



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S TOP TEN WOMEN FOR 2017

Last week it was my Top Ten Australian Men for the year. This time is is my Top Ten Australian Women for 2017. These are very much my own individual picks based on a combination of absolute quality, consistency across the year and improvement relative to past years. Of course, your picks might differ. Anyway, read on. As always, it was a very tough task. I found I had to include 12 women as I was not really able to hone it down to a top 10. And that still left out other talented walkers like Jess Pickles, Rachel Tallent, Philippa Huse and Simone McInnes.



1. Katie Hayward (QLD)

17 year old Katie was the world leading U18 female walker for 2017 and it was only the decision by AA not to send a team to the final IAAF World Youth Championships that robbed her of a potential world gold medal. She dominated the track with wins in the Australian Open 10,000m Track Championship (45:51.09) in March and the Australian U18 5000m at the Australian School Championships in December (22:06.65). She also led the Australian yearly ranking list for 1500m (5:49.93), 3000m (12:46.34) and 5000m (21:50.0) and was 2nd overall in the 10,000m ranking list (45:51.09). And all at age 16/17. A huge talent!



2. Regan Lambie (VIC)

26 year old Regan only race sparsely in 2017 but each of her races was of a high quality. She started off the year with two 10,000m track walks as part of the AIS camp last January (46:33 and 45:29). She then won the Australian Summer 20km championship in Adelaide in a year leading time of 1:29:58. Her next major race was in August when she finished first Australian in the IAAF World Championships in London (22nd with 1:31:30). In September she won the Australian University Games 5000m track title with 22:56. Her final race for the year was another 20km at Fawkner Park in December (4th with 1:35:04).



3. Claire Tallent (SA)

36 year old Claire had 9 races this year, not bad considering that she gave birth to baby Harvey mid year. In fact, her first race was not until June (5km in 24:30). Two months later, she represented Australia in the IAAF World Championships in London (43rd in 1:37:05), a late edition after the withdrawal of Rachel Tallent. She backed up with a win in the Australian Winter 20km Championships (1:37:54) before racing in all 4 days of the Lake Taihu Classic in China, finishing 14th overall. She finished off the year with 2nd in the Fawkner Park 20km (first Australian) with a much improved 1:33:59. What a comeback after a first baby!



4. Allannah Pitcher (NSW)

14 year old Allannah continued on where she left off last year, continuing to set the standard within her age group. She took silver in the Australian U17 5000m Track Championship (24:47) and bronze 4 days later in the Australian U15 3000m Track Championship (14:25) in March. At the annual LBG Carnival in June, she took golds in the U14 2km (9:20) and the U16 3km (25:24). She won the Australian U16 5km Road Championship in August (24:34) and finished second in the Australian Schools U16 3000m Track Championship in December (13:45.78). She also dipped her foot into the longer distances, recording 10km times of 51:31 and then 50:44 in July, while still aged 13. A very talented young walker.



5. Jemima Montag (VIC)

19 year old Jemima had a relatively low key year but it did have its highlights. She won the Victorian Open 5000m track title in February (23:11) and the Victorian 15km road title in May (a huge PB of 1:13:37). She won the LBG Carnival U20 10km roadwalk championship in Canberra in June (46:43) and finished the year in fine style, finishing 3rd (2nd Australian) in the Fawkner Park 20km in December (1:34:18). This last time should qualify as an Australian U20 Record. With that walk, Jemima has put herself into contention for both Commonwealth Games and World Team Championships.



6. Rebecca Henderson (VIC)

16 year old Rebecca has had an excellent year that started with gold in the Victorian U17 5000m track championship (23:31) and gold in the Australian U17 5000m Track Championship (24:05). A bronze in the Victorian Open 15km Road Championship in May (1:18:52) confirmed her potential over the longer distances (she was aged 15 at that stage). She won the Australian U18 5km Road Championship in August (24:19) to sweep the pool nationally. She is also an excellent swimmer and triathlete so has a lot on her plate. A very promising athlete on many fronts. It remains to be seen which sport will win out!



7. Clara Smith (QLD)

19 year old Clara started the year strongly with wins in the Oceania U20 10km Championship in Adelaide (47:48) and in the Australian U20 10,000m Championship in Brisbane (49:17.99). She did not reappear until September when she walked two of the legs in the 4 Day Lake Taihu Classic in China (including an inaugural 20km time of 1:39:44. She then improved her 20km PB to 1:37:06 in finishing 5th in the Fawkner Park races in December.



8. Gwen Steed (VIC)

75 year old Gwen has been amongst our top Masters walkers for many years, regularly competing for medals in the various World Masters Championships. But this year has seen a surge in performances coinciding with her 75th birthday in July. Since then, she has bettered W75 World and/or Australian Records on 11 separate occasions, with W75 best times now set at 20:04.5 (3000m), 35:49 (5km) and 1:13:33 (10km).



9. Emma Blanch (NSW)

14 year old Emma has had some great battles with Allannah Pitcher this year, both girls being in the same U15 National age group. Emma won out in the Australian U15 3000m Track Championship in March (14:10) and in the Australian Schools U16 3000m in December (31:41.78) and generally little separated the 2 girls. However, Allannah won the head to head competition 8 to 2 so must be ranked higher. Both girls deserve to be in my top 10 for the year.



10. Beki Smith (NSW)

31 year old Beki finished 3rd (2nd Australian) in the Australian Summer 20km Championship in Adelaide (1:31:23), thus gaining selection for the IAAF World Championships. There she finished as the second Australian (38th with 1:35:31). Her racing year finished with the Lake Taihu 4 Day Classic in China, walking in 3 of the 4 stages and finishing 30th overall. A sparse racing year but one that shows her ongoing excellence.



11. Elizabeth McMillen (NSW)

13 year old Elizabeth has been our top U14 female walker this year, with silver in the Australian U14 3000m Track Walk in March (15:02) and golds in the Australian U14 3km Road Championship in August (14:53) and in the Australian Schools U14 3000m Track Walk in December (14:40).



12. Heather Carr (VIC)

68 year old Heather continued to dominate her W65 age group on the world stage this year. In March, she won dual golds in the WMA World Indoor Championships in Daegu (3000m and 10km), setting a W65 World Record for the 3000m Indoor (16:57.96) in the first of the two wins. She then won 3 walk golds at the 2017 World Masters Games in Auckland in April (3000m, 5000m and 1500m). She then won dual golds in the Australian Masters T&F Championship in Darwin (1500m and 5000m). With her goals for the year completed, she went under the surgeon's knife for a full hip replacement operation in late June. By October, she was back on the track, competing in the Victorian Shield and VRWC competitions each week and gradually getting her times back down again. What an amazing walker!

You can check out this year's and all past year's Top Ten's at <http://www.vrwc.org.au/TopTen.shtml>.

WHAT'S COMING UP

Our well earned Christmas break is coming to a finish, with **AV Shield** resuming this **Saturday 6th January**. Metropolitan walkers can contest 3000m at **Aberfeldie**, while all country venues (**Bendigo, Ballarat and Geelong**) will also host walks. Pre-entries close tomorrow, with online entries via AV website. As always, check out the AV website for the latest details and timetables.

Looking further ahead, the following Victorian races are coming up.

- Jan 10 (Wed), 2018 AV/VRWC Track Races, Dolomore Reserve, Queen St, Mentone
- Jan 12 (Fri), 2018 AV Shield Round 11 – 3000m/1500m walks at Lakeside Stadium (twilight)
- Jan 20 (Sat), 2018 AV Shield Round 12: (P1 & P2) – no walks as far as I know at this stage
- Jan 21 (Sun), 2018 VRWC Road Races, Middle Park
- Jan 26-28, 2018 Victorian Country T&F Championships, Ballarat
- Jan 31 (Wed), 2018 AV Teams 5000m Championships & VRWC races, Mentone
- Feb 10 (Sat), 2018 AV Shield Final (P1), Lakeside Stadium – 2000m Walk

And a final reminder that entries are now open for the **2018 Australian 10,000m Race Walk Championships** which will be held at the AIS track in Canberra on **Sunday 14th January**. AA advises the timetable will be released shortly. **Entries close on Monday 8th January**. Register at <https://10000mwalk.eventdesq.com/>.

VALE BRIAN WILLIAMS

I was saddened to hear yesterday that former VRWC racewalking judge Brian Williams had passed away on Monday 1st January. Brian was a VRWC judge for many years up until around 2012. Even though we saw little of him at Middle Park in the last few years, he did continue to contribute as an Athletics Victoria official and, in 2014, his many years of officiating were recognised by AV with a 35 Years of Service Award. Brian is remembered by us for his fairness as a judge, for his passion for the sport and for his unwillingness to compromise on doing things properly in administering the sport for the benefit of all athletes. He will be sadly missed.

When I hear news of the funeral, it will be posted on our VRWC facebook page.

THE FIRST WALK MEET, HONG KONG MONDAY 1ST JANUARY

As usual, the international racewalking year kicked off with the **Hong Kong 50km Roadwalk Meet**, always billed as the First Walk Meet of the Year. This year, I am pleased to include a report by USA's Paul DeMeester's who participated. Thanks Paul!

GOOD MORNING 50K AND HAPPY NEW YEAR ... By Paul F. DeMeester

If 2017 turned unexpectedly into the Year of the Women's 50K, what better way to ring in the New Year than with a 50km race where the women competitors outnumbered the male race walkers. And what a venue! Stonecutter's Island sits west of Kowloon and serves as Hong Kong's container seaport. The outbound half of the 1km circuit on the west end of the island

gave the walkers spectacular views of giant container ships being guided into position by tugboats. The weather was race perfect. Cool 50s and low 60s (Fahrenheit) with overcast skies and, for Hong Kong, low humidity at 78%.

The 50km race shared the bill with a 6 Hour race, a 20km, and junior 10 and 5km races. This story only covers the 50K. I figured the best way to report on it was to be in it, even though I became the first drop-out at the half-way mark.

Echo Young has lit a spark under Hong Kong race walking. Race day was well organized, training days dot the weekly schedule, and her organizing efforts have opened the sport to those who are not chasing international entry standards. The 50K was a case in point. With plenty of judges of international caliber, including Khoo Chong Beng of Malaysia, a veteran of many Olympic and World Championships, the race offered a generous 7-hour time limit. And for those for whom the 50K was too big a bite, there was the 6 Hour contest.

It was the third consecutive New Year's Day that the 50K race was held here for both men and women, affording gender equality prior to the emergence of the women's 50km race as a hot legal topic in 2017. Hats off to the Hong Kong Racewalking Association and Echo Young.

In the men's race, **Walker Wong** took the early lead in the first 2km, only to have to share it with **Peter James Back** of Singapore for the next 10km. Back was on his own after that, except when he lapped his closest pursuer, who stayed with Back for a couple of laps. Back then kept the margin between one-and-a-half to two laps; settled into a comfortable rhythm and took honors in 5:54:27. A tender moment was provided when Back was joined on course by his daughter Maelen, who was competing in the junior 5km. Each of the Backs was more concerned about how the other was doing. **Chan Wai-on**, a finisher in all three editions, came in third, besting his personal meet record in the process.

On the women's side, **Billie Kwok** provided similar consistency in establishing a new meet record and going for her third straight win. She settled in behind the Wong-Back duo from the start and walked a steady pace to the finish line. She was joined on the podium by newcomers **Wendy Choi** and **Linda Fung**.

A special treat was the presence of **So Kam Tong**, who represented Hong Kong at the men's 50km race at the 1964 Tokyo Olympics, where he placed 31st in 5:07:53.2, a national record that was broken at last year's First Walk when Ken Cheung won in 5:03:23. Unofficial 50km results read as follows

Men's 50km

1.	Peter James Back	SIN	5:54:27
2.	Walker Wong	HKG	6:03:51
3.	Chan Wai-on	HKG	6:22:25
	Paul F. DeMeester	USA	DNF (25km)

Women's 50km

1.	Billie Kwok	HKG	6:14:06
2.	Wendy Choi	HKG	6:24:18
3.	Linda Fung	HKG	6:28:31
	Irene Tai	HKG	DNF (44km)
	Edith Leung	HKG	DNF (30km)



Hong Kong 50km - Linda Fung, Wendy Choi, Peter James Back, Walker Wong, Paul DeMeester, Irene Tai, Chan Wai on, Billie Kwok, Edith Leung and international judge Khoo Chong Beng



And they are off and walking



Winners Peter Back and Billie Kwok (photos Paul DeMeester)

NEW YEAR'S DAY RACEWALKS, TOKYO, JAPAN, MONDAY 1 JANUARY

MarciaDalmondo reports (see http://www.marciaDalmondo.com/eng/dettagli_news.aspx?id=3024) on the 66th annual New Year Race Walking Meet, held in Tokyo yesterday morning near the new Olympic Stadium that is currently under construction. The program included 20km for men and 10km for women, plus a few side races over smaller distances. And this time around, it stole the thunder from the Hong Kong walks meet as the First Walks Meet of the Year - by 30 minutes!

In the men's 20km, an impressive 94 walkers started, with 74 completing the race (15 DQs and 4 DNF). Overall winner was 22 year old **Daisuke Matsunaga** (1:20:12), very fast but well outside his Nomi PB of 1:18:53 (March 2016). Minor placings to **Kazuki Takahashi** (1:23:45) and **Hayato Sakakibara** (1:25:03). The women's 20km saw 38 starters, with all completing the race. Overall victory to **Nami Kumagai** (46.24) ahead of Hong Kong walker **Sunga Ching** (46.55) and **Chiaki Asada** (47:12). Full results at http://www.marciaDalmondo.com/admin/pdf/risultati/01012018797Tokyo_2018_Jan_1.pdf (but in Japanese). And a great short video of the start of the men's 20km at <https://www.facebook.com/RacewalkingRippo/videos/2042712235947685/>.

20km Walk Men (94 starters, 74 finishers)

1.	Matsunaga, Daisuke	JPN	1:20:12	NGR
2.	Takahashi, Kazuki	JPN	1:23:45	
3.	Sakakibara, Hayato	JPN	1:25:03	
4.	Onoue, Yuki	JPN	1:25:16	

5.	Warita, Hitoshi	JPN	1:25:24
6.	Murayama, Yutaro	JPN	1:25:27
7.	Dairaku, Kyohei	JPN	1:25:35
8.	Suganami, Yuya	JPN	1:25:41

20km Walk Women (38 starters, all finished)

1.	Kumagai, Nami	JPN	46:24
2.	Ching, Sunga	HKG	46:55
3.	Asada, Chiaki	JPN	47:12
4.	Yoshizumi, Yuki	JPN	47:13
5.	Mizoguchi, Yukiho	JPN	48:01
6.	Kurahara, Natsumi	JPN	48:05
7.	Kurihara, Miyabi	JPN	48:13
8.	Matsumoto, Sae	JPN	48:40

USA INDOOR 5000M WALK CHAMPIONSHIPS, ROCHESTER, NY, SATURDAY 30 DECEMBER

To New York State for the USA Indoor 5000m Open and Junior Championships, held on the 200m track at the Rochester Institute of Technology in Rochester. Wins to **Miranda Melville** (23:04.85) and **A.J. Gruttadauro** (22:01.65). Fastest overall went to Canadian visitor **Mathieu Bilodeau** (20:51.65). In the associated 10,000m walks, **Miranda Melville** set a new USA Indoor record with her time of 46:03.08. Race video at <https://www.facebook.com/AJGruttadauroRaceWalker/videos/2152093111684928/>.

USA 5000m Walk Championship - Open Women

1.	Miranda Melville	28	Sketchers Performance/New York AC	23:04.85
2.	Erin Taylor-Talcott	39	Shore Athletic Club	25:29.96
3.	Chelsea Conway	28	Shore Athletic Club	26:06.50
4.	Katie Miale	20	Marist College	26:11.15
5.	Kayla Allen	18	LA Racewalkers	26:25.88
6.	Kayla Shapiro	18	Walk USA	26:44.22
7.	Rachel Zoyhofski	26	Unattached	27:32.41
8.	Marianne Martino	67	High Altitude Racewalk Team	32:02.67
9.	Amanda Schneider	28	Guest - Ontario Racewalkers	34:05.16
10.	Olivia Harbol	20	Buffalo State University	35:08.24
11.	Nicky Slovitt	57	Guest - Ontario Racewalkers	35:17.86

USA 5000m Walk Championship - Open Men

1.	Mathieu Bilodeau	34	Guest - AA Sketchers	20:51.65
2.	A.J. Gruttadauro	20	Shore Athletic Club	22:01.79
3.	David Swarts	52	Pegasus Athletic Club	23:48.78
4.	Logan Roberts	17	Thriller Track & Field	25:47.62
5.	Dan O'Brien	52	Pegasus Athletic Club	26:51.42
6.	Dave Talcott	57	Shore Athletic Club	28:17.88
7.	Benjamin Young	26	Guest - Rochester, NY	29:42.42
8.	Vince Peters	63	Chicago Walkers	31:41.53
9.	Thoreau Kilbourne	17	Unattached - North Carolina	31:45.67
10.	Joel Dubow	74	Atlanta Track Club	34:49.67

Youth 1,000m Walk

1.	Desilets Dubois	11	Rochester Running Rebels	5:23.08
2.	Kyra Pellegrino	13	Unattached	6:23.13

Men 10,000m Walk

1.	A.J. Gruttadauro	20	Shore Athletic Club	45:50.16
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Women 10,000m Walk

1.	Miranda Melville	28	Sketchers Performance/New York AC	46:03.08	US Open Rec
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They weren't the only USA walkers in action over the last few days. First to South Huntington where **Maria Michta-Coffee** walked 13:38.1 for 3000m indoor on Sunday 30th December.

Long Island 3000m Indoor Walk, St. Anthony's High School, South Huntington, NY, Sunday 31 December

1.	Maria Michta-Coffee	31	WalkUSA-Oiselle	13:38.1
2.	Lauren Harris	18	Marist/WalkUSA	14:54.7
3.	Katie Michta	21	Molloy/WalkUSA	15:18.5
4.	Kayla Torres	18	WalkUSA	16:44.1
5.	Tara Mandel	18	una-Farmingdale, NY	17:47.6
6.	Sophie Riegel	16	una-Hewlett, NY	18:00.3

And further south, where **Nick Christie** (PB 41:13.46) and **Robyn Stevens** (46:07.28) won the 10,000m track walks at the first ever Bi-National Racewalk event, held at the Centro de Alto Rendimiento (CAR) in Tijuana, Mexico, on Saturday December 30th. It was a meet between USA and Mexican racewalkers who had attended a training camp at the venue. There were a variety of races on offer, with the main one being the 10,000m. All I could get in the way of results was a low quality scan so I have typed it out. I think I have the countries correct.

10,000m Walk, BiNational Racewalk Meet, Tijuana, Mexico, Saturday 30 December

1.	Nick Christie	USA	1991	41:13.46
2.	Alex Bellavance	USA	1997	44:49.76
3.	Robyn Stevens (F)	USA	1983	46:07.28
4.	Ariel albarran Roa	MEX	1995	51:16.31
5.	Mario De Los Rios Banda	MEX		52:16.98
6.	Eduardo Urias	MEX	1999	52:45.71
7.	Giovanni Cisneros	USA	2001	52:54.46
8.	Molly Josephs (F)	USA	1994	53:33.20
9.	Anali Cisneros (F)	USA	1997	54:28.81
10.	Jadon Davis	USA	2001	58:34.93
11.	Zoi Betties (F)	USA	2002	1:01:15.00
12.	Jose Ayala Altamirano	MEX	1998	1:01:31.00
13.	Jonathan Andersen	USA	1997	1:01:33.00

INDIAN POLICE CHAMPIONSHIPS, DEHRADUN, INDIA, 26-30 DECEMBER

To India where the men's and women's walks at the Indian Police Championships were held last Wednesday 27th December.

Men 20,000m Race Walk

1.	Manish SINGH	IND	91	1:25:37.0
2.	Kulwant SINGH	IND		1:26:43.0
3.	Jai BHAGWAN	IND		1:27:39.0
4.	Surinder SINGH	IND	88	1:27:46.0
5.	Baljinder SINGH	IND	89	1:30:51.0
6.	Mahendra KUMAR	IND	94	1:31:01.0
7.	Anil KUMAR	IND	84	1:31:05.0
8.	Sandip NALAGE	IND	86	1:32:35.0
9.	Ikrar AHMED	IND	92	1:35:10.0
10.	Sharma NEERAJ	IND	94	1:37:59.0
11.	Amit MISHRA	IND		1:45:28.0

Women 10,000m Race Walk

1.	Khushbir KAUR	IND	93	44:33.5
2.	B. SOUMYA	IND	90	46:22.4
3.	MP RAJNI	IND		49:23.1
4.	Sonu RAWAT	IND		49:38.8
5.	Meenu YADAV	IND	94	51:31.5
6.	L.Sarda DEVI	IND		52:00.1
7.	Ranjana GUPTA	IND	86	52:48.7
8.	K.Bibicha DEVI	IND		54:33.0
9.	. ANUPI	IND		58:00.5

OUT AND ABOUT

- This is a very disturbing article. Sporting bodies have failed to address Russia's continued retaliation against Grigory Rodchenkov because it would be easier for them if he was killed, his lawyer Jim Walden claimed last Tuesday as he accused the IOC of a cowardly response. In a statement, Walden said he was told "point blank" by the IOC that they would take no action against Russia for their prolonged campaign against the former Moscow Laboratory director turned whistleblower. Walden was responding to Russian President Vladimir Putin, who used his annual press conference to accuse United States security forces of drugging Rodchenkov to persuade him to reveal details of alleged institutional doping in the country. See <https://www.insidethegames.biz/articles/1059507/ioc-accused-of-cowardice-for-failing-to-address-russian-retaliation-against-rodchenkov#.WkKWeHgXCMs.twitter>.
- Further, IOC President Thomas Bach has been urged to resign by the Jim Waldon, the lawyer of whistleblower Grigory Rodchenkov, who described his leadership as "pathetic" and accused him of "kowtowing to powerful Russia". See <https://www.insidethegames.biz/articles/1059607/bach-urged-to-resign-as-ioc-president-after-being-accused-of-kowtowing-to-powerful-russia-by-rodchenkov-lawyer/>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 4 press releases this week

- Mon 1 Jan - Daisuke Matsunaga starts the year with a bang - Japanese roadwalk results
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3024
- Mon 1 Jan - Johann Diniz celebrates his 40th birthday today
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3023
- Sun 31 Dec - The Hong Kong 50km will be the first racewalk in 2018
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3022
- Wed 27 Dec - 2017 end of year review: race walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3021

and Omarchador has 8 press releases

- Mon 1 Jan - Johann Diniz turns 40 years of age
<http://omarchador.blogspot.com.au/2018/01/nos-40-anos-de-yohann-diniz.html>
- Mon 1 Jan - Happy New Year
<http://omarchador.blogspot.com.au/2018/01/feliz-2018.html>
- Sun 31 Dec - Discussing the inclusion of the women's 50km in the 2017 International program
<http://omarchador.blogspot.com.au/2017/12/50-km-femininos-acontecimento.html>
- Sat 30 Dec - The Portuguese Athletics Federation cops some flack
<http://omarchador.blogspot.com.au/2017/12/desleixo-federativo-acontecimento.html>
- Fri 29 Dec - Focus on Eider Arévalo of Colombia
<http://omarchador.blogspot.com.au/2017/12/eider-arevalo-figura-internacional-de.html>
- Thu 28 Dec - Profile of Ines Henriques of Portugal
<http://omarchador.blogspot.com.au/2017/12/ines-henriques-figura-nacional-de-2017.html>
- Wed 27 Dec - Questions over the women's 50km qualification standard to be announced by Portugal
<http://omarchador.blogspot.com.au/2017/12/fpa-nao-anunciou-marca-de-qualificacao.html>
- Tue 26 Dec - The resurgence of Portuguese walking
<http://omarchador.blogspot.com.au/2017/12/o-ressurgimento-da-marcha-atletica-em.html>

YOHAN DINIZ TURNS 40

It's not often that you get to celebrate the 40th birthday of a reigning IAAF World Athletics Champion but that is what happened on New Year's Day 2018, when World 50km and World 50,000m record holder Yohann Diniz celebrated the milestone. As usual, it was comprehensively reported by marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3023) and omarchador (<http://omarchador.blogspot.com.au/2018/01/nos-40-anos-de-yohann-diniz.html>) and I felt it should also be publicised in our newsletter.

The following stats are taken from his profile on www.all-athletics.com.

- 1 x World champion
- 1 x World Championships Silver medallist
- 3 x European champion
- 1 x In Top 8 at Olympic Games
- 2 x European Cup Race Walking winner
- 1 x European Cup Race Walking Bronze medallist
- 8 x National champion
- 2 x National Indoor champion
- 2 x Current World Record holder - 50,000m Walk, 50km Walk
- 3 x Current European Record holder - 20km Walk, 50,000m Walk, 50km Walk
- 3 x World Records in career

His list of major International Representations makes for fascinating reading: He won his first major championship in 2006 – the European 50km Championship – with 3:41:39, aged 28. Definitely a late developer. He won this year’s IAAF World Championship 50km in a much faster 3:33:12, aged 39!

2003.05.18	40	European Race Walking Cup	Cheboksary (RUS)	20km Walk	1:31:45
2004.05.02	40	IAAF World Race Walking Cup	Naumburg (GER)	20km Walk	1:24:28
2005.05.21	4	European Race Walking Cup	Miskolc (HUN)	50km Walk	3:45:17
2005.08.12	-	IAAF World Championships	Helsinki (FIN)	50km Walk	DQ
2006.08.10	1	European Championships	Göteborg (SWE)	50km Walk	3:41:39
2007.05.20	1	European Cup Race Walking	Leamington (GBR)	20km Walk	1:18:58
2007.09.01	2	IAAF World Championships	Osaka (JPN)	50km Walk	3:44:22
2008.08.22	-	Olympic Games	Beijing (CHN)	50km Walk	DNF
2009.05.24	8	European Cup Race Walking	Metz (FRA)	20km Walk	1:26:59
2009.08.21	11	IAAF World Championships	Berlin (GER)	50km Walk	3:49:03
2010.05.16	-	IAAF World Race Walking Cup	Chihuahua (MEX)	20km Walk	DNF
2010.07.30	1	European Championships	Barcelona (ESP)	50km Walk	3:40:37
2011.09.03	-	IAAF World Championships	Daegu (KOR)	50km Walk	DQ
2012.08.11	-	Olympic Games	London (GBR)	50km Walk	DQ
2013.05.19	1	European Race Walking Cup	Dudince (SVK)	50km Walk	3:41:07
2013.08.14	10	IAAF World Championships	Moskva (RUS)	50km Walk	3:45:18
2014.08.15	1	European Championships	Zürich (SUI)	50km Walk	3:32:33
2015.05.17	3	European Cup Race Walking	Murcia (ESP)	20km Walk	1:20:37
2016.08.19	8	Olympic Games	Rio de Janeiro (BRA)	50km Walk	3:46:43
2017.08.13	1	IAAF World Championships in Ath.	London (GBR)	50km Walk	3:33:12

His PBs show excellence over all distances. Yohann is a real all rounder.

3000m Walk	11:14.16	Angers (FRA)	09.09.2017
5000m Walk	18:18.01	Villeneuve d'Ascq (FRA)	27.06.2008
5000m Walk Indoor	18:16.76	Reims (FRA)	07.12.2014
10,000m Walk	38:08.13	Reims (FRA)	12.07.2014
10km Walk	38:46	Kraków (POL)	30.05.2009
20,000m Walk	1:19:42.0h	Bogny-sur-Meuse (FRA)	25.05.2014
20km Walk	1:17:02	Arles (FRA)	08.03.2015
50,000m Walk	3:35:27.2h	Reims (FRA)	12.03.2011 WR
50km Walk	3:32:33	Zürich (SUI)	15.08.2014 WR

Happy birthday Yohann!



*Left: Diniz's first major victory in the 2006 European 50km Championship
Right: Diniz's latest major victory in the 2017 IAAF 50km World Championship*

FOCUS ON INÊS HENRIQUES

On January 7, Porto de Mós in Portugal will again host the 35km and 50km National Roadwalk Championships. A year ago in this race, Inês Henriques won the 50km with an inaugural world record. She then went on to win the inaugural IAAF Women's 50km World Championship with an even faster world record.

This year she will be racing in Porto de Mós again and will be chasing the Portuguese 35km women's record this time around. With the World Racewalking Team Championships 50km in May and with the European Championships 50km in July, she has opted for the shorter distance to spare her legs for the really big races to come.

It promises to be another wonderful year for the 37 year old Portuguese walker. Having just finished discussing Yohann Diniz, it is worth while pointing out that Henriques will turn 38 on 1st May, just before the first of her two 50km championship races. Our top two 50km exponents are "old" in age but both have lots of walking left in their legs.

It has been a long career for Henriques and it shows no signs of slowing any time soon. She started racewalking at age 12 and has now amassed appearances at 3 Olympic Games, 8 IAAF World Championship, 4 European Championships and 8 IAAF World Team Championships. She started her international career with dual appearances at the IAAF World Junior Championships (1996 and 1998) but real success was a long time in coming. It was not until 2007 that she nudged inside the top 10 (7th in the European Racewalking Cup and the IAAF World Champs) and it was not until 2010 that she medalled (3rd in the IAAF Racewalking Team Championships). And it is only now that the 50km discipline has gone live that she can truly excel in a distance for which she is perfectly made.

First to her international career which is long and illustrious

1996.08.24	22	IAAF World Junior Championships	Sydney (AUS)	5000m Walk	25:17.2
1998.08.01	24	IAAF World Junior Championships	Annecey (FRA)	5000m Walk	23:54.5
2000.06.17	42	European Race Walking Cup	Eisenhüttenstadt (GER)	20km Walk	1:41:19
2001.08.04	-	IAAF World Championships	Edmonton (CAN)	20km Walk	DQ
2002.10.12	23	IAAF World Race Walking Cup	Torino (ITA)	20km Walk	1:35:28
2003.05.18	32	European Race Walking Cup	Cheboksary (RUS)	20km Walk	1:36:03
2004.05.02	34	IAAF World Race Walking Cup	Naumburg (GER)	20km Walk	1:32:32
2004.08.23	25	Olympic Games	Athina (GRE)	20km Walk	1:33:53
2005.05.21	17	European Race Walking Cup	Miskolc (HUN)	20km Walk	1:35:12
2005.08.07	27	IAAF World Championships	Helsinki (FIN)	20km Walk	1:35:44
2006.05.13	13	IAAF World Race Walking Cup	La Coruna (ESP)	20km Walk	1:30:28
2006.08.09	12	European Championships	Göteborg (SWE)	20km Walk	1:31:58
2007.05.20	7	European Cup Race Walking	Leamington (GBR)	20km Walk	1:30:24
2007.08.31	7	IAAF World Championships	Osaka (JPN)	20km Walk	1:33:06
2008.05.11	19	IAAF World Race Walking Cup	Cheboksary (RUS)	20km Walk	1:32:35
2009.05.24	-	European Cup Race Walking	Metz (FRA)	20km Walk	DQ
2009.08.16	10	IAAF World Championships	Berlin (GER)	20km Walk	1:32:51
2010.05.15	3	IAAF World Race Walking Cup	Chihuahua (MEX)	20km Walk	1:33:28
2010.07.28	8	European Championships	Barcelona (ESP)	20km Walk	1:32:26
2011.05.21	13	European Cup Race Walking	Olhao (POR)	20km Walk	1:34:11
2011.08.31	9	IAAF World Championships	Daegu (KOR)	20km Walk	1:32:06
2012.05.13	9	IAAF World Race Walking Cup	Saransk (RUS)	20km Walk	1:31:43
2012.08.11	14	Olympic Games	London (GBR)	20km Walk	1:29:54
2013.05.19	8	European Race Walking Cup	Dudince (SVK)	20km Walk	1:32:39
2013.08.13	11	IAAF World Championships	Moskva (RUS)	20km Walk	1:30:28
2014.05.03	22	IAAF World Race Walking Cup	Taicang (CHN)	20km Walk	1:29:33
2014.08.14	13	European Championships	Zürich (SUI)	20km Walk	1:31:32
2015.05.17	16	European Cup Race Walking	Murcia (ESP)	20km Walk	1:30:44
2015.08.28	23	IAAF World Championships	Beijing (CHN)	20km Walk	1:34:47
2016.05.07	8	IAAF World Race Walking Team Champs	Roma (ITA)	20km Walk	1:29:00
2016.08.19	12	Olympic Games	Rio de Janeiro (BRA)	20km Walk	1:31:28
2017.05.21	-	European Race Walking Cup	Podebrady (CZE)	20km Walk	DQ
2017.08.13	1	IAAF World Championships in Athletics	London (GBR)	50km Walk	4:05:56

Her PBs, as per all-athletics.com, also show her to be a very versatile walker, with quality times over all distances

Half Marathon	1:24:02	Nazaré (POR)	12.11.2006
3000m Walk	12:56.20	Abrantes (POR)	29.05.2010
3000m Walk ind.	12:25.36	Pombal (POR)	16.02.2013
5000m Walk	21:32.08	Abrantes (POR)	10.06.2014
5km Walk	22:11	Lisboa (POR)	28.07.2007
10,000m Walk	43:31.29	Leiria (POR)	27.07.2013
10km Walk	43:09	Beijing (CHN)	18.09.2010

20km Walk	1:29:00	Roma (ITA)	07.05.2016	
50km Walk	4:05:56	London (GBR)	13.08.2017	WR

I look forward to following her 2018 year.



*Left: Inês Henriques takes bronze in the 2010 IAAF Race Walking World Cup (photo Jeff Salvage)
Right: Inês Henriques leads out in the inaugural IAAF World Championship 50km in London last year*

2017 RANKING LIST – 5000M WALK WOMEN

Since I have published above my top female walkers for the year, I will also publish one of our Australian female ranking lists for 2017. Not everyone walks 5000m track or 5km road nowadays so the list is not truly inclusive, but it contains the yearly best performance for most of our walkers. Here are the 86 women who have walked faster than 30:00 this year, as per the ranking lists on <http://racewalkaustralia.com>. There might be one or two of the most recent performances missing as I have an issue with the website that is currently under review.

1.	Katie Hayward	U18W	21:50	QLD	15/10/2017
2.	Jessica Pickles	SW	22:24	QLD	11/02/2017
3.	Claire Tallent	W35	22:28	SA	29/10/2017
4.	Clara Smith	U20W	22:41	QLD	29/10/2017
5.	Regan Lambie	SW	22:56	VIC	26/09/2017
6.	Simone McInnes	SW	23:08	VIC	26/11/2017
7.	Jemima Montag	U20W	23:11	VIC	24/02/2017
8.	Rebecca Henderson	U16W	23:31	VIC	24/02/2017
9.	Philippa Huse	U18W	23:56	VIC	24/02/2017
10.	Christina Papadopoulos	U23W	24:03	QLD	29/10/2017
11.	Jemma Peart	U17W	24:12	VIC	08/12/2017
12.	Samantha Findlay	U20W	24:24	SA	17/02/2017
13.	Alice Randall	U18W	24:26	TAS	08/12/2017
14.	Kelly Ruddick	W40	24:28	VIC	26/01/2017
15.	Gabby Hunt	U17W	24:31	ACT	27/08/2017
16.	Allanah Pitcher	U14W	24:34	NSW	27/08/2017
17.	Caitlin Hannigan	U16W	24:37	QLD	29/10/2017
18.	Tayla-Paige Billington	U23W	24:45	NSW	25/11/2017
19.	Cheryl Webb	W40	24:48	NSW	18/06/2017
20.	Alanna Peart	U15W	24:54	VIC	17/12/2017
21.	Emma Blanch	U15W	25:01	NSW	27/08/2017
22.	Olivia Sandery	U15W	25:15	SA	29/07/2017
23.	Kristie Goznic	SW	25:19	SA	28/10/2017
24.	Hannah Bolton	U14W	25:35	NSW	24/02/2017
25.	Rhiannon Lovegrove	U17W	25:41	SA	19/02/2017
26.	Marley Berntsen	U20W	25:44	VIC	26/09/2017
27.	Chelsea Goodhew	U18W	25:48	NSW	24/02/2017

28.	Lucy Francis		25:50	NSW	24/02/2017
29.	Anna Blackwell	U17W	25:53	TAS	08/12/2017
30.	Zahra Hayes	U16W	25:56	VIC	26/01/2017
31.	Samantha Brown	U17W	26:01	NSW	11/06/2017
32.	Bethany Cross	U17W	26:04	SA	19/02/2017
33.	Katya Martin	U23W	26:09	QLD	26/09/2017
34.	Shanae Norton		26:12	NSW	05/02/2017
35.	Victoria Upton	U15W	26:18	SA	28/10/2017
36.	Lucinda Francis	U18W	26:19	NSW	05/02/2017
37.	Molly O'Neill	U18W	26:23	NSW	08/12/2017
38.	Teegan Pengilly	U17W	26:27	NSW	15/10/2017
39.	Jasmin Hass	U16W	26:33	VIC	17/12/2017
40.	Camryn Novinetz		26:48	QLD	29/10/2017
41.	Amanda Heard	U23W	26:49	VIC	26/09/2017
42.	Charlotte Hay	U15W	26:50	VIC	17/12/2017
43.	Chloe Karagiorgos	U16W	26:51	VIC	05/08/2017
44.	Hannah Mison	U16W	26:54	NSW	15/10/2017
45.	Jasmyn McDonald	U18W	26:55	NSW	05/02/2017
46.	Emily Hamilton	U20W	26:57	VIC	03/03/2017
47.	Amanda Barendregt	U23W	26:58	NSW	24/02/2017
48.	Hannah Manning	U15W	26:59	ACT	22/07/2017
49.	Pam Tindal	W55	27:13	VIC	19/02/2017
50.	Mackayla Davison	U17W	27:17	VIC	04/11/2017
51.	Sandra Geisler	W35	27:20	VIC	14/05/2017
52.	Michelle Laufer	W45	27:22	VIC	19/02/2017
53.	Jayda Anderson	U13W	27:26	QLD	29/10/2017
54.	Izabelle Dunne	U12W	27:29	NSW	23/07/2017
55.	Gabriella Hill	U14W	27:40	QLD	27/08/2017
56.	Paige De Lisen	U20W	27:42	VIC	19/08/2017
57.	Janaya Lee	U16W	27:44	NSW	21/05/2017
58.	Anika Clarke	U12W	28:00	QLD	29/10/2017
59.	Isabella Tolardo	U20W	28:02	WA	06/01/2017
60.	Ann Staunton-Jugovic	W50	28:11	ACT	16/03/2017
61.	Clancy Smith	U18W	28:18	QLD	24/02/2017
62.	Elizabeth Henderson	U17W	28:22	ACT	08/12/2017
63.	Stephanie Grujoski	U20W	28:25	NSW	24/02/2017
64.	Milla Rowbotham		28:30	QLD	08/12/2017
65.	Chloe Upton	U15W	28:30	SA	17/02/2017
66.	Diana Adams		28:31	SA	29/10/2017
67.	Karyn Tolardo	W50	28:33	WA	28/05/2017
68.	Heather Carr	W65	28:34	VIC	19/02/2017
69.	Cassandra Knight	U23W	28:35	VIC	27/05/2017
70.	Claire Samanna	SW	28:38	VIC	16/12/2017
71.	Emma Thomas	U13W	28:44	NSW	23/07/2017
72.	Renee Hardy	U15W	28:45	NSW	11/06/2017
73.	Hayley Jackson	U20W	28:45	WA	28/05/2017
74.	Brenda Gannon	W40	29:00	QLD	29/10/2017
75.	Brittany Robertson	U15W	29:05	NSW	24/02/2017
76.	Kathleen OMahony	U16W	29:05	VIC	11/06/2017
77.	Anne Weekes	W55	29:10	NSW	24/10/2017
78.	Nyle Sunderland	W50	29:11	QLD	26/03/2017
79.	Kate Black	W50	29:13	ACT	11/06/2017
80.	Wendy Muldoon	W45	29:17	VIC	26/11/2017
81.	Amelia Schofield	U14W	29:18	QLD	24/02/2017
82.	Emily Noonan	U17W	29:32	VIC	24/02/2017
83.	Kitarni Upton	U13W	29:33	SA	29/07/2017
84.	Sophia Dagher		29:47	NSW	23/07/2017
85.	Madeleine Feain	U20W	29:52	VIC	01/11/2017
86.	Kym Osmand	W35	29:56	VIC	10/12/2017

And as an addendum to these 5000m ranking lists, a quick word on the Park Run concept which has taken the world by storm. Go to any Saturday morning 5km park run anywhere in the world and you are likely to see walkers in action. I am a regular walker at the Maribyrnong Park Run in Melbourne and lots of our other Melbourne based walkers are active in other local park runs.

Thanks to RobynWales for pointing out the following post in the Brightwater Park Fun facebook page from last Saturday 30th December (Brightwater Park is on the Sunshine Coast in Queensland, not far from Brisbane).

WOW! What an AWESOME end for 2017!

5 people ran under course record today with Nick Dewar as first finisher. The first 20 under 20 minutes and **Dane Bird-Smith** (2016 Olympic Bronze 20km Walk) completed his first parkrun coming in at 13th walking!

Hong Kong Triathlon team joined us today which made for a very fast run this morning.

Commonwealth Games Triathlon representative for Gold Coast next year Gillian Backhouse was first female.

For the record, Dane walked **19:14**. Not too shabby at all. And overall winner Nick Dewar is a former racewalker and training partner to Dane. Talk about walkers to the fore!

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.

Australian/Victorian Key Dates – 2017/2018 Summer Season

Jan 6 (Sat), 2018	AV Shield Round 10 – 3000m/1500m walks at Aberfeldie
Jan 10 (Wed), 2018	AV/VRWC Track Races, Dolomore Reserve, Queen St, Mentone
Jan 12 (Fri), 2018	AV Shield Round 11 – 3000m/1500m walks at Lakeside Stadium (twilight)
Jan 14 (Sun) 2018	Australian 10,000m Track Walk Champs, Canberra, ACT. See https://10000mwalk.eventdesq.com/
Jan 20 (Sat), 2018	AV Shield Round 12: (P1 & P2) – no walks as far as I know at this stage
Jan 21 (Sun), 2018	VRWC Road Races, Middle Park
Jan 26-28, 2018	Victorian Country T&F Championships, Ballarat
Jan 31 (Wed), 2018	AV Teams 5000m Championships & VRWC races, Mentone
Feb 10 (Sat), 2018	AV Shield Final (P1), Lakeside Stadium – 2000m Walk
Feb 11 (Sun), 2018	Australian 20km Road Walking Championships, Adelaide, SA
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (no walks)
Feb 23-25, 2018	AV Junior & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 2-4, 2018	AV Open & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 14-18, 2018	Australian Junior Athletics Championships, Sydney, NSW
Mar 24-25, 2018	AV Masters Championships, Doncaster/Nunawading, VIC
Apr 1 (Sun), 2018	Easter Sunday
Apr 4-11, 2018	Commonwealth Games, Gold Coast, QLD
Apr 21-22, 2018	Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC
Apr 28-29, 2018	Australian Little Athletics Championships, Gold Coast, QLD
Apr 26-29, 2018	Australian Masters T&F Championships, Perth, WA. See http://www.mastersathleticswa.org/perth2018/
June 10 (Sun), 2018	Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
Aug 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Sunshine Coast, QLD (TBC)

2018 IAAF Racewalking Challenge Events

Feb 24-25, 2018	Cat B	Memorial Jerzy Hausleber, Monterrey, MEX
Apr 7, 2018	Cat B	27th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, POR
May 5-6, 2018	Cat A	IAAF World Race Walking Team Championships, Taicang, CHN
May 26, 2018	Cat B	XXXII Gran Premio Cantones de La Coruña, La Coruña, ESP
Sep 23-26, 2018	Cat B	Around Taihu International Race Walking 2018, Wuzhong, CHN

International Dates – 2018 and onwards

Jan 1 (Mon), 2018	Hong Kong Championships – 20km, 50km, 6 Hours
Jan 20-27, 2018	Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com
Jan 20 (Sat), 2018	USA 50km Championships, San Diego, California
Mar 11 (Sun), 2018	Lugano International Racewalks, Lugano, Switzerland (20km)
Mar 24 (Sat), 2018	Dudince International Racewalks, Dudince, Slovakia (20km and 50km for men and women)
Apr 4-15, 2018	XXI Commonwealth Games , Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 2018	28th IAAF World Race Walking Team Championships , Taicang, China
July 10-15, 2018	16th World Junior T&F Championships , Tampere, Finland
Aug 7-12, 2018	European Athletics Championships , Berlin, Germany
Sept 4-16, 2018	22nd World Masters Athletics T&F Championships , Malaga, Spain
Mar 24-30, 2019	World Masters Indoors T&F Championships , Torun, Poland
July 3-14, 2019	30th Summer Universiade , Naples Italy
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar

May, 2020 **29th IAAF World Race Walking Team Championships**, Minsk, Belarrus
July 24 – Aug 9, 2020 **32nd Olympic Games**, Tokyo
July 20 – Aug 1, 2020 **23rd World Masters T&F Championships**, Toronto, Canada
Aug 6-15, 2021 (TBC) **18th IAAF World Championships in Athletics**, Eugene, USA
July 18-30, 2022 **XXII Commonwealth Games**, TBA
On 13th March 2017, Durban announced that it would not host the Games, due to financial constraints.

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