEW YORK, 6-7 JANUARY

Staying in America for a couple of High School meets. First to the 23rd annual U.S. Army Hispanic Games, held last Friday and Saturday at The Armory in New York. This is one of the biggest indoor track meets in the country, with High School students contesting a variety of events. including 1500m walks for Varsity and Freshmen/Sophomore girls (see <http://www.armorytrack.com>). **Lauren Harris**, who won the Varsity walk, set a new meet record of 6:30.30.

Girls 1500m Race Walk Varsity (first 15)

1.	Harris, Lauren	12	Sachem East	6:30.30
2.	Cuomo, Amelia	12	Brewster	6:56.17
3.	Benedict, Chelsea	11	Sachem East	7:11.46
4.	Cagnina, Ariana	12	Sachem North	7:28.23
5.	Delano, Samantha	12	Sachem East	7:31.74
6.	Swanson, Lauren	12	Bay Shore	7:33.93
7.	Levine, Jessica	12	Sachem North	7:36.03
8.	Arrigo, Anna	11	Sachem East	7:44.39
9.	McEaney, Jillian	12	Monticello	7:45.30
10.	Pignetti, Jewel	12	Cornwall Cen	7:47.09
11.	Atwood, Margaret	11	Sachem East	7:47.37
12.	DiCarlo, Hailey	11	Sachem East	7:53.99
13.	HU, Sharon	12	Stuyvesant	8:00.13
14.	WU, Joyce	11	Stuyvesant	8:03.92
15.	Piezzo, Samantha	11	Sachem East	8:05.75

Girls 1500m Race Walk Freshmen/Sophomore (first 15)

1.	Vayo, Lucy 1	0	The Ursuline	7:58.37
2.	Karozichian, Elysse		Byram Hills	7:59.07

3.	Chen, Bernice		Stuyvesant	8:08.80
4.	Shaw, Arianna	10	Smithtown Ea	8:12.89
5.	Giudice, Gia	9	Sachem North	8:16.79
6.	Sheppard, Lorna	9	Smithtown Ea	8:24.26
7.	Lew, Kayla		Stuyvesant	8:26.35
8.	Ilany, Sarah		Byram Hills	8:30.30
9.	Cannoyan, Kayla	10	Bay Shore	8:30.79
10.	Houston, Katie	10	Sachem North	8:35.40
11.	Zhu, Ziyuan		Brooklyn Tec	8:45.32
12.	Gomes, Angelica	10	Sachem East	8:50.07
13.	Harnos, Amanda	9	Sachem East	8:51.29
14.	Modica, Kate	10	Bay Shore	9:02.03
15.	Zhang, Tracy		Brooklyn Tec	9:04.33

2017 FREEDOM GAMES, STRATEN ISLAND, NEW YORK, SATURDAY 7 JANUARY

And staying in New York for the 2nd Annual Ocean Breeze Freedom Games which were held last weekend at the Breeze Athletic Complex on Staten Island, New York. High School T&F teams from across 9 States plus the District of Columbia contested a variety of events, including a 1500m walk for girls. **Audrey Fox** and **Tara Mandel** both bettered the meet record.

Girls 1500m Race Walk

1.	Fox, Audrey		New Rochelle	7:10.89
2.	Mandel, Tara		Farmingdale	7:19.79
3.	Ryan, Margaret		Monroe Woodb	8:08.50
4.	Plummer, Kianna		Connetquot	8:30.23
5.	Khalek, Sofia		Farmingdale	8:39.18
6.	Roopnarine, Serena		Connetquot	8:40.35
7.	Rizzo, Diana		Tappan Zee	8:40.52
8.	Armstrong, Emma		Monroe Woodb	8:48.83
9.	Azab, Rana		New Dorp	8:49.20
10.	Ho-Rezvany, Saba		New Rochelle	8:52.29
11.	Ni, Ning Ting		McKee/Staten	8:53.19
12.	McGee, Kasey		Monroe Woodb	8:56.26
13.	Lin, Jessica		Midwood	8:56.77
14.	Zhu, Xin Yu		McKee/Staten	8:58.00
15.	Oceguera, Julissa		New Rochelle	9:00.40

T&F MEET, ADDIS ABABA, ETHIOPIA, 2-6 JANUARY

I don't see too many walk results from Ethiopia but here are some recent 10,000m track walk results from Addis Ababa, with **Yohanis Algaw** (45:54.2) and **Askale Tiksa** (46:18.6) the winners.

Men 10,000m Race Walk

1.	Yohanis ALGAW	ETH	99	45:54.2
2.	Yonas AYELE	ETH		45:59.7
3.	Gemechu Amanuel BIRTU	ETH	98	49:12.0

Women 10,000m Race Walk

1.	Askale TIKSA	ETH	94	46:18.6
2.	Ayalnesh DEJENE	ETH	98	46:41.7
3.	Yehualye BELETE MITIKU	ETH	98	46:59.6

T&F INDOOR MEET, PADOVA, ITALY 7-8 JANUARY

To Italy for the first of their indoor T&F meets. Walk wins to **Alberto Zuapa** (22:10.87) and **Sara Vitiello** (14:18.46). Also reported by marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2657).

Men's 5000m Race Walk indoor

1.	Alberto ZAUPA	ITA	95	22:10.87
2.	Michele DISARO'	ITA	99	23:05.23
3.	Igor SAPUNOV	RUS	78	24:15.45
4.	Luca VERNESONI	ITA	99	24:19.93
	Andrea MERCALDO	ITA	76	DQ

Women 3000m Race Walk indoor

1.	Sara VITIELLO	ITA	96	14:18.46
2.	Giulia IMBESI	ITA	96	15:27.47
3.	Alice OBLACH	ITA	00	15:49.40
4.	Beatrice ANDREOSE	ITA	98	15:53.07
5.	lenia GALANTE	ITA	00	15:56.63
6.	Vanessa OBLACH	ITA	00	16:09.37

UP AND RUNNING WINTER WALKING LEAGUE, RONALDSWAY. ISLE OF MAN, SUNDAY 8 JANUARY

It is not just the top racewalk meets that deserve attention. For many years now, the Isle of Man has had its own very healthy walk and run competitions. Murray Lambden posted the following comments, along with the results of their latest Up And Running Winter Walking League results.

I just thought I would share a photo from a race walk in the Isle of Man today to demonstrate how lucky we are here to have a thriving scene here and such a good environment in which to walk. It was the Manx Harriers organised Winter League Walk, sponsored interestingly by the local Up & Running franchise.

10 km Walk

1.	Brian Wade	M50	MH	1:01:25
2.	Jane Artz	W45	UA	1:17:25
3.	Julie Barlow	W35	UA	1:12:55
4.	Rob Clynes	M50	UA	1:08:45
5.	Colin Crennell	M50	UA	1:05:29
6.	Ian Callister	M60	MH	1:02:03
7.	Karen Lawrie	W40	IOMVAC	1:02:50
8.	Denise Hannay	W45	UA	1:13:48
9.	James Moore	SM	UA	1:09:04
10.	Erika Kelly	SM	NAC	0:50:38
11.	Richard Leigh	M45	UA	1:01:55
12.	Pete Miller	M40	UA	1:02:04
13.	Dudley Butt	M70	UA	1:09:24
14.	Tony Edwards	M50	UA	0:58:06
15.	Andy Baxendale	M40	IOMVAC	1:09:45
16.	Angela Robinson	W45	UA	1:08:07
17.	Louise Hollings	W35	IOMVAC	1:04:26
18.	Sharon Cain	W45	WAC	1:04:26
19.	Jayne Farquhar	W45	MH	1:02:02
20.	Maura Kelly	W45	NAC	1:09:14
21.	Steve Parker	M50	UA	1:09:29
22.	Stuart Gibson	M45	UA	1:05:19
23.	Gordon Erskine	M70	UA	1:12:13
24.	Chris Cale	M45	MH	0:57:15
25.	Janna Kelly	W45	NAC	1:08:56
26.	Dick Callin	M55	UA	1:00:50
27.	Colin Moore	M55	IOMVAC	1:08:25
28.	Tony Arzt	M50	MH	1:08:59
29.	Angela Corkish	W70	IOMVAC	1:12:53
30.	Darrin Oldam	M50	UA	1:06:42
31.	Stephanie Quayle	W50	UA	1:03:57
32.	Norbert Will	M80	NIVAC	1:18:43

5 km Walk

1.	Sarah Bassett	W40	UA	38:12
2.	Nick Wallinger	M45	IOMVAC	36:21
3.	Ron Ronan	M70	MH	41:27
4.	Louise Cowell	SW	UA	39:03
5.	Hannah Hunter	SW	MH	24:54
6.	Lynn Ryan	W55	UA	41:02
7.	Debbie James	W45	UA	41:20
8.	Rebecca Greatbatch	SW	MH	31:13
9.	Hannah Miller	W40	UA	38:31
10.	Sarah Goldsmith	W70	IOMVAC	42:06
11.	Enid Watson	W65	IOMVAC	35:19
12.	Adam Cowin	SM	NAC	22:51

3 km Walk

1.	Alice Bellando	U13G	UA	14:11
2.	Daniel Bassett	U11B	UA	14:21

2 km Walk

1.	Abbie Edwards	U13G	UA	14:11
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1 km Walk

1.	Olivia Corran	U11G	MH	06:50
2.	Daniel Lawrie	U11B	UA	06:56
3.	Sophie Lawrie	U9G	UA	07:38
4.	Connor Bassett	7	UA	09:27



Walkers in last weekend's Isle of Man walks (photo Murray Lambden)

RVN WINTER SERIES WALKS, KRALINGSE BOS, ROTTERDAM, NEDERLAND, SUNDAY 8 JANUARY

The latest Winter Series walks hosted by the Dutch club Rotterdamse Wandelsport Vereniging (RVN) were held last Sunday in the Kralingse Bos parklands in Rotterdam. **Rick Liesting** was the fastest with 46:13 for the 10km road walk.

10km Walk

1.	Rick Liesting	77	OLAT	46:13
2.	Remco de Bruin	64	sv de LAT	48:51
3.	Malte Strunk	73	Al.Aachen	51:37
4.	Dirk Bogaert	58	ACME	53:19
5.	Matthias Holtermann	81	Al.Aachen	53:57
6.	Ronnie Timmermans	82	RWV	55:39
7.	Anne van Andel	90	DAK	56:43
8.	Jan Netten	68	DAK	57:43
9.	Liesbet De Smet	82	Duffel	1:03:24
10.	Hans van Wakeren	49	Unitas	1:03:38
11.	Peter Schumm	42	Al.Aachen	1:04:04
12.	Martin Vos	69	RWV	1:04:38
13.	Han Holtslag	57	DAK	1:04:40
14.	Peter Slevogt	54	Al.Aachen	1:07:45
15.	Larissa Droogendijk	72	RWV	1:11:07
16.	Arjan Lukken	67	RWV	1:11:35
17.	Mitchell Perdon		KWBN	1:14:26
	Rob Tersteeg	76	RWV	DNF
	Annelies Sarrazin	81	FLAC	DNF

5km Walk

1.	Hub Kaenen	59	RWV	28:57
2.	Boetje Huliselan	55	OLAT	30:09
3.	Theo Koenis	51	sv de LAT	30:45
4.	Joost van der Plicht	48	Atletico '73	32:29
5.	Sandra Maas	85	RWV	32:58
6.	Yvonne Grootswagers	78	DAK	33:02
7.	Bauke te Nijenhuis	35	RWV	35:18
8.	Harry Bijnen	52	DAK	36:52
9.	Miranda Slegers	60	OLAT	37:49
10.	Sandra de Graaff	67	RWV	38:15
11.	Carla Lukken	68	RWV	42:04

3km Youth

1.	Bart Grootswagers	06	HvB	23:26
2.	Richard de Bruin	08		27:23

1km Youth

1.	Robbin de Bruin	11		10:42
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3RD ANNUAL TOKYO GAKUGEI UNIVERSITY, RACEWALK MEET KOGANEI CITY, JAPAN, SUNDAY 8 JANUARY

Thanks to marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2658) for the results of the 3rd annual Tokyo Gakugei University racewalking meet, held last Sunday in Koganei City, Tokyo. Conditions were cool (2C-7C) but fields were large with the usual deep depth on display. The highlight was provided by **Yuga Yamashita** who set a new Japanese national 20,000m track record with a time of 1:21:36.7. Yamashita walked alongside teammate **Ryosuke Kawagishi** (1:22:32.2) until around 13000m. The other top performance of the meet went to **Fumitaka Oikawa** who won the men's 10,000m with a time of 40:25.32. Full results at http://www.marciadalmondo.com/admin/pdf/risultati/0801201795520170108_Result.pdf. Selective results follow.

Men 20,000m Walk

1.	Yuga Yamashita	1996	1:21:36.7 NR
2.	Ryosuke Kawagishi	1996	1:22:32.2
3.	Takeshi Nakagawa	1995	1:28:41.2
4.	Tatsuya Tanaka	1990	1:33:38.0
5.	Shuya Senba	1995	1:35:26.0
6.	Masatsugu Homan	1993	1:40:22.7
7.	Kenichi Okamoto	1997	1:42:47.6
8.	Shinpei Watanabe	1995	1:50:35.4
9.	Yudai Ozaki	1979	1:52:44.7

Women 20,000m Walk

1.	Akane Tamaki	2000	1:48:17.5
2.	Mami Kurimoto	2000	1:49:39.2

Men 10,000m Walk

1.	Fumitaka Oikawa	1995	40:25.32
2.	Tomohiro Noda	1996	41:36.40
3.	Yuki Itoi	1992	41:48.12
4.	Ryouta Shiojima	1994	42:30.25
5.	Hideto Nagahara	1997	43:08.84
6.	Italu Aoyagi	1995	43:27.21
7.	Daiki Takei	1995	43:38.66
8.	Naoki Takahashi	1996	44:16.30
9.	Yuusuke Takeuti	1998	44:20.64
10.	Kousuke Shioiri	1997	44:54.49
11.	Tetsuya Okuno	1996	44:57.92
12.	Takashi Murakami	1995	46:30.61
13.	Takeshi Nakagawa	1995	46:51.12
14.	Takane Satou	1993	47:47.61
15.	Hiroyasu Taniguchi	1995	47:59.35
16.	Yuya Senba	1995	49:08.79
17.	Kazuya Nakagami	1998	49:11.52
18.	Akiyosi Nakajima	2000	49:56.73
19.	Tessyuu Inomata	1996	53:55.11
20.	Shinpei Watanabe	1995	58:50.04

Women 10,000m Walk

1.	Nozomi Yagi	1994	49:32.99
2.	Kaede Yagiwara	1996	49:36.38
3.	Hirori Yokoyama	1996	50:53.52
4.	Yuho Kurihara	1996	51:45.97
5.	Chihiro Takenaka		51:57.29
6.	Saiko Hagiwara	1997	52:08.49
7.	Yuka Sakurai	1996	54:37.36

Men 5000m Walk (first 10)

1.	Tomohiro Noda	1996	20:20.10
2.	Yuki Itoi	1992	21:04.71

Women 5000m Walk (first 5)

1.	Nozomi Yagi	1994	24:25.28
2.	Sion Honma	1998	24:45.15

3.	Katsuhiro Nishiguchi	1995	21:16.14	3.	Natsumi Wada	1999	25:55.37
4.	Ryouta Shiojima	1994	21:18.44	4.	Jessica Tanaka	1999	26:08.41
5.	Hideto Nagahara	1997	21:31.32	5.	Saiko Hagiwara	1997	26:37.65
6.	Norihiro Takahashi	1987	21:39.07				
7.	Daiki Takei	1995	21:39.80				
8.	Hirane Junichi	1994	21:48.78				
9.	Kousuke Shioiri	1997	22:22.87				
10.	Motoya Koda	1999	22:23.96				

TLAXCALA OLYMPIC RACEWALKING FESTIVAL, TLAXCALA, MEXICO, DECEMBER 18

Thanks to omarchador (see <http://omarchador.blogspot.com.au/2017/01/festival-olimpico-de-marcha-atletica.html>) for the results of the second Olympic Racewalking Festival of Tlaxcala, which took place on December 18 right in the historical center of the state capital, on a circuit of 1km. The carnival was a great success with almost 180 walkers (18 teams from 5 States of Mexico) taking part.

In the main 10km men's event, **Ricardo Ortiz**, 21, was the winner with a PB 39.32, ahead of **Jorge Martínez**, with 39.42 and **Noel Alí Chama** with 40.20. In the women's 10km, **Erika Morales** won with the time of 45.17, followed by 17-year-old **Alegna González** with 45.39. **Gabriela Gonzalez** took third place with 46:03 and **Andrea Martínez** took fourth with 46.03 to complete a strong display.

10km Men

1.	Ricardo Ortíz	Marina	39.32	1 sénior
2.	Jorge A. Martínez	Tlaxcala	39.42	2 sénior
3.	Noel Alí Chama	José Juan Sánchez	40.20	3 sénior
4.	Armando Merino	Club Zamudio-Marina	40.48	4 sénior
5.	Virgilio Galindo	Club Zamudio-Marina	43.16	5 sénior
6.	Jefferson Segura	Bernardo Segura	43.16	1 sub-20
7.	Derby Cordero	Bernardo Segura	43.56	6 sénior
8.	Diego U. Solís	Chimalhuacán	43.58	7 sénior
9.	Alejandro I. González	Alberto Cruz	43.59	8 sénior
10.	Alan O. Villanueva	Club Atlético Tlaxcala	45.16	2 sub-20
11.	Ismael Bernal	Bernardo Segura	46.11	3 sub-20
12.	Jesús O. Calderón	Atlético Cuautitlán-IPN	46.52	4 sub-20
13.	José L. Osegueda	Atlético Cuautitlán-IPN	47.31	5 sub-20
14.	Edgar Flores	Panotla	47.50	9 sénior
15.	Alexis Salazar	Bartcus	47.50	6 sub-20
16.	José Antonio Olivares	Bernardo Segura	48.56	10 sénior
17.	Martín E. López	MRCI	48.56	7 sub-20

10km Women

1.	Erika Morales	Pedro Aroche	45.17	1 sénior
2.	Alegna González	Club Zamudio-Marina	45.39	1 sub-20
3.	Gabriela González	Club Zamudio-Marina	46.03	2 sénior
4.	Andrea Martínez	Adrian Navarro	46.03	3 sénior
5.	Vivian Castillo	Bernardo Segura	46.06	2 sub-20
6.	Valeria Ortuño	Club Zamudio-Marina	46.23	4 sénior
7.	Pamela Enriquez	Club Zamudio-Marina	47.41	3 sub-20
8.	Edna Quintanilla	Club Zamudio-Marina	53.03	5 sénior
9.	Rocxana Méndez	Bartcus	53.16	6 sénior
10.	Iliana Ocampo	Bernardo Segura	53.16	7 sénior

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marcialmondo had 6 press releases this week on which I can report

- Sun 8 Jan - Results of 3rd annual racewalk meet, Tokyo Gakugei University, Koganei City
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2658
- Sat 7 Jan - Alberto Zaupa and Sara Vitiello win first Italian Indoor walks in Padova
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2657
- Fri 6 Jan - Mannozi and Melville win USATF 5000m Indoor walk titles
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2656

- Thu 5 Jan - Brigita Virbalyte-Dimsiene and Evan Dunfee win 10,000m walks in Canberra http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2655
- Wed 4 Jan - Ines Henriques will try to establish a new 50km Women's world record in Porto de Mos, Portugal http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2654
- Wed 4 Jan - Sandra Damilano has updated the foreign walkers biographs on marciadalmondo http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2653

and Omarchador had 7 press releases.

- Sun 8 Jan - Yuga Yamashita sets new Japanese 20,000m track record in Universities meet <http://omarchador.blogspot.com.au/2017/01/yuga-yamashita-com-recorde-do-japao-nos.html>
- Sun 8 Jan - Brigita Virbalyté and Evan Dunfee win in Canberra 10,000m walk race <http://omarchador.blogspot.com.au/2017/01/virbalyte-e-dunfee-iniciam-epoca-vencer.html>
- Sat 7 Jan - Miranda Melville sets new USA 5000m indoor record in Rochester, New York <http://omarchador.blogspot.com.au/2017/01/miranda-melville-bate-recordes-norte.html>
- Fri 6 Jan - Ken Cheung wins 50km in News Years Day race in Hong Kong <http://omarchador.blogspot.com.au/2017/01/ken-cheung-com-recorde-de-hong-kong-nos.html>
- Thu 5 Jan - Slovakian walking official Jozef Polešenský dies (1957-2017) <http://omarchador.blogspot.com.au/2017/01/jozef-polesensky-1957-2017.html>
- Thu 5 Jan - Inês Henriques seeks to set new women's 50km World Record later this month <http://omarchador.blogspot.com.au/2017/01/ines-henriques-quer-estabelecer-o.html>
- Wed 4 Jan - Results of the Tlaxcala Olympic Marathon Festival in Mexico <http://omarchador.blogspot.com.au/2017/01/festival-olimpico-de-marcha-atletica.html>

FALLS CREEK CAMP CONTINUES

10 days down and 3 to go in our annual VRWC Falls Creek Camp and all is going well. Our valiant young walkers are up early each morning for a longish roadwalk and are then backing up most afternoons for a smaller walk or a run along the aquaduct. Add in some intervals workouts, a couple of swims at the Mt Beauty pool, a couple of bush walks, a swim in a fantastic canyon, our very own Amazing Race and a trivia night and you can see it has been an action packed couple of weeks.

A final few photos before we pack up and head back to Melbourne on Thursday.



Left: Jason, Reese, Kyle, Luke, Bec, Declan, Emmet, Brad and Jess



Right: Emily and Emmett



Kyle, Bec, Jason, Luke, Emmet and Kyle



It doesn't get any better than this – the open road stretches out into the distance for Reese as he climbs to the 5km mark on our Falls Creek road course

OUT AND ABOUT

- AIPS President Gianni Merlo argues that it is time to reset all world athletics records. "If the fight against doping has come to this point, if it is as difficult as we all agree it is, then I think that the moment has arrived to close the world record books in athletics and open new ones." See <http://www.aipsmedia.com/2017/01/03/20100/athletics-anti-doping-record-books-sebastian-coe-open-letter-iaaf-gianni-merlo>.
- The latest edition of the English based **Race Walking Record** (Issue 855, December 2016) has just been released. Check it out at <http://www.racewalkingassociation.com/RWR.asp>.
- The wonderful news is that the complete archive of these RWR newsletters, from 1941 onwards, is now nearly completed and is available online at <http://www.racewalkingassociation.com/Archive/Archives.asp>. Overall, it encompasses a vital history of the years from 1941-1980, a period which pre-dates the PC and online storage.

- I reported in last week's newsletter that **Miranda Melville** had won the USA 5000m Indoor walk title on 31st December, setting new USA 5000m and 10,000m indoor walk records. She has since been awarded USA T&F Athlete of the Week for this week - the first cab off the rank for 2017. See <http://www.usatf.org/News/Miranda-Melville-sets-two-American-records,-earns-.aspx>.

2017 – THE YEAR FOR THE WOMEN'S 50KM

Women have walked the 50km distance for many years now and some countries even have their own women's national 50km championship, but up till now it has not been officially recognised by the IAAF. That is set to change, with the IAAF mandating last year that the first fully ratified performance under 4:30:00, done from 1st January 2017 or after, will become the official World Record. To be eligible for consideration, such a walk must satisfy a number of provisions – there must be at least 3 international walk judges in attendance, the race must be held over an AIMS measured loop of between 1km and 2.5km and full drugs testing must be undertaken.

The best ever women's 50km performance of 4□:10:59 was done by Swedish walker **Monica Svensson** in 2007 in Scanzorosciate, Italy. The current top times, as published by the IAAF, read as follows

1.	4:10:59	Monica SVENSSON	26 DEC 1978	SWE	1	Scanzorosciate	21 OCT 2007
2.	4:12:16	Elena GINKO	30 JUL 1976	BLR	1	Scanzorosciate	17 OCT 2004
3.	4:16:27	Jolanta DUKURE	20 SEP 1979	LAT	1	Paralepa	09 SEP 2006
4.	4:25:22	Brigita VIRBALYTĖ-DIMSIENĖ	1 FEB 1985	LTU	1	Villa di Serio	17 OCT 2010
5.	4:28:13	Evaggelía XINOÚ	22 NOV 1981	GRE	2	Scanzorosciate	17 OCT 2004
6.	4:28:53	Neringa AIDIETYTE	5 JUN 1983	LTU	1	Ivano-Frankivsk	01 OCT 2006
7.	4:29:56	Natalia BRUNIKO	23 FEB 1973	ITA	1	Scanzorosciate	27 OCT 2002
8.	4:32:36	Lyudmila YEGOROVA-SHELEST	4 OCT 1974	UKR	1	Scanzorosciate	18 OCT 2009
9.	4:33:22	Erin TALCOTT	21 MAY 1978	USA	1	Santee, CA	22 JAN 2012
10.	4:34:01	Kang ZHOU	24 DEC 1989	CHN	1	Huangshan	06 MAR 2016
11.	4:35:51	Annalisa POTENZA	10 FEB 1981	ITA	1	Scanzorosciate	18 OCT 2009
12.	4:38:56	Dan WANG	11 JAN 1995	CHN	2	Huangshan	06 MAR 2016
13.	4:39:39	Susan ARMENTA	19 SEP 1973	USA	1	Chula Vista, CA	17 FEB 2002

7 of these times are below the 4:30:00 standard but won't be retrospectively recognised for record purposes.

36 year old Portuguese walker **Ines Henriques** is hoping that she will establish the inaugural record at the Portuguese championships in Porto de Mos on 15th January (see <http://comercioenoticias.pt/2017/01/03/ines-henriques-vai-tentar-bater-o-recorde-do-mundo-nos-50-km-marcha-feminino/>). She certainly has the credentials, having walked under 1:30:00 for the 20km in 6 of the last 7 years, and having a PB of 1:29:00. A regular in the Portuguese T&F team, she boasts 7 Racewalking World Teams Championship appearances, 3 Olympic appearances (2004, 2012 and 2016) and assorted other international vests. With 23 years of racewalking under her belt, she is well placed to succeed in her goal.



Ines Henriques competes in the 2010 Racewalking World Cup

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 14, 2017	AV Shield Round 11, various venues, VIC
Jan 26-28, 2017	Victorian Country Track & Field Championships, Casey Fields, Casey, VIC
Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships (incorp. Oceania 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
	Sunday 26 th U20 10,000m Walks
	Monday 27 th U14 3000m and U16 5000m Walks
	Friday 31 st U18 5000m and Open 10,000m Walks
Apr 22-23, 2017	Australian Centurions 24 Hour Walk Championships, Coburg, VIC
Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT. See http://ntmastersathletics.com.au/
Jun 11, 2017	51 st LBG Racewalking Carnival, Canberra, ACT

2016/2017 International Dates

Mar 12, 2017	International Walks Meet, Ciudad Jaurez, Mexico
Mar 18-29, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
Mar 19, 2017	International Walks Meet, Monterrey, Mexico
Mar 19, 2017	Memorial Mario Albisetti (elite 20km), Lugano, Switzerland
Mar 19, 2017	Asian 20km Racewalking Championships, Nomi, Japan
Mar 25, 2017	European Athletics Walks Meet, Dudince, Slovakia
Apr 1, 2017	26 th Grand Prix de Rio Maior, Rio Maior, Portugal
April 8, 2017	Podebrady Race Walk Meet, CZE. See http://www.podebrady-walking.cz/en/
Apr 15, 2017	EASTER WEEKEND
Apr 15, 2017	IAAF Racewalking Challenge event, Taicang, China
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
April 23, 2017	Naumburg Racewalking Carnival, GER
May 21, 2017	European Race Walking Cup, Podebrady, CZE
June 3, 2017	XXXI Gran Premio Cantones de La Coruna, Spain
June 9, 2017	European Athletics Walks Meet, Altyus, LTU
July 12-16, 2017	10 th World Youth T&F Championships, Nairobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ .
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
Sept 24-17, 2017	Around Lake Taihu 4 Day multi day walks race, CHN

2017 IAAF Racewalk Challenge Series

Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships (incorp. Oceania Championships), Adelaide, SA
Mar 12, 2017	International Walks Meet, Ciudad Jaurez, Mexico (20km)
Mar 19, 2017	International Walks Meet, Monterrey, Mexico (20km, 50km)
Apr 1, 2017	26 th Grand Prix de Rio Maior, Rio Maior, Portugal
Apr 15, 2017	IAAF Racewalking Challenge event, Taicang, China
June 3, 2017	XXXI Gran Premio Cantones de La Coruna, Spain
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK.

Looking Further Ahead

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

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