



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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ADDENDUM

A further addendum to the addendum of last week when discussing the fastest 10km walks done by Australian walkers aged under 18 years. I had mentioned the performances of Declan Tingay (42:10.31) and Nathan Brill (41:07) but there are others

Here are some additional performances from Brent Vallance, all done by "an age on day" 17yr olds, including the Australian U20 road record of 40:54, done by Adam Rutter.

40:54.0	Adam Rutter	24/12/1986	NSW	1	Sydney	26/06/2004
41:57.00	Troy Sundstrom	30/05/1981	NSW	2	Leichardt	9/08/1997
42:01.0	Adam Rutter	24/12/1986	NSW	1	Canberra	13/06/2004
42:07.0	Adam Rutter	24/12/1986	NSW	9	Naumburg	30/04/2004

Troy Sundstrom in fact did further very fast 10km walks at NSWRWC meets during 1997. Like Nathan's, all of these were done on the road. Declan's would appear to be the best Track time.

WALKER OF THE WEEK

And now onto this week's Walker of the Week which is awarded to Rio bronze medallist **Dane Bird-Smith**. Walking on Saturday in the QA Norma Croker Shield 3000m walk at the UQ Athletics Track in St Lucia, Brisbane, Dane stormed through to win in an Australian best ever time of **10:54.70**.

The current best time of 10:56.22, done by Andrew Jachno in Melbourne on 7th Feb 1991, had stood for just over 26 years and used to be the National Record before Athletics Australia pruned the list and removed it, along with various other distances. In 2014 Dane recorded 10:56.23 when winning a 3000m race in Cork Ireland, just missing Andrew's time by 0.01 sec. His time on Saturday now rewrites the history books once and for all. My top-20 now reads as follows

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	10.54.70	Dane Bird-Smith	Q	15-07-1992	1	Brisbane	11/02/2017	24
2	10.56.22	Andrew Jachno	V	13-04-1962	1	Melbourne	07-02-1991	33
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	Sollefuna	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

It's a bit strange in that now we seem to have a Commonwealth Record for the 3000m walk (held up till now by Andrew Jachno with his 10:56.22) but no Australian record.

WHAT'S COMING UP

- The **2017 Australian/Oceania 20km Race Walking Championships** will be held in War Memorial Drive, **Adelaide**, on **Sunday 19th February**. The timetable reads as follows
 - 7:00am Oceania & Australian 20km Race Walking Championships
 - 8:00am Oceania Under 20 10km Race Walking Championships
 - 8:00am Invitational Under 18 5km Race Walk

The fields look very impressive, with lots of internationals from the Supernova Study at the AIS who have stayed on for this meet. I will be there to watch what are bound to be very exciting races.

Men 20km Race Walk

Araya, Edward	CHI
Araya, Yerko	CHI
Bilodeau, Mathieu	CAN
Bird-Smith, Dane	QLD
Brzozowski, Artur	POL
Christie, Nick	USA
Cowley, Rhydian	VIC
Dunfee, Evan	CAN
Felton, Jay	NSW
Garganis, Adam	VIC
Gibbons, Carl	NSW
Jelonek, Jakub	POL
Jones, Tyler	NSW
Maas, Trevor	SA
Mottrom, Kim	SA
Prasad, Pramesh	VIC
Reading, Brendon	ACT
Rew, Quentin	NZL
Shange, Lebogang	RSA
Simpson, Bradley	VIC
Šuškevicius, Tadas	LTU
Toru, Yamamoto	JAP
Yarita, Yuichi	JAP
Žiukas, Marius	LTU

Women 20km Race Walk

Barber, Alana	NZL
Davies, Bethan	GBR
Findlay, Samantha	SA
Gannon, Brenda	QLD
Hunt, Zoe	ACT
Lamble, Regan	VIC
McInnes, Simone	VIC
Papadopoulous, Christina	QLD
Pickles, Jessica	QLD
Pinedo González, Ainhoa	ESP
Ruddick, Kelly	VIC
Smith, Beki	ACT
Tallent, Claire	SA
Virbalyte-Dimšienė, Brigita	LTU

Men Under 20 10km Race Walk

McCutcheon, Luke	QLD
Richardson, Dylan	NSW
Swan, Kyle	VIC
Tingay, Declan	WA
Walmsley, Reese	VIC

Men Under 18 5km Race Walk

Bruniges, Mathew	SA
Camilleri, Tristan	SA
Vidler, Jake	SA

Women Under 20 10km Race Walk

Cross, Anna	SA
Goodhew, Chelsea	NSW
Huse, Philippa	VIC
Smith, Clara	QLD

Women U18 5km Race Walk

Brown, Samantha	NSW
Cross, Bethany	SA
Lovegrove, Rhiannon	SA

As well as doubling as the Oceania Championships, it is also the opening race of the 2017 IAAF Racewalking Challenge and is discussed at <https://www.iaaf.org/news/news/2017-iaaf-race-walking-challenge-one-week-to>.

- The next **VRWC races** will also be held on **Sunday 19th February** and will include the **Victorian Masters 5000m track walk championships**. Venue and times shown below.

Sun 19 February 2017, VRWC Track Races, VMA 5000m Championships , Clifton Hill		
Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill		
8.30am	5000m VMA Championship	Masters Women
9.15am	5000m VMA Championship	Masters Men
10.00am	5000m and 3000m	VRWC Open
10.40am	1500m	VRWC Open

- The **Victorian Open and Junior T&F Championships** will then be held over the following 2 weekends

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

BENDIGO WALKERS CLUB ROAD WALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 8 FEBRUARY

Thanks to Paul Rance for his latest report from Bendigo, in country Victoria. Paul reported

On Wednesday evening the Bendigo Walkers Club held 1km and 3km handicap events in Rosalind Park with hot conditions prevailing. In the 1km event, backmarker Carissa Brook raced around the field and secured a strong victory, with Charlotte Murphy taking 2nd place with a personal best and the consistent Oscar Fox finished in 3rd place. The 3km race saw Norm West come off the second front mark and take the lead in the early stages and he was never headed as he held off all challengers for an excellent win, with John Carter 2nd and Peter Curtis in 3rd place.

2km Handicap Walk

1.	Norm West	24.02
2.	John Carter	22.13
3.	Peter Curtis	17.27
4.	Barb Bryant	18.17
5.	Jennie Payne	19.08
6.	Bill Lotherington	21.44
7.	Zahra Hayes (F/T)	15.48
8.	Madison Hill	18.58
9.	Annette Major	20.08
10.	Geoff Major	27.06
11.	Ebony Whiley	19.35
12.	Annette Curtis	23.58

1km Handicap Walk

1.	Carissa Brook	5.16
2.	Charlotte Murphy	5.58
3.	Oscar Fox	6.21
4.	Caitlyn Tozer	7.58
5.	Jasmine Murphy	8.29

ACT WALKERS CLUB TRACK WALKS, WODEN PARK, WODEN, THURSDAY 9 FEBRUARY

Thanks to Robin Whyte for his weekly report from Canberra.

3000m Walk

1.	Gwyllym Young	15:22
2.	Tom Hunt	15:27
3.	Spencer Burns	15:42
4.	Hannah Manning	16:23
5.	Kate Black	18:39
6.	Robin Whyte	19:22
7.	Ewen Thompson	20:53
8.	Bryan Thomas	21:10
9.	Rod Gilchrist	22:16
10.	Jennifer Gilchrist	22:58
11.	Ella Baker	23:07
12.	Doug Fitzgerald	24:37
13.	Sheryl Greatehead	24:47
14.	Lorna England	25:11

5000m Walk

1.	Connor Frew	24:07
2.	Gabby Hunt	25:15
3.	Mitchell Baker	25:28
4.	Callum Burns	25:42

1000m Walk

1.	Sebastian Young	6:01
2.	Harry Baker	6:42
3.	Georgia Frew	7:17
4.	Raelene Campbell	8:32
5.	Angela Hart	8:32
6.	Ethan Hart	9:07
7.	Donnie Hart	9:33

SAMA COMPETITION CANCELLED

It was so hot in Adelaide this week that the South Australian Masters cancelled their weekly competition. Fingers crossed for next week! Colin Hainsworth tells me it was 42C on Wednesday, with 39C forecast for Thursday and Friday. Ouch!

NSW 10 000M WALK CHAMPIONSHIPS, SOPAC, SYDNEY, SATURDAY 22 FEBRUARY

The NSW 10,000m track walk championships were held last Saturday, in conjunction with an All-Comers meet in Sydney. It was a horrendously hot day in Sydney but luckily the walks were delayed and the race did not start till after 8pm when it had cooled a little. Best performance by **Tyler Jones** in the U20 (46:48.20).

Open 10,000m Walk

1.	Gibbons, Carl	21	Westlakes At	47:54.53
2.	Felton, Jay	22	U.T.S. Norths	48:33.49
1.	Barendregt, Amanda	21	Nepean Distr	58:57.57

U20 10,000m Walk

1.	Jones, Tyler	19	Mingara	46:48.20
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2.	Tebbutt, Oscar	16	Gosford	51:51.89
3.	Barendregt, Travis	17	Nepean Distr	58:40.78
1.	McDonald, Jasmyn	18	Parramatta C	54:39.59
2.	Cross, Anna	18	Athletics SA	59:34.46

Masters 10,000m Walk

1.	Bennett, Rodney	63	Sydney Striders	1:11:10.07
	Osborne, Robert	62	Nepean Distr	DNF
	Seymon, Jim	80	U.T.S. Norths	DNF
1.	Webb, Cheryl	41	Blacktown	55:09.53
2.	Weekes, Anne	55	Sutherland D	1:05:30.33

AV SHIELD FINAL, LAKESIDE STADIUM, ALBERT PARK, SUNDAY 12 FEBRUARY

It was a huge affair at the Athletics Victoria Shield Final at Albert Park last Sunday, with huge numbers contesting all events. As far as the 2000m walks were concerned, 105 walkers contested 4 heats. And that only includes the teams which made the final. Lots of walkers missed out as their teams did not finish in the top 2 in their division in their region. You can see a short 3 minute video of the action – it was a big day – <https://www.youtube.com/watch?v=NwGBAaXMtEk&feature=youtu.be>. All divisional team winners listed at <http://athsvic.org.au/generalnews/frontpage/av-shield-final/>. Well done to Division 1 winners Glenhuntly and Melb Uni.

With most of the fast walkers in the first heat, there were some great time. **Emmet Brasier** (8:16.8) and **Brad Simpson** (8:25.5) led the field home but behind them, it was a case of PBs galore as shown below. Special mentions to **Shae Wellington** (8:29.7), **Simone McInnes** (8:41.7), **Nikola Mandic** (8:43.5) and **Pramesh Prasad** (8:56.4) who all broke the 9 minute barrier.

2000m Walk Heat 1

1.	Brasier, Emmet	M98	DIAMOND VALLEY A	8:16.8	
2.	Simpson, Bradley	M93	ATHLETICS NUNAWA	8:25.5	
3.	Wellington, Shea	M97	KEILOR ST BERNAR	8:29.7	PB 0:25
4.	McInnes, Simone	W91	GLENHUNTLY ATHLE	8:41.7	PB 0:01
5.	Mandic, Nikola	M03	CASEY CARDINIA A	8:43.5	PB 0:08
6.	Prasad, Pramesh	M74	COLLINGWOOD HARR	8:56.4	PB 0:19
7.	Nelson, Scott	M69	WYNDHAM TRACK AN	9:07.2	
8.	Henderson, Rebecca	W01	CASEY CARDINIA A	9:18.6	PB 0:04
9.	Thompson, Will	M02	CASEY CARDINIA A	9:22.2	PB 0:11
10.	Szirom, Megan	W77	FRANKSTON ATHLET	9:22.9	
11.	Dynes, Will	M02	DIAMOND VALLEY A	9:34.8	PB 0:11
12.	Hayes, Zahra	W01	BENDIGO REGION	9:48.5	
13.	Taylor, Lucas	M96	YARRA RANGES ATH	10:04.8	
14.	Donahoo, Mark	M58	ATHLETICS ESSENDON	10:07.9	
15.	Evans, Simon	M60	BOX HILL ATHLETI	10:20.2	
16.	De Lisen, Paige	W98	KNOX ATHLETIC CLUB	10:30.1	
17.	Keirl, Bernie	M63	DIAMOND VALLEY A	10:45.7	
18.	O'Brien, Brenton	M01	BENDIGO REGION	11:11.4	
19.	Carr, Heather	W49	GLENHUNTLY ATHLE	11:20.7	
20.	Clarke, Patrick	M68	DIAMOND VALLEY A	11:29.0	
21.	Beveridge, Heath	M03	WESTERN ATHLETICS	11:32.0	
22.	Elms, Donna-Marie	W61	PRESTON ATHLETIC	11:34.4	

2000m Walk Heat 2

1.	Davison, Mackayla	W00	GEELONG REGION	10:03.0	PB 0:09
2.	Nelson, Arnika	W03	WYNDHAM TRACK AN	10:11.7	PB 0:34
3.	Laufer, Michelle	W69	COLLINGWOOD HARR	10:26.0	
4.	Knight, Cassandra	W94	BOX HILL ATHLETI	10:44.5	
5.	Hawksworth, Danny	M79	ATHLETICS ESSENDON	11:10.6	
6.	Muldoon, Wendy	W71	ATHLETICS NUNAWA	11:14.3	
7.	Kondogonis, John	M61	KEILOR ST BERNAR	11:18.9	
8.	Hunter, Pia	W66	BOX HILL ATHLETI	11:19.9	
9.	Olden, Graeme	M64	BOX HILL ATHLETI	11:24.7	
10.	Egginton, Andrew	M61	BOX HILL ATHLETI	11:27.9	
11.	Higham, Cassie	W84	GLENHUNTLY ATHLE	11:30.3	
12.	Noonan, Claire	W04	COLLINGWOOD HARR	11:32.7	
13.	Rosenbrock, Carolyn	W62	ATHLETICS NUNAWA	11:37.8	
14.	Heikkila-Dubowik, Kaylah	W05	GEELONG REGION	11:46.0	
15.	Kennedy, Paul	M57	KEILOR ST BERNAR	11:51.1	

16.	Bryant, Barbara	W54	BENDIGO REGION	11:54.3
17.	Collis, Lauren	W98	DIAMOND VALLEY A	11:56.3
18.	Dickenson, Russell	M45	VICTORIAN MASTER	12:01.1
19.	Knox, Duncan	M59	ATHLETICS ESSENDON	12:03.7
20.	Payne, Jennifer	W56	BENDIGO REGION	12:14.0
21.	Bennett, Ralph	M41	GLENHUNTLY ATHLE	12:23.1
22.	Bowden, Kuniko	W66	MENTONE ATHLETIC	12:39.0
23.	Beaumont, Hamish	M76	MELBOURNE UNIVER	12:53.3
24.	Shaw, Robyn	W61	WESTERN ATHLETICS	12:55.7

2000m Walk Heat 3

1.	Collis, Hugh	M00	DIAMOND VALLEY A	10:14.2	PB 0:15
2.	Rickard, Joseph	M01	FRANKSTON ATHLET	11:01.2	
3.	Imbriano, Joel	M06	ST KEVINS ATHLET	11:31.8	
4.	Morrow, Bianca	W02	CASEY CARDINIA A	11:42.4	
5.	Hay, Angus	M03	KNOX ATHLETIC CLUB	11:45.3	
6.	Van Dongen, Rupert	M74	MENTONE ATHLETIC	11:47.5	
7.	McCann, Adam	M76	ATHLETICS NUNAWA	12:22.7	
8.	Walker, Charli	W03	GEELONG REGION	12:25.7	
9.	Sommers, David	M57	ATHLETICS NUNAWA	12:26.9	
10.	Camilleri, Brent	M01	DIAMOND VALLEY A	12:29.9	
11.	McGoughan, Tracy	W65	KEILOR ST BERNAR	12:38.8	
12.	Rebbechi, Grace	W00	COBURG HARRIERS	12:41.0	
13.	Taylor, Lee	W01	YARRA RANGES ATH	12:43.4	
14.	Glover, Thomas	M03	WESTERN ATHLETICS	12:45.1	
15.	Hewitson, Camden	M02	YARRA RANGES ATH	12:49.0	
16.	Doran, Anthony	M52	GLENHUNTLY ATHLE	12:50.3	
17.	Steed, Gwen	W42	GLENHUNTLY ATHLE	12:57.9	
18.	Barrow, Geoff	M49	MENTONE ATHLETIC	12:59.5	
19.	Holohan, Bernadette	W65	SANDRINGHAM ATHL	13:31.4	
20.	Lewis, Leandar	M97	WYNDHAM TRACK AN	14:07.2	
21.	Brasier, Caitlin	W90	DIAMOND VALLEY A	14:23.0	
22.	Dawit, Hayelom	M98	ATHLETICS ESSENDON	14:40.9	
23.	Downie, Malachi	M98	ATHLETICS ESSENDON	14:42.3	
24.	Ireland, Roslyn	W83	BRUNSWICK ATHLET	15:24.4	
25.	DiMedio, Anna	W67	BOX HILL ATHLETI	16:12.8	
	Sullivan, David	M90	MELBOURNE UNIVER	DQ	

2000m Walk Heat 4

1.	Glover, Jackson	M01	WESTERN ATHLETICS	11:34.5
2.	Webber, Ewan	M03	BOX HILL ATHLETI	12:22.6
3.	McLennan, Liam	M05	DONCASTER ATHLET	12:23.1
4.	Abfalter, Maria	W68	KEILOR ST BERNAR	13:15.6
5.	Schlicht, Kate	W59	GEELONG REGION	13:18.5
6.	Matthews, Patrick	M98	KEILOR ST BERNAR	13:28.8
7.	Murfett, Grant	M67	VICTORIAN MASTER	13:29.1
8.	Spiteri, Kelly	W73	COBURG HARRIERS	13:52.1
9.	Collins, Aaron	M99	SANDRINGHAM ATHL	14:15.0
10.	Egglestone, Donna	W73	MELBOURNE UNIVER	14:18.7
11.	Derrett, Lucinda	W01	DIAMOND VALLEY A	14:20.4
12.	Marston, Janice	W65	ATHLETICS WAVERLEY	14:39.3
13.	Rankin, Bailey	M02	WESTERN ATHLETICS	14:45.2
14.	Cashin, Brenda	W64	WESTERN ATHLETICS	14:51.8
15.	Camilleri, Rhianyn	W05	DIAMOND VALLEY A	15:04.4
16.	Ireland, Mark	M84	BRUNSWICK ATHLET	15:24.4
17.	Knox, Christian	M03	ATHLETICS ESSENDON	15:24.7
18.	King, Michelle	W64	DIAMOND VALLEY A	15:29.6
19.	Auricchio, Sarah	W99	WESTERN ATHLETICS	15:37.9
20.	Bovdis, Ruby	W99	WESTERN ATHLETICS	15:39.3
21.	Rickard, Tess	W93	BRUNSWICK ATHLET	15:47.6
22.	Van Dueren, Philip	M59	MELBOURNE UNIVER	15:48.5
23.	Molnar, Joanne	W61	ATHLETICS WAVERLEY	15:54.0
24.	Bryan, Jeanne	W42	MENTONE ATHLETIC	16:23.4
25.	Norman, Phil	M63	BRUNSWICK ATHLET	16:33.3
26.	Payne, Matthew	M73	GEELONG REGION	16:43.8
27.	Heathcote, Hannah	W98	BOX HILL ATHLETI	16:58.6
28.	Schubert, Glenys	W61	DIAMOND VALLEY A	17:15.1

29.	Campbell, Donna	W70	PRESTON ATHLETIC	17:38.2
30.	Holten, Ruby	W93	SANDRINGHAM ATHL	17:54.3
	Stern, Steven	M51	GLENHUNTLY ATHLE	DQ
	Green, Craig	M67	BENDIGO REGION	DQ
	Zeleznikow, John	M50	GLENHUNTLY ATHLE	DQ

QA NORMA CROKER SHIELD, UQ ATHLETICS CENTRE, BRISBANE, SATURDAY 11 FEBRUARY

As mentioned in my Walker of the Week, The Athletics Queensland meet at St Lucia in Brisbane on Saturday evening saw **Dane Bird-Smith** set an Australian best for the 3000m track walk with a huge time of 10:54.70. The meet was named after Norma Croker, one of the women in the 4x100 relay team that won gold at the Olympic Games in Melbourne, 1956 and the first Queensland athlete ever to win a medal at the Olympics. Interestingly, Dane also won a medal in Rio and is also a Queensland. I think there's a nice bit of symmetry there.

His performance was no the only good one on the night. South African **Wayne Snyman** was not far behind with 11:10.22, while **Clara Smith** has her first outing in a while, recording a fast 13:11.22. In the 5000m, **Luke McCutcheon** won in a big PB of 21:46.85 while **Katie Hayward** walked yet another sizzling U18 time of 22:00.13 and **Jess Pickles** capped off the good times with 22:24.52.

3000m Walk

1.	Bird-Smith, Dane	M25	UNQ	10:54.70	PB 0:02
2.	Snyman, Wayne	M32	South Africa	11:10.22	
3.	Smith, Clara	F19	UNQ	13:11.12	
4.	Martin, Katya	F20	Gold Coast Victory	14:45.67	
5.	Hannigan, Caitlin	F15	Gold Coast Victory	15:01.02	
6.	Gannon, Brenda	F43	Athletics WA	15:54.33	
7.	Haig, Callum	M17	USC	16:43.87	
8.	Novinetz, Camryn	F14	Ipswich & District	17:21.47	
9.	Stewart, Ryan	M15	Ipswich & District	17:41.99	
	Hayward, Kris	M13	Gold Coast Central	DQ	

5000m Walk

1.	McCutcheon, Luke	M19	Qeii Track Club	21:46.85	PB 0:28
2.	Hayward, Katie	F17	Gold Coast Central	22:00.13	
3.	Pickles, Jessica	F23	UNQ	22:24.52	
4.	McCutcheon, Jamie	M18	Qeii Track Club	23:42.73	



Dane with Norma Croker after the race (photo Queensland Athletics)

ATHLETICS SA INTERCLUB, SAATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 11 FEBRUARY

A good turnout in Adelaide despite the weather, with **Kim Mottrom** fastest over 2000m wit 13:26.23.

3000m Walk

1.	Kim Mottrom	M	ADELAIDE HAR	13:26.23
2.	Tristan Camilleri	M	COASTAL DIST	13:30.42
3.	Joe Cross	M	PEMBROKE	14:28.22
4.	Samantha Findlay	F	SOUTHERN	14:34.50
5.	Victoria Upton	F	SOUTHERN	15:58.49
6.	Mathew Bruniges	M	SOUTHERN	15:58.53
7.	Toby Wilks	M	PEMBROKE	16:19.96
8.	Bethany Cross	F	PEMBROKE	16:32.71
9.	Chloe Upton	F	SOUTHERN	17:18.01
10.	Kitarni Upton	F	SOUTHERN	17:26.27
11.	Kiera Ross	F	PEMBROKE	18:37.82
12.	Mia Wilks	F	PEMBROKE	19:08.84
13.	Cherie Rothery	F	HILLS DISTRI	20:14.06
14.	James Hoare	M	PORT ADELAIDE	21:58.12

QMA 3000M WALK CHAMPIONSHIPS, GRIFFITH UNIVERSITY, GOLD COAST, SUNDAY 12 FEBRUARY

The Queensland Masters had their T&F Championships last Sunday on the Gold Coast, with 8 walkers in action.

3000 Metre Race Walk

1	Nyle Sunderland	W49	GC & Sthrn	17:22.12	72.10%
1	Ignacio Jimenez	M51	Brisbane	14:44.57	81.72%
2	Paul Lindenberg	M54	GC & Sthrn	18:34.95	64.83%
1	Kay Shaw	W57	GC & Sthrn	19:46.38	69.07%
2	Debbie Lindenberg	W55	GC & Sthrn	21:56.90	62.22%
1	Robyn Wales	W64	GC & Sthrn	27:32.42	52.19%
1	Noela McKinven	W74	Brisbane	24:14.96	67.11%
1	George Megas	M80	GC & Sthrn	24:07.33	69.95%

QLA REGIONAL CHAMPIONSHIPS, HARVEY BAY, 4-5 FEBRUARY

To finish off our Australian reporting, some photos from Robyn Wales from the Queensland Little Athletics South Coast Regional Championships which were held at Hervey Bay a week ago. That was one of a number of venues across Queensland where our youngest athletes strove to qualify for the State Championships later this summer.

I don't normally report on LA regional championships but restrict my results gathering to the final State Championships. I would fill a whole newsletter each week just with Little Athletics if I did extend my reporting to include the weekly LA events across Australia. It is a fantastic concept which gives Australian kids from U6 to U15 (U17 in some States) the chance for a fun weekly T&F meet. I helped out for many years at the Fawkner and Coburg LA venues in Melbourne as my sons worked their way up through the LA ranks.

Robin commented: *I think these photos really represent grassroots athletics...country kids without coaches displaying impeccable technique. The only name I have is Brianna Senstock who won the U16 1500m in 10:19 and she is in the individual photo.*



Little Athletes walk on a grass track in Hervey Bay in the Queensland Regional Championships a week ago (photo Sarah Gillieatt of Fairytale Imaging)



Left: Brianna Senstock of Maryborough Club wins the U16 1500m walk at Hervey Bay (photo Sarah Gillieatt of Fairytale Imaging)
 Right: Robyn with charges Sam McCure, Luke Heylen, Liam Heylen and Max Russell at the Gold Coast LA Regional Championships at Ashmore

MILLROSE GAMES, NEW YORK, ARMORY, SATURDAY 11 FEBRUARY

The 110th Annual Millrose Games, which was held on Saturday at the Armory indoor track in New York, saw three-time champions **Maria Michta-Coffey** and **Jonathan Hallman** (both won in 2013, 2015 and 2016) return for their fourth overall wins.

1 Mile Walk Women

1.	Maria Michta-Coffey	Oiselle - Walk USA	6:31.85
2.	Miranda Melville	Skechers/ NYAC	6:36.32
3.	Taylor Ewert	Southwest Ohio TC	7:29.54
4.	Kristi Licursi	Marist College	7:39.62
5.	Meagan Allen	New England Walkers	7:41.12
6.	Katie Michta	Walk USA	7:42.76
7.	Katie Miale	Marist College	8:08.15
8.	Maria Angelica Garcia	Park Racewalkers	8:28.68
	Kayla Allen	Maine RWers	DQ

1 Mile Walk Men

1.	Jonathan Hallman	Shore AC	6:04.29
2.	Emmanuel Corvera	NYAC	6:15.49
3.	Cameron Haught	Southwest Ohio TC	6:16.95
4.	Emmerson Hernandez	Fleet Feet Albany	6:21.15
5.	Michael Mannozi	Shore AC	6:21.17
6.	AJ Gruttadauro	Spring Arbor University	6:37.43
7.	Rich Luetichau	Shore AC	6:38.47
8.	Sam Elmi	Cornerstone University	6:49.50
9.	David Swarts	Pegasus AC	6:53.16
10.	Yvan Bechard	Rive-Sud AC	7:01.34
11.	Dave Talcott	Shore AC	7:06.68
	Marek Adamowicz		DQ

PORTUGUESE INDOOR T&F CHAMPIONSHIPS, POMBAL, PORTUGAL, 11-12 FEBRUARY

Ana Cabecinha (12:48.33) and **Joao Vieira** (19:54.29) won the Portuguese Indoor Championships last Saturday in Pombal. It was Cabecinha's sixth indoor title and is the 9th year in a row that the 32 year old has broken 13:00 for the 3000m indoor distance. Now that make for pretty impressive reading, compliments of marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2695).

Ana Cabecinha	2008/09	12:56.45	Pombal (POR)	28.02.2009
Ana Cabecinha	2009/10	12:56.86	Espinho (POR)	27.02.2010
Ana Cabecinha	2010/11	12:46.24	Pombal (POR)	26.02.2011
Ana Cabecinha	2011/12	12:34.00	Espinho (POR)	18.02.2012
Ana Cabecinha	2012/13	12:21.56	Pombal (POR)	16.02.2013
Ana Cabecinha	2013/14	12:29.72	Pombal (POR)	15.02.2014
Ana Cabecinha	2014/15	12:17.93	Pombal (POR)	14.02.2015
Ana Cabecinha	2015/16	12:25.23	Pombal (POR)	20.02.2016
Ana Cabecinha	2016/17	12:48.33	Pombal (POR)	11.02.2017

For 40 year old Joao Vieira, it is yet another impressive performance in a wonderful career. Results follow

Men 5000m Race Walk indoor

1.	Joao VIEIRA	POR	76	19:54.29
2.	Miguel CARVALHO	POR	94	20:23.00
3.	Sérgio VIEIRA	POR	76	20:37.98
4.	Amaro TEXEIRA	POR	89	21:04.97
5.	Rui COELHO	POR	94	21:10.99
6.	Miguel RODRIGUES	POR	96	21:26.88
7.	Pedro MARTINS	POR	68	21:27.42
8.	Pedro SANTOS	POR	92	22:06.64
9.	Cristiano ANTÓNIO	POR	88	22:40.01
10.	Cláudio COTRIM	POR	96	23:06.35

Women 3000m Race Walk indoor

1.	Ana CABECINHA	POR	84	12:48.33
2.	Edna BARROS	POR	96	13:04.60
3.	Vitória OLIVEIRA	POR	92	13:08.05
4.	Mara RIBEIRO	POR	95	13:16.98
5.	Inês REIS	POR	99	13:56.59
6.	Laura LEAL	POR	96	14:10.03
7.	Alexandra LAMAS	POR	72	14:54.82

HUNGARIAN JUNIOR INDOOR RACE WALKING CHAMPIONSHIPS, BUDAPEST, HUNGARY, SATURDAY 11 FEB

More indoor championships, this time U18 and U20 from Hungary, with the usual 5000m for men and 3000m for women.

U20 Women 3000m Walk indoor

1.	Daphne DIMANOPULOSZ	HUN	99	14:15.67
2.	Laura KOMORÓCZY	HUN	99	15:54.85

U18 Men's 5000m Walk indoor

1.	Vencel GÁL	HUN	01	24:17.90
2.	Dávid VARGA	HUN	01	25:26.94
3.	Dániel HORVÁTH	HUN	00	25:46.30
4.	Balázs NYERGES	HUN	01	32:13.52
	Oleksandr KARPUSHYNETS (OC)	UKR	01	DNF
	Norbert TÓTH	HUN	01	DQ

U18 Women's 3000m Walk indoor

1.	Anna HORNYÁK	HUN	00	15:17.18
2.	Réka SZABÓ	HUN	00	15:19.58
3.	Dóra CSÖRGO	HUN	01	16:18.96
4.	Panka VÁSÁRHELYI	HUN	00	19:00.76
5.	Emma SZILÁGYI	HUN	00	20:33.08

BELARUS JUNIOR INDOOR T&F CHAMPIONSHIPS, MOGILYOV, BELARUS, 8-9 FEBRUARY

To Belarus for their U20 indoor champs, with the walkers able to contest 5000m walks on the Wednesday and 3000m walks on the Thursday. Good double to **Ruslan Udodau** (21:46.19 and 12:32.25).

U20 Men 5000m Race Walk indoor

1.	Ruslan UDODAU	BLR	99	21:46.19
2.	Aliaksandr STRIZIONAK	BLR	98	22:04.48
3.	Dzianis PALIAKOU	BLR	99	22:14.99

4.	Vladislau HLUSHAK	BLR	98	22:44.50
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U20 Women 5000m Race Walk indoor

1.	Alesia BELIAHOVA	BLR	00	25:16.49
2.	Viktoryia KAZLOVA	BLR	99	25:43.28
3.	Kseniya KUDRETS	BLR	99	25:53.18
4.	Viktoryia YALOZA	BLR	98	26:08.36
5.	Anastasiya RODZKINA (OC)	BLR	94	23:25.69
6.	Natallia MALCHANAVA (OC)	BLR	97	23:38.52

U20 Men 3000m Race Walk indoor

1.	Ruslan UDODAU	BLR	99	12:32.25
2.	Aliaksandr STRIZIONAK	BLR	98	12:41.10
3.	Vladislau HLUSHAK	BLR	98	12:44.19
4.	Dmitriy VELICHKO	BLR	99	12:53.00
5.	Dzianis PALIAKOU	BLR	99	12:57.40

U20 Women 3000m Race Walk indoor

1.	Viktoryia KAZLOVA	BLR	99	14:59.36
2.	Kseniya KUDRETS	BLR	99	14:59.61

ITALIAN U18 INDOOR T&F CHAMPIONSHIPS, ANCONA, ITALY, 11-12 FEBRUARY

To Italy for their U18 Indoor T&F Championships, with walk wins to **David Finocchietti** (21:45.98) and **Andrada Latacus** (14:22.63).

Men 5000m Race Walk indoor

1.	Davide FINOCCHIETTI	ITA	01	21:45.98
2.	Riccardo ORSONI	ITA	00	21:56.80
3.	Aldo ANDREI	ITA	01	23:18.32
4.	Alessandro PERRONE	ITA	00	23:28.44
5.	Leonardo CIREGIA	ITA	00	23:52.69
6.	Francesco CECERE	ITA	00	24:03.43
7.	Mikias MELI	ITA	00	24:04.57
8.	SCOLI GIULIO	ITA	01	24:46.79
9.	Arcangelo VICENTI	ITA	00	24:55.88
10.	Andrea COSI	ITA	01	25:03.17
11.	Andrea NAPPI	ITA	00	25:08.37

Women 3000m Race Walk indoor

1.	Andrada Lavinia LACATUS	ITA	00	14:22.63
2.	Alessandra LENTINI	ITA	00	14:51.87
3.	Alessia MASTRONICOLA	ITA	00	14:53.88
4.	Chiara TOMMASI MAVAR	ITA	00	15:09.36
5.	Vanessa OBLACH	ITA	00	15:14.29
6.	Sara BUGLISI	ITA	01	15:17.58
7.	Emma FERRETTI	ITA	01	15:19.33
8.	Camilla CRIVELLARO	ITA	00	15:31.36
9.	Ida MASTRANGELO	ITA	01	15:31.98
10.	Ginevra PERINI	ITA	01	15:33.48
11.	Matilde CAPITANI	ITA	00	15:34.22
12.	Giulia MICONI	ITA	00	15:39.90
13.	Maria VIAN	ITA	00	15:42.58
14.	Alice OBLACH	ITA	00	15:43.73
15.	Laura PIROLA	ITA	00	15:48.94
16.	Cristina TAGLIENTE	ITA	01	15:55.46
17.	Martina MARCONI	ITA	00	16:06.30
18.	Anastasia GIULIONI	ITA	01	16:19.84
19.	Chiara PICCINI	ITA	01	16:21.75
20.	Lisa FRANCESCHI	ITA	00	16:22.11
21.	Allegra CURCIO	ITA	01	16:35.73
22.	Chiara CHELINI	ITA	00	16:39.21
23.	Ludovica PERI	ITA	00	17:09.43
24.	Silvia RICCI	ITA	00	17:36.12

BRITISH INDOOR T&F CHAMPIONSHIPS, SHEFFIELD, ENGLAND, 11-12 FEBRUARY

And big news out of England with some great results from the British Athletics Indoor T&F Championships which were held last weekend in Sheffield. Mark Wall reported:

Two relatively high quality walk fields were assembled, the only notable absentee being the defending female champion Bethan Davies (in Australia for the ‘Supernova’ project). With a series of 3 day training camps this week and next at Leeds, plus a further series of research projects being carried out there were strong fields from both the UK and continental Europe.

Women’s Indoor 3000m Championship

Gemma Bridge took an initial lead but **Heather Lewis** soon took over and forged a substantial advantage. Gemma however made massive inroads into the lead in the closing stages and appeared to be about to regain the lead when Heather was disqualified. Gemma went on to take a comfortable victory in 13:23.59 a PB. **Emma Achurch**, after a strong start shadowing Gemma, was able to take second with a season’s best in 13:48.83. Third across the line went to Italian **Tatyana Gabellone** with 13:49:49 while third in the title went to Manx woman **Erica Kelly** 14:18:64

The next two places were filled by younger walkers with 2016 European Youth Championship 4th placegetter **Sophie Lewis-Ward** just over a second ahead of 15 year old **Ana Garcia**. Ana held out the more experienced **Andrea Kovacs** of Hungary, 22 years her senior. For Ana it was a return to the sort of times she recorded in 2014. A special mention should be made of **Anett Torma** of Hungary. She walked a very attacking race and was on for a PB and a place on this year’s top 10 but fell foul of the judges.

1.	Gemma BRIDGE	GBR	93	13:23.59
2.	Emma ACHURCH	GBR	97	13:48.83
3.	Tatyana GABELLONE	ITA	84	13:49.49
4.	Erika KELLY	GBR		14:18.64
5.	Sophie LEWIS WARD	GBR	99	14:25.11
6.	Ana GARCIA	GBR	01	14:26.43
7.	Andrea KOVÁCS	HUN	80	14:26.93
8.	Hannah HUNTER	GBR		14:35.41
9.	Megan STRATTON-THOMAS	GBR		15:32.16
10.	Ester MONTANER NOVELLON	ESP	91	15:44.04
11.	Natalie MYERS	GBR	91	16:08.12
	Heather LEWIS	GBR	93	DQ
	Anett TORMA	HUN	84	DQ

Men’s Indoor 5000m Championship

This saw a national Record to **Tom Bosworth** in 18:39.47 after a period of intense training in South Africa. Tom passed through 3000m in 11:16.43 so was attacking for the whole race. World Junior Champion **Callum Wilkinson**, whilst a bit slower than his U23 record set recently in Bratislava, walked well inside the 20 minute mark for 19:49.23, a feat only 4 other Britons have done indoors. Third across the line was the Norwegian **Fredrik Vaeng Rotnes** in 20:51.15. The third British competitor was **Cameron Corbishley** having a happier time of it in 21:02.14. The pleasing thing about this race being that at 27 Tom was the veteran of the field at 27, with there being only one other competitor who had either just left or else remain in Junior ranks. The green shoots are definitely there.

1.	Tom BOSWORTH	GBR	90	18:39.47
2.	Callum WILKINSON	GBR	97	19:49.23
3.	Fredrik RØTNES	NOR	96	20:51.15
4.	Cameron CORBISHLEY	GBR	97	21:02.14
5.	Christopher SNOOK	GBR	00	22:31.71
6.	Luc LEGON	GBR	97	23:03.01
	Jonathan HOBBS	GBR	93	DQ
	Tom PARTINGTON	GBR	99	DQ
	Guy THOMAS	GBR	97	DQ

And some more info on Tom’s performance from Athletics Weekly (see <http://www.athleticsweekly.com/event-news/tom-bosworth-breaks-british-record-in-sheffield-57288#ZgH0HomdtF1FbchF.99>)

The performance won him a \$2500 bonus for setting the record. Bosworth started at a steady pace and completed the first kilometre on schedule in 3:45.33, already with a clear lead. That tempo stayed pretty much the same as he passed 1600m in 6:01.73 and 2000m in 7:30.55 and 3000m in 11:16.43. Now knowing he had the record, the Olympic 20km sixth-placer seemed to be enjoying himself and even picked up the pace as he went through 4000m in 15:00.14. Despite some early celebrations, that final kilometre was easily the fastest at 3:39.33 and he carried on his celebrations after the finish.

“I’m delighted to break that British record,” said Bosworth. “I have to thank the crowd because they really did spur me on to achieve that time. I am in a really good position. That was a world lead today by some way but I knew I was capable of it.”



UKRAINIAN CUP, KIEV, UKRAINE, SATURDAY 11 FEBRUARY

To Kiev for the annual Ukrainian Cup, where the indoor walks were won by **Oleksiy Kazanin** (19:37.68) and **Olena Mizernyuk** (22:17.93).

Men 5000m Race Walk indoor

1.	Oleksiy KAZANIN	UKR	82	19:37.68
2.	Ihor SAKHARUK	UKR	88	20:29.70
3.	Oleksandr VENHLOVSKIY	UKR	85	20:33.22
4.	Oleksandr ROMANENKO	UKR	81	20:47.84
5.	Volodymyr HONTZOVSKIY	UKR	91	21:22.30
6.	Andriy MARCHUK	UKR	98	23:01.94
	Serhiy SUSIK	UKR	88	DQ

Women 5000m Race Walk indoor

1.	Olena MIZERNYUK	UKR	95	22:17.93
2.	Yelena SHEVCHUK	UKR	86	22:31.55
3.	Mariya FILYUK	UKR	95	22:51.64
4.	Nataliya KONTSEVICH	UKR	84	23:47.87
5.	Marianna GONCHAROVA	UKR	86	23:48.06
6.	Mariya SHVED	UKR	96	26:37.99
7.	Georgina KONDUR	UKR	91	26:51.70
8.	Yevheniya HALTSOVA	UKR	95	27:17.79
	Alona SHUNEVYCH	UKR	96	DQ

FRENCH INDOOR T&F MEET, EAUBONNE, FRANCE, SUNDAY 12 FEBRUARY

And two final results from Europe. Don't think they were championships, just indoor meets.

Men 5000m Race Walk indoor

Benjamin LEAUTE	FRA	88	22:12.20
Thomas DA SILVA	FRA	83	22:35.20

Women 3000m Race Walk indoor

Fabienne RINERO CHANFREAU	FRA	80	14:28.27
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INDOOR T&F, SUMY, UKRAINE, 7-8 FEBRUARY

Women 3000m Race Walk indoor

Kseniya RADKO	UKR	94	13:38.15
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MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 7 press releases this week

- Mon 13 Feb – Preview of Australian 20km Championships in Adelaide this weekend
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2697
- Mon 13 Feb - Dane Bird-smith wins Norma Croker meet 3000m walk in Australian best
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2696
- Sun 12 Feb - Ana Cabecinha and Joao Vieira win Portuguest indoor walk titles
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2695
- Sat 11 Feb - Andrada Lavinia Lacatus and Davide Finocchietti win Italian U18 indoor walk champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2695
- Fri 10 Feb - Spanish walker Alvaro Martin tries altitude mask
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2694
- Wed 8 Feb - Irish walker Alex Wright walks fast indoor 3000m
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2692
- Wed 9 Feb - Preview of Italian U18 T&F Indoor Champs walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2691

and Omarchador had 15 press releases

- Mon 13 Feb – Bosworth sets new British indoor 5000m walk record
<http://omarchador.blogspot.com.au/2017/02/bosworth-bate-recorde-britanico-de.html>
- Mon 13 Feb - Ana Cabecinha and João Vieira win Portuguese Indoor titles
<http://omarchador.blogspot.com.au/2017/02/ana-cabecinha-e-joao-vieira-vencem.html>
- Sun 12 Feb - Results of last weekend's French U23 and U20 indoor champs
<http://omarchador.blogspot.com.au/2017/02/campeonatos-de-franca-de-sub-23-e-sub.html>
- Syb 12 Feb - Results of Andalusian Road Walk Championships in Spain
<http://omarchador.blogspot.com.au/2017/02/grandes-marcas-em-san-fernando-na.html>
- Sat 11 Feb - Results of last weekend's Grande Prémio de Portugaleta in Spain
<http://omarchador.blogspot.com.au/2017/02/ii-grande-premio-de-portugaleta-espanha.html>
- Sat 11 Feb - Preview of Portuguese Indoor Champs in Pombal
<http://omarchador.blogspot.com.au/2017/02/pombal-acolhe-campeonatos-de-portugal.html>
- Fri 10 Feb - 15-year-old Davide Finocchietti breaks Italian U18 Indoor 3000m walk record
<http://omarchador.blogspot.com.au/2017/02/novo-recorde-italiano-sub-18-de-pista.html>
- Fri 10 Feb - Diego García and Lidia Sánchez-Puebla victorious in Móstoles, Spain
<http://omarchador.blogspot.com.au/2017/02/diego-garcia-e-lidia-sanchez-puebla.html>
- Thu 9 Feb - Merete Helgheim wins indoor walk in Ulsteinvik, Norway
<http://omarchador.blogspot.com.au/2017/02/merete-helgheim-domina-marcha-em.html>
- Thu 9 Feb - Results of Ukrainian University Indoor Champs
<http://omarchador.blogspot.com.au/2017/02/campeonatos-universitarios-da-romenia.html>
- Wed 8 Feb - Walks included in inaugural Trofeo Chamartín indoor meet in Madrid
<http://omarchador.blogspot.com.au/2017/02/marcha-integrou-programa-do-i-trofeo.html>
- Wed 8 Feb - Results of last weekend's Italian U23 Indoor Champs in Ancona
<http://omarchador.blogspot.com.au/2017/02/campeonatos-italianos-de-esperancas-sub.html>
- Wed 8 Feb - Results of last weekend's Italian U20 Indoor Champs in Ancona
<http://omarchador.blogspot.com.au/2017/02/campeonatos-italianos-de-juniores-sub.html>

- Tue 7 Feb - Vaiciukeviciute sisters take first and second in Lithuanian University Indoor Champs in Klapieda
<http://omarchador.blogspot.com.au/2017/02/irmas-vaiciukeviciute-com-boas-marcas.html>
- Tue 7 Feb - Alex Wright wins walk at AAI Indoor Games in Dublin
<http://omarchador.blogspot.com.au/2017/02/alex-wright-vence-marcha-no-aai-indoor.html>

OUT AND ABOUT

- A two pronged discussion in this news item. Firstly IAAF President Sebastian Coe has expressed “sadness” that his “friend” and ex-chief of staff Nick Davies has been sacked for lying about £25,525 received in personal payments but denies that the decision of an IAAF ethics board to allow Davies to remain in athletics was “lenient”. Secondly, Coe continues to insist that he is too busy running world athletics to appear again before an investigative committee of British MPs. The net is closing on Coe ... one day he will be forced to give a full account of the backroom dealings. See <http://www.independent.co.uk/sport/general/athletics/seb-coe-sad-his-friend-nick-davies-sacked-as-he-insists-too-busy-appear-before-mps-a7567876.html>.
- Russian deputy prime minister Vitaly Mutko, who oversaw the Russian drugs program in his previous sporting role, continues to insist that it was not State sponsored and that they have done huge amounts to clean up the problem (we seem to have heard this before) but does acknowledge finally that Russian athletics coaches "don't understand how to work without doping". Well, at least that is progress of sorts. See <http://www.iol.co.za/sport/more-sport/russian-coaches-cant-work-without-doping-7652156>.
- USA becomes the sixth country to withdraw from the 2017 IAAF World Youth Championships in Kenya after New Zealand, Great Britain, Australia, Canada and Switzerland. At what stage will the event become untenable and be terminated? See <http://www.nation.co.ke/sports/athletics/USA-withdraw-from-Nairobi-World-U18-event/1100-3803254-pdewtwz/index.html>.
- One final photo from the AIS camp in Canberra, with a gathering of Commonwealth walkers



Commonwealth walkers at the AIS in Canberra - Adam Garganis, Mathieu Bilodeau, Rhydian Cowley, Bethan Davies, Alana Barber, Jared Tallent, Evan Dunfee, Quentin Rew and Regan Lambie

- Saw some shorts from New Zealand with 10km walk times to **Jonathon Lord** (47:40) and **Erin Talcott-Taylor** (47:53) in Auckland and a finish in the Buller Gorge Half Marathon to **Rozie Robinson** (1:53:24).
- Runner Anton Kokorin, who won bronze in Beijing in the men's 4x400m relay team, is the only Russian athlete to have returned his Olympic medal, Yelena Ikonnikova, the anti-doping coordinator of the athletics federation (RusAF), told AFP. See <http://www.supersport.com/athletics/article.aspx?Id=3884564>. Pathetic!

- Rio 2016 discus champion Christoph Harting has called for the resignation of International Olympic Committee (IOC) President and fellow German Thomas Bach amid fierce criticism of the organisation's response to Russia's doping crisis. Harting, who won a surprise gold last August with a personal best of 68.37 metres, also predicted that the Olympics are "slowly dying by 2040" unless sweeping changes are made. It comes after the IOC opted against giving Russia a blanket ban from the Rio Games in response to evidence of state sponsored doping published in the McLaren Report. See <http://www.insidethegames.biz/articles/1046990/discus-champion-harting-claims-olympics-will-slowly-die-by-2040>.

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

Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships (incorp. Oceania Championships), Adelaide, SA
Feb 19 (Sun), 2017	VMA 5000m track walk champs and VRWC track walks, George Knott Reserve, Clifton Hill, VIC
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 5, 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. Draft timetable: Sunday 26 th March U20 10,000m Walks Monday 27 th March U17/U18 5000m Walks Friday 31 st March U15/U16 3000m Walks, Open 10,000m Walks Sunday 2 nd April U14 3000m Walks
Apr 9 (Sun), 2017	Castlemaine NAB 500, Castlemaine Botanical Gardens, Castlemaine, VIC
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 (Sun), 2017	51 st LBG Racewalking Carnival, Stomlo Forest Park, Canberra, ACT
Aug 6 (Sun), 2017	AMA 20km Roadwalk Championships, Adelaide, SA

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 32nd Olympic Games, Tokyo
July 20 – Aug 1, 2020 23rd World Masters T&F Championships, Toronto, Canada
Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

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