



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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3 January 2017



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HELLO FROM THE HIGH COUNTRY

This week's newsletter is brought to you from the Victorian high country – Falls Creek. And it's a beautiful sunny day!

TTIM'S TOP TEN WOMEN FOR 2016

This week I focus on our women and select my Top Ten Australians for the year. As with my selections for the men in last week's newsletter, it is 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 usual, it was a very tough task.



1. Regan Lamble

25 year old Regan Lamble was a clear pick as our top Australian woman for 2016, based on sheer quality and overall consistency. She finished 12th in the World Racewalking Teams Championships in May in a PB 1:29:33 and 9th in the Rio Olympics with 1:30:28. She also walked 1:30:58 in La Coruna in May and 1:30:34 in Rio Maior in April. She finished off her year with 4th overall in the Lake Taihu 4 Day race in China. An excellent year by any measure.



E2. Beki Smith (NSW)

30 year old Beki Smith was yet another of the top women vying for Olympic selection. She finished 3rd in the 2016 Summer 20km Championship in Adelaide in February (1:32:49) but then upped the ante with wins and PBs in the Melbourne Track Classic 5000m (21:19) and the Australian 10,000m Championship (43:48). An excellent 15th in the World Teams Championships in May (a big PB of 1:29:49) saw her right in contention for the final Olympic spot. The selectors went with Tanya Holliday so for Beki, it was a case of year over. She reappeared in December with a win in the Fawkner Park 20km (1:33:54) so it is good to see her continuing on after such a disappointment.



#### **E2. Tanya Holliday (SA)**

27 year old Tanya Holliday was second in the 2016 Summer 20km championships in 1:32:15, 2<sup>nd</sup> in the Melbourne track classic 5000m in 21:44 and 2<sup>nd</sup> in the Australian 10,000m championship in 44:33. She then walked excellently in the Racewalking World Teams Championships in Rome in May, coming 16<sup>th</sup> in 1:29:56.a big PB. She then won the 10 Miles / 5km double at the LBG Carnival in June in Canberra (1:12:58 and 21:27). Finally she finished a good 26<sup>th</sup> in the Rio Olympics with 1:34:22. Another excellent year.



#### **4. Katie Hayward (QLD)**

16 year old Katie Hayward has dominated the U17/U18 age groups this year based on times. She won the Australian U17 5000m at the Australian T&F Titles in March (24:08) and won the Australian Schools U18 5000m in December (21:40). She interspersed this with a whole series of world leading U18 5000m times, her best being 21:39 in the Qld Schools U18 5000m championship (a new Australian U18 record). Add to that her 1500m time of 5:48.34, done at the UQ 1500m Classic Meet in Brisbane in November (an Australian Open best and only 1 sec outside the world best). One of our brightest lights in many years.



#### **5. Clara Smith (QLD)**

18 year old Clara Smith continues to showcase as a big occasion walker. She was 2<sup>nd</sup> in both the Oceania U20 10km in February (46:42) and in the Australian U20 10,000m championship in March (47:59.86). A good 3<sup>rd</sup> place finish in the Australian Open 10,000m championship in Sydney in April (47:17.64) was followed by a 7<sup>th</sup> place finish in the World Teams Championships in Rome in May (47:10). Finally, she placed 13<sup>th</sup> in the World Junior Championships in July with 46:59.96. Once again, she produced her best when needed.



#### **6. Rachel Tallent (VIC)**

23 year old Rachel Tallent made the perfect start to her year, winning the Summer Australian 20km Championship in Adelaide on February with a huge PB time of 1:31:33. This gained her an automatic Olympic selection. Alas, disaster struck soon after as she fell foul to a nigging leg injury which lingered right through to the Olympics. She did race in the World Teams Championships in May but had to be content with 41<sup>st</sup> in 1:34:16. She was second to Tanya Holliday in both the 10 Mile and 5km in the LBG Carnival in Canberra (1:13.22 and 21:31) so seemed to be coming good. Unfortunately, her injury worries resurfaced again while training in St Moritz and she was forced to walk in Rio in obvious pain. Her 20km finish place of 40<sup>th</sup> (1:37:08) was obviously very disappointing for her. She has been slowly rehabilitating since then but we expect to see her back in action as 2017 progresses.



#### **7. Allanah Pitcher (NSW)**

13 year old Allanah Pitcher won it all this year in the U13/U14 age group category. She started the year with wins in the Australian T&F U14 3000m in March (14:44.41) and in the Australian Little Athletics U13 1500m in April (6:43.92). A good double followed in the LBG Carnival in Canberra in June (1<sup>st</sup> in the U14 2km with 9:28 and 5<sup>th</sup> in the U16 3km with 14:39). She then won the U14 3km roadwalk championship in Canberra in August (14:34) and the Australian Schools U14 3000m track championship in Canberra in December (14:50.65). She ended the year with a 3km/3000m PB of 14:07.74, an impressive time for a 13 year old.



#### **8. Tayla-Paige Billington (VIC)**

19 year old Tayla-Paige Billington battled out the 2016 U20 women's category with Clara Smith and Zoe Hunt. She was 3<sup>rd</sup> in the Oceania U20 10km championship in February (47:25) but improved to win the Australian Junior 10,000m walk in March (47:47.49). She followed this up with an excellent 14<sup>th</sup> place in the World Teams Championships in Rome in May (47:41) and subsequently claimed 19<sup>th</sup> spot in the World Junior Championships in July (48:32.33).





#### 9. Zoe Hunt (ACT)

19 year old Zoe Hunt was our fastest U20 10km walker with a time of 46:29, done when she won the Oceania U20 Championships in February in Adelaide. But such was the depth in our U20 female ranks that she had to content with 3<sup>rd</sup> in the Australian U20 10,000m championship in March (48:20.73). Again, she was the third Australian finisher in the World Teams Championships U20 10km (48:11) so seemed unable to recapture her wonderful early season form. Two weeks later, she walked her first 20km at Naumburg (a good first up 1:40:31) and she followed this up with 4<sup>th</sup> in the LBG 10 Miles Championship in Canberra in June (1:18:03) and a win in the Australian U20 10km road championship in Canberra in August (50:49). A niggling injury troubled her in the second half of the year, no doubt disappointing for her after such a bright start.



#### E10. Heather Carr

67 year old Heather Carr always seems to make my Top 10 and 2016 was no exception. For many years now, she has dominated her particular age group in the World Masters and in 2016, this tradition continued in the W65 division. Her 3 golds in the World Masters Championships in Perth in October/November (5000m 29:03, 10km 59:38 and 20km 2:06:45) were dominant wins. She continues to compete in the Open division with a success that belies her years.



#### E10. Rebecca Henderson (VIC)

15 year old Rebecca Henderson started her year brilliantly with two great performances in the Australian T&F Championships in Perth in March (1<sup>st</sup> in the U18 5000m with 24:57 and 2<sup>nd</sup> in the U16 3000m with 14:07). She won again in the U16 3km (14:08) in the LBG Carnival in June and backed up for a silver in the Australian U16 5km Roadwalk Championship in Canberra in August (25:38). She produced a string of PB performances during the year, including 6:44 (1500m), 14:01 (3000m), 23:58 (5000m) and 49:55 (10km).

As usual, this list was both hard to prune and even harder to rank. There were other strong contenders who could have made the list in other years – **Zahra Hayes, Philippa Huse, Caitlin Hannigan, Michelle Thompson** – but this year was particularly strong.

## WHAT'S COMING UP

Athletics Victoria Shield restarts on **Saturday 7<sup>th</sup> January** with Round 10. Venues as follows, as per the AV website

- AV Shield Round 10, Blue Zone, Knox Park Reserve, Knox, Saturday 7 January
- AV Shield Round 10, Red Zone, Tom Kelly Reserve, Doncaster, Saturday 7 January
- AV Shield Round 10, White Zone, Bill Seward Athletics Track, East Burwood, Saturday 7 January
- AV Shield Round 10, Yellow Zone, Moonee Valley Athletics Track, Aberfeldie, Saturday 7 January
- AV Shield Round 10, Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 7 January
- AV Shield Round 10, Bendigo Zone, La Trobe University Track, Bendigo, Saturday 7 January
- AV Shield Round 10, Geelong Zone, Landy Field, Geelong, Saturday 7 January

## EVERYONE CAN WALK

Thanks to Rob Cowley for this great photo – a racewalking eagle!



## MINSK CHRISTMAS STARTS, MINSK, BELARUS, WEDNESDAY 21 DECEMBER

No local races on which to report so let's go straight overseas. First to Minsk for 5000m indoor walks.

### Men 5000m Race Walk indoor

1.	Dmitriy DZIUBIN	BLR	90	20:41.6
2.	Aliaksandr STRIZIONAK	BLR	98	22:56.6

### Women 5000m Race Walk indoor

1.	Dana MOROZOVA	BLR	01	24:03.1
2.	Anna ZUBKOVA	BLR	01	25:10.7
3.	Kseniya KUDRETS	BLR	99	26:39.2
4.	Alina RUSAK	BLR	00	26:53.4

## WINTER INDOOR RACEWALK TROPHY, SUMY, UKRAINE, SATURDAY 24 DECEMBER

And now the big indoor racewalk meet held each year and dedicated to the great Russian/Ukrainian walker Vladimir Golobnichy. The races, held in Sumy, Ukraine, on Christmas eve, saw wins to Ihor Hlavan (19:47.2) and Inna Kashina (22:33.42).

### Men 5000m Race Walk indoor

1.	Ihor HLAVAN	UKR	90	19:47.20
2.	Oleh SVYSTUN	UKR	97	20:38.42

3.	Valeriy L?TANYUK	UKR	94	21:27.08
4.	Viktor KONONENKO	UKR	99	21:33.16
5.	Andriy HRECHKOVSKIY	UKR	93	20:25.86
6.	Oleksandr ZHOLOB	UKR	97	21:17.61
7.	Andrey VODVUD	UKR	96	21:44.02
8.	Andriy SYNYUK	UKR	99	22:34.84
9.	Kyrylo ANDRUSHCHENKO	UKR	93	20:52.86
10.	Dmytro HARNYK	UKR	98	21:54.40
11.	Vitaliy KOSTYUK	UKR	96	22:32.78
12.	Vladyslav BIRYUKOV	UKR	00	22:50.35
13.	Oleksandr VENHLOVSKIY	UKR	85	21:11.43

#### Women 5000m Race Walk indoor

1.	Inna KASHINA	UKR	91	22:33.42
2.	Alina TSVILYI	UKR	94	22:44.83
3.	Dariya KHUSAYNOVA	UKR	98	24:22.46
4.	Khrystyna YUDKINA	UKR	84	22:37.83
5.	Tamara STASYUK	UKR	95	22:53.60
6.	Oksana KULAHINA	UKR	97	24:50.34
7.	Yelena SHEVCHUK	UKR	86	22:37.87
8.	Rusalina POVOROZNYUK	UKR	95	23:32.11
9.	Ksenia BYELOVA	UKR	98	24:59.16
10.	Nataliya KONTSEVICH	UKR	84	23:17.25
11.	Oleksandra OLYANOVSKA	UKR	94	24:23.24
12.	Yuliya BALYM	UKR	97	25:27.61
13.	Marianna GONCHAROVA	UKR	86	25:06.40
14.	Iryna CHERNUKHA	UKR	98	25:29.52
15.	Olha HARNYK	UKR	96	25:43.21
16.	Viktoriya PCHELINTSEVA	UKR	97	26:56.62

#### U18 Men 5000m Race Walk indoor

1.	Viktor KONONENKO	UKR	99	21:33.16
2.	Andriy SYNYUK	UKR	99	22:34.84
3.	Vladyslav BIRYUKOV	UKR	00	22:50.35

#### U23 Men 5000m Race Walk indoor

1.	Valeriy L?TANYUK	UKR	94	21:27.08
2.	Andrey VODVUD	UKR	96	21:44.02
3.	Vitaliy KOSTYUK	UKR	96	22:32.78

#### U20 Men 5000m Race Walk indoor

1.	Oleh SVYSTUN	UKR	97	20:38.42
2.	Oleksandr ZHOLOB	UKR	97	21:17.61
3.	Dmytro HARNYK	UKR	98	21:54.40

#### U16 Women 3000m Race Walk indoor

1.	Daryna KASYAN	UKR	02	14:50.42
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#### Women 3000m Race Walk indoor

1.	Daryna KASYAN	UKR	02	14:50.42
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### 49<sup>TH</sup> CORRIDA JEAN RITZENTHALER, NEUF BRISACH, FREANCE, MONDAY 26 DECEMBER

Between Christmas and New Year Day, there are a number of French races named Corrida. They are short races (5 to 10km) with lots of shorts laps generally in the centre of the city. It's unusual for runners who generally run point-to-point races but for walkers it's the norm. Some of these corridas include walking events.

**Emmanuel Tardi** was in Neuf Brisach (500km East of Paris, near the German border) last Monday for the 49<sup>th</sup> edition of the local Corrida Neuf Brisach is a Unesco World Heritage city (see <https://fr.wikipedia.org/wiki/Neuf-Brisach>). A small number of walkers contested the 5.3km walk which started at 2:45PM and consisted of 4 laps of the village central square. Local walker David Kuster won easily, beating the competition record with his time of 21:43. Kuster is one of the top French underage walkers and came third in the in European Youth Championships in Tbilissi.



### 5.3km Walk

1.	KUSTER David	JUM	1999	PCA/ CSL NEUF-BRISACH (68)	21:43
2.	PERRIN Patrick	SEM	1982	EHA/ US PULVERSHEIM (68)	25:22
3.	MARTER Christophe	V2M	1965	PCA/ FC GUEBWILLER (68)	28:44
4.	CHRETIEN Nathalie	V2F	1966	ES THAON (88)	28:57
5.	SIEGENFUHR Daniel	V3M	1950	ES THAON (88)	29:35
6.	LAMOUREUX Félicia	CAF	2001	EFSRA (02)	29:37
7.	CHABIN Frédéric	V2M	1965	PASS RUNNING	32:22
8.	BEN EL KEBIR Hafid	SEM	1987	PCA/ CSL NEUF-BRISACH (68)	32:55
9.	ZINKOVSKA Millija	SEF	1981	YVERDON LES BAINS /CH	33:14
10.	SCHWARZ Alfons	V3M	1954	TV BÜHLERTAL /D	33:23
11.	ANXIONNAT Claudine	V3F	1951	AVEC EPINAL (88)	33:55
12.	BROT Daniel	V3M	1953	CM YVERDON /CH	38:15
13.	TARDI Emmanuel	V2M	1967	LP LONGJUMEAU (91)	38:35
14.	BAPTISTE Hélène	V3F	1950	CM YVERDON /CH	38:46
15.	BONNEFOY Alain	V4M	1947	EHA/ US PULVERSHEIM (68)	45:18
16.	WEIGEL Didier	V2M	1964	STOSSWIHR (68)	46:19



*Left: The start*



*Right: David Kuster*



*Left: Emmanuel gets into the Christmas spirit*



*Right: Nathalie Chretien and Félicia Lamoureux*

**USA INDOOR 5,000M CHAMPIONSHIPS, ROCHESTER, NEW YORK STATE, SATURDAY 31 DECEMBER**

USATF finished off its year with the indoor 5000m walk championships, held at the Rochester Institute of Technology in upstate New York. Open Wins to **Miranda Melville** with a new US record of 22:35.68 and to **Michael Manozzi** (22:56.50) and U20 wins to **A. J. Gruttadauro** (24:21.79) and **Meaghan Podlaski** (25:21.16). And a special mention for **Erin Taylor-Talcott** who set a new W35 record with her time of 24:15.45.

Some good photos at <https://www.facebook.com/photo.php?fbid=10206748527665744&set=pcb.10206748555026428>

**Men's 5000m Indoor Walk**

1.	Michael MANNOZZI	USA	86	22:56.50
2.	Jonathan HALLMAN	USA	93	23:12.30
3.	David SWARTS	USA		24:43.50
4.	Dave TALCOTT	USA	60	25:20.64
5.	Jianping XU	CAN	65	25:57.79
6.	Omar NASH	USA	74	28:28.14

**Women's 5000m Indoor Walk**

1.	Miranda MELVILLE	USA	89	22:35.68	US Women's Record
2.	Erin TAYLOR-TALCOTT	USA	78	24:15.25	US W35 Record
3.	Rachel ZOYHOFSKI	USA		26:46.43	
4.	Johanna FLIPSEN	CAN		29:18.65	Canadian W60 Record
5.	Kay CARMINES	USA	46	38:04.24	US W70 Record

**U20 Men's 5000m Indoor Walk**

1.	Anthony GRUTTADAURO	USA		24:21.79
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**U20 Women's 5000m Indoor Walk**

1.	Meaghan PODLASKI	USA	97	25:21.16
2.	Kayla ALLEN	USA		27:24.78
3.	Genna BALDASSARE	USA	99	28:40.54
4.	Kayla SHAPIRO	USA	98	30:24.29
5.	Moira BURGESS	USA	00	30:25.51
6.	Olivia HARBOL	USA	00	30:39.33

A number of walkers continued on as part of an associated 10,000m walk, with **Miranda Melville** (45:29.28 – new US record), **Michael Manozzi** (45:52.38), **Jonathan Hallman** (47:43.38) and **Erin Taylor-Talcott** (49:14.86) all recording good times.

**Men's 10,000m Indoor Walk**

1.	Michael MANNOZZI	USA	86	45:52.38	
2.	Jonathan HALLMAN	USA	93	47:43.38	
3.	Dave TALCOTT	USA	60	51:32.97	US M55 Record
4.	Jianping XU	CAN	65	52:26.65	Canadian M50 Record

**Women's 10,000m Indoor Walk**

1.	Miranda MELVILLE	USA	89	45:29.28	US Women's Record
2.	Erin TAYLOR-TALCOTT	USA	78	49:14.86	US W35 Record

**THE FIRST WALK 2017, STONECUTTER ISLAND, HONG KONG, SUNDAY 1 JANUARY**

Emmanuel Tardi was on Stonecutter Island, Hong Kong, on the morning of New Year's Day 2017 for the year's first official walk. It included multiple events, including 50km, 20km, 10km and 6 Hours. The 50km and 6 Hour events started at 10AM, the 20km at 11AM and the 10km at 1pm. Overall, about 50 walkers contested the various races, held on a 1km flat lap in the harbour area.

**Ken Cheung** (5:03:53) finally broke So Kam Tong's 50km walk record which has stood since the 1964 Olympics in Tokyo. **Billie Kwok** (6:17:04) also set an initial women's Hong Kong 50km record. Some visitors from Singapore also turned in some excellent performances in the junior 10K race, with Sia Jun Wei winning the boys' race in 53:20. Emmanuel has emailed me snapshots of the main results which are reproduced below.

**50km Open Men**

1.	Ken Cheung	5:03:23
2.	Wong Kai-chung	6:01:54
3.	Chan Wai-on	6:40:25
4.	Lo Yau-wing	6:58:05

**20km Open Women**

1.	Kwan Siu-yin	2:15:30
2.	Helen Seun	2:24:07
3.	Lau Fung-ling	2:33:03
4.	Eve Chiu	2:43:15
5.	Lo Shuk-yi	2:44:13
6.	Lo Man-yee	2:52:45



### 50km Open Women

1.	Kwok Chi-kha	6:17:04
2.	Choi Kar-har	6:34:47
3.	Keung Yuk-yin	6:48:34
4.	Chan Chun-fung	6:48:34
5.	Irene Tai	6:59:37

### 20km Open Men

1.	Jason Fu	2:13:34
2.	Su Jeng-jong	2:20:29
3.	Lam Man-biu	2:27:56
4.	Emmanuel Tardi (FRA)	2:37:30
5.	Bruce Lee	2:38:34
6.	Thomas Kwok	2:41:14
7.	Lam Kin-leung	2:52:09
8.	Liu Weun-tsun	2:54:09

### 10km Junior Men

1.	Sia Jun Wei	53:20
2.	Chan Ka-fai	1:00:09
3.	Wong Ping-kuen	1:27:56

### 5km Boys

1.	Brandon Loh	26:29
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### 5km Girls

1.	Su Pei-chi	29::16
2.	Carmen Leung	41:02



*The 50km start, along with winners Ken Cheung and Billie Kwok (photos Emmanuel Tardi)*

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo had 7 press releases this week on which I can report

- Mon 2 Jan – Results of New Years Day walks in Hong Kong  
[http://www.marciadalamondo.com/eng/dettagli\\_news.aspx?id=2651](http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2651)
- Sat 31 Dec - Results of 2nd Olympic Race Walk festival, Tlaxcala, Mexico, 18 Dec 2016  
[http://www.marciadalamondo.com/eng/dettagli\\_news.aspx?id=2650](http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2650)
- Fri 30 Dec - andro Damilano updates the Italians walkers statistical section of the website  
[http://www.marciadalamondo.com/eng/dettagli\\_news.aspx?id=2648](http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2648)
- Thu 29 Dec - Paul Warburton's IAAF review of 2016 racewalking  
[http://www.marciadalamondo.com/eng/dettagli\\_news.aspx?id=2647](http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2647)
- Wed 28 Dec - French blog Endurance38 publishes racewalk training programs for 20km and 50km  
[http://www.marciadalamondo.com/eng/dettagli\\_news.aspx?id=2646](http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2646)
- Tue 27 Dec - Maria Guadalupe Gonzalez is Mexican sportswoman of the year  
[http://www.marciadalamondo.com/eng/dettagli\\_news.aspx?id=2645](http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2645)

- Tue 27 Dec - Glavan and Kashina win Indoor Winter Trophy in Sumy, Ukraine  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2644](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2644)

and Omarchador had 7 press releases.

- Mon 2 Jan - Results of underage indoor walks in Alytus, Lithuania  
<http://omarchador.blogspot.com.au/2017/01/marcha-de-natal-para-jovens-em-alytus.html>
- Sat 31 Dec - Ana Cabecinha the Portuguese walker of the year for 2016  
<http://omarchador.blogspot.com.au/2016/12/ana-cabecinha-figura-nacional-de-2016.html>
- Fri 30 Dec - Florida Miniyanova of Kazakhstan suspended for 4 years for doping  
<http://omarchador.blogspot.com.au/2016/12/marchadora-do-cazaquistao-suspensa-4.html>
- Thu 29 Dec - French junior international David Kuster wins Christmas Eve walk in Neuf-Brisach, France  
<http://omarchador.blogspot.com.au/2016/12/marcha-na-corrida-jean-ritzenthaler-em.html>
- Wed 28 Dec - Profile of Portuguese walks coach Francisco Assis  
<http://omarchador.blogspot.com.au/2016/12/francisco-assis-um-dos-primeiros.html>
- Tue 27 Dec - Kashina and Glavan win indoor track meet in Sumy  
<http://omarchador.blogspot.com.au/2016/12/kashina-e-glavan-vencem-na-pista.html>
- Mon 26 Dec - Profiling the current Portuguese international officials  
<http://omarchador.blogspot.com.au/2016/12/arbitragem-portuguesa-em-foco.html>

#### OUT AND ABOUT

- Interview with **Tom Bosworth** on the British radio show 'Marathon Talk'.  
See [http://www.marathontalk.com/podcast/episode\\_364\\_tom\\_bosworth.php](http://www.marathontalk.com/podcast/episode_364_tom_bosworth.php).
- Countries are upping the ante for dopers. Ethiopia, one of five countries the IAAF says is in "critical care" over its drug-testing systems, will impose lifetime bans on drug cheats, the new president of the Ethiopian Athletics Federation (EAF) said on Wednesday. The Horn of Africa country has for many years dominated distance running along with neighbouring Kenya, but it had its credibility questioned this year when six of its athletes came under investigation for doping. See <http://www.supersport.com/athletics/article.aspx?Id=3831354>.
- Nice blog on former USA racewalker **Ian Whatley** - see <http://towncarolina.com/article/one-step-ahead/>.
- Interesting article on 85 year old marathon runner **Ed Whitlock**. One for our older readers to ponder. See <http://www.msn.com/en-au/news/world/85-year-old-marathoner-is-so-fast-that-even-scientists-marvel/ar-BbxGjup>.
- Gun young Gold Coast race walker **Katie Hayward** has been forced to rethink her career path after the rug was pulled on two big overseas athletics meets. The 16-year-old from Palm Beach was originally preparing for the World Youth Championships in Kenya next year but Athletics Australia canned the trip. Instead, AA plans to send a national team to the Commonwealth Youth Championships in the Bahamas, although race walking is a discipline that has been chopped, along with steeplechase, distance running, pole vault and triple jump. See <http://www.goldcoastbulletin.com.au/sport/local-sport/teenage-gold-coast-race-walker-katie-haywood-misses-out-on-two-international-meets/news-story/ae6db4cecf353f9f46607424a53ef49>.

#### FALLS CREEK CAMP UNDERWAY

Our annual Falls Creek racewalking camp is underway in the Victorian alpine village of Falls Creek. Not that there is any snow at this stage of the year, but the crowds are still there, with lots of runners, bike riders, bush walkers and families enjoying the wonderful environment.

We have 25 attendees at our camp this year, many for the full 2 weeks and some for either the first or the second week only:

18 walkers: **Brad Simpson (VIC), Caitlin Hannigan (QLD), Danny Hawksworth (VIC), Declan Tingay (WA), Emily Hamilton (VIC), Emmet Brasier (VIC), Hayden Walmsley (VIC), Hayley George (VIC), Jasmin Dighton (NSW), Jason Kozica (VIC), Jess Pickles (QLD), Kyle Swan (VIC), Luke McCutcheon (QLD), Philippa Huse (VIC), Rebecca Henderson (VIC), Reese Walmsley (VIC), Simone McInnes (VIC) and Stephanie George (VIC)**

7 Staff / parents: **Simon Baker (VIC), Tim Erickson (VIC), Sabby George (VIC), Terry Swan (VIC), Wayne Henderson (VIC), Robyn Wales (QLD) and Helen Scarborough (QLD)**

We arrived last Thursday and are now heading towards the half way mark. Our morning training session is our main one, with all the walkers kicking out some big walks along the High Plains Road. The afternoon session is optional and includes a run or walk along the aquaduct or a stretch or conditioning or gym workout.

And to finish, some photos. More on our camp facebook page at <https://www.facebook.com/groups/726992100645163/>.



*A group shot on our first serious training session on Saturday morning – brisk but sunny weather*



*And they're underway*





*Hayden Walmsley, Simone McInnes, Philippa Huse, Steph George, Emily Hamilton, Caitlin Hannigan (snapped just as top runner Collis Birmingham strode past) and Brad Simpson*



*Left: Declan Tingay, Kyle Swan and Luke McCutcheon*

*Right: The reservoir is as cold as ever!*



*On top of Ropers Lookout (on our bushwalk)*



## AIS WALKS CAMP UNDERWAY

Our Falls Creek camp is one of two racewalking camps currently underway in Australia. A large group of internationally ranked walkers from around the world have descended upon Canberra and will spend the next 6 weeks at the AIS training together and helping the AIS Sports Scientists with part two of a nutritional study what was started last summer. The list includes both men and women (names and PBs shown below) and features Australians **Adam Garganis, Jared Tallent, Rhydian Cowley** and **Regan Lamble**. I should be able to post some info and a few photos for next week.

<b>Men</b>									
Adam Garganis	M	AUS	42:22	1:31:08	Rhydian Cowley	M	AUS	41:07	1:22:07
Adrian Blocki	M	POL	42:27	1:25:55	Sandor Racz	M	HUN	40:51	1:23:54
Ainhoa Pinedo	M	ESP	45:15	1:31:58	Tadas Suskevicius	M	LTU	40:26	1:23:28
Artur Brzozowski	M	POL	40:57	1:22:11	Toru Yamamoto	M	JAP	42:24	1:26:33
Dawid Tomala	M	POL	40:11	1:20:30	Wayne Snyman	M	SA	40:18	1:20:46
Edward Araya Cortes	M	CHI	41:45	1:26:14	Yerko Cortes	M	CHI	40:46	1:21:26
Evan Dunfee	M	CAN	39:21	1:20:13	Yuichi Yarita	M	JAP	42:47	1:27:40
Jakub Jelonek	M	POL	39:49	1:21:05	<b>Women</b>				
Jared Tallent	M	AUS	38:29	1:19:15	Alana Barber	F	NZL	44:45	1:32:48
Lebogang Shange	M	SA	39:55	1:20:06	Bethan Davies	F	GBR	44:59	1:33:48
Lukasz Nowak	M	POL	40:30	1:20:48	Brigita Virbalyte-Dimsiene	F	LTU	42:43	1:30:20
Marius Ziukas	M	LTU	39:47	1:22:09	Kataryna Golba	F	POL	44:58	1:32:32
Mat Bilodeau	M	CAN	42:16	1:25:45	Regan Lamble	F	AUS	44:20	1:29:33
Nick Christie	M	USA	41:22	1:26:59	Taika Nummi	F	FIN	45:01	1:33:00
Quentin Rew	M	NZL	39:51	1:21:54	Viktoria Madarasz	F	HUN	43:18	1:30:47

## FROM THE VAULT

I received an email from Gordon Loughnan yesterday with some old track walk results from the NEC Classic which used to be held annually at Olympic Park in Melbourne. He found them when cleaning out a drawer. The 1991 results are of great significance as Kerry Saxby's time of 11:51.26 was a World Record and Andrew Jachno's time of 10:56.22 was a Commonwealth and Australian record. Interestingly, Dane Bird-Smith has got so close (10:56.23) but is still 0.01sec short of Andrew's time.

### 1991 Women's 3000m Walk

1.	Kerry Saxby	NSW	11:51:26
2.	Lorraine Jachno	VIC	13:01:54
3.	Sharon Schnyder	VIC	13:24:17
4.	Carolyn Vanstan	VIC	
5.	Wendy Muldoon	VIC	
6.	Natalie Davison	VIC	
7.	Julie Beecroft	VIC	
8.	Michelle Rudd	VIC	
9.	Nicole Sansonetti	VIC	

### 1991 Men's 3000m Walk

1.	Andrew Jachno	VIC	10:56:22 PB
2.	Nick A'Hern	NSW	11:11:45
3.	Steven Beecroft	VIC	11:55:89
4.	Mike Harvey	VIC	
5.	Mark Donahoo	VIC	
6.	Mark Thomas	VIC	
7.	Duncan Knox	VIC	
8.	Paul Kennedy	VIC	
9.	Alfons Schwarz	GER	

And in 1992, Kerry was back again for another win in a slightly slower but still mightily impressive time of 12:06.15.

### 1992 Women's 3000m Walk

1.	Kerry Saxby	NSW	12:06:15
2.	Lorraine Jachno	VIC	12:48:76
3.	Sue Cook	VIC	13:11:09

Louise Nicholson and Gabrielle Blythe, who crossed the line 2<sup>nd</sup> and 3<sup>rd</sup> places, were disqualified.

## 2016 AUSTRALIAN RANKING LISTS – WOMEN

To finish off this week's newsletter, here are the top 25 ranked Australian female walkers in each of the major race categories, as calculated in <http://www.racewalkaustralia.com/>. Obviously, not all the top walkers race the shorter distances like 1500m or 3000m but that gives the younger walkers a chance to shine. The IAAF points corresponding to each performances are shown for all distances except for 1500m. The highest scoring performances are

1.	Regan Lamble	SW	20km	1:29:33	VIC	1185	05/07/2016
2.	Beki Smith	SW	10km	0:43:48	NSW	1183	04/03/2016
3.	Beki Smith	SW	20km	1:29:49	NSW	1182	05/07/2016
4.	Tanya Holliday	SW	20km	1:29:56	SA	1180	05/07/2016
5.	Tanya Holliday	SW	10km	0:44:33	SA	1164	04/03/2016
6.	Rachel Tallent	SW	20km	1:31:33	VIC	1162	21/02/2016
7.	Regan Lamble	SW	10km	0:44:48	VIC	1158	26/09/2016
8.	Beki Smith	SW	5km	0:21:19	NSW	1155	03/05/2016
9.	Tanya Holliday	SW	5km	0:21:27	SA	1147	06/12/2016
10.	Rachel Tallent	SW	5km	0:21:31	VIC	1143	06/12/2016

And here they are:

### 1500m Walk

1.	Katie Hayward	U17W	0:05:48	QLD		11/03/2016
2.	Clara Smith	U20W	0:06:28	QLD		11/03/2016
3.	Jemma Peart	U15W	0:06:29	VIC		19/03/2016
4.	Kristie Goznik	SW	0:06:37	SA		19/10/2016
5.	Christina Papadopoulou		0:06:38	QLD		11/03/2016
6.	Allanah Pitcher	U14W	0:06:43	NSW		24/04/2016
7.	Rebecca Henderson	U15W	0:06:44	VIC		19/03/2016
8.	Gabby Hunt	U16W	0:06:46	ACT		28/01/2016
9.	Caitlin Hannigan	U14W	0:06:48	QLD		19/03/2016
10.	Tenyka Chapman	U15W	0:06:48	QLD		19/03/2016
11.	Breanna Betzold	U14W	0:06:52	QLD		19/03/2016
12.	Emma Blanch	U14W	0:06:54	NSW		24/04/2016
13.	Amelia Schofield	U14W	0:06:56	QLD		11/03/2016
14.	Shanae Norton		0:06:57	NSW		20/03/2016
15.	Alice Randall	U17W	0:07:02	TAS		16/10/2016
16.	Eliza Clarke	U16W	0:07:04	VIC		02/06/2016
17.	Raquel Roukos	U17W	0:07:05	NSW		20/03/2016
18.	Samantha Brown	U16W	0:07:06	NSW		20/03/2016
19.	Zahra Hayes	U15W	0:07:06	VIC		19/03/2016
20.	Tiahna Ruane	U15W	0:07:10	WA		31/01/2016
21.	Georgia Clarke	U14W	0:07:10	VIC		19/03/2016
22.	Chelsea Goodhew	U17W	0:07:11	NSW		20/03/2016
23.	Sandra Geisler	W35	0:07:12	VIC		20/03/2016
24.	Victoria Upton	U14W	0:07:14	SA		19/11/2016
25.	Mackayla Davison	U16W	0:07:15	VIC		19/03/2016

### 3000m Walk

1.	Kelly Ruddick	W40	0:12:58	VIC	1099	01/09/2016
2.	Regan Lamble	SW	0:13:06	VIC	1087	12/03/2016
3.	Zoe Hunt	U20W	0:13:35	ACT	1042	21/01/2016
4.	Simone McInnes	SW	0:13:38	VIC	1038	10/08/2016
5.	Jemima Montag	U18W	0:13:41	VIC	1035	30/01/2016
6.	Janaya Lee	U15W	0:13:58	NSW	1010	06/04/2016
7.	Rebecca Henderson	U16W	0:14:01	VIC	1005	10/08/2016
8.	Philippa Huse	U18W	0:14:03	VIC	1003	15/12/2016
9.	Samantha Brown	U16W	0:14:03	NSW	1003	03/09/2016
10.	Allanah Pitcher	U14W	0:14:07	NSW	997	19/11/2016
11.	Zahra Hayes	U15W	0:14:10	VIC	992	06/12/2016
12.	Katya Martin	U20W	0:14:13	QLD	987	02/06/2016
13.	Jemma Peart	U15W	0:14:13	VIC	987	03/09/2016
14.	Alice Randall	U16W	0:14:15	TAS	985	06/12/2016
15.	Megan Szirom	W35	0:14:24	SA	972	30/01/2016
16.	Gabby Hunt	U16W	0:14:26	ACT	969	06/12/2016
17.	Caitlin Hannigan	U14W	0:14:30	QLD	962	03/09/2016
18.	Emma Thomas	U12W	0:14:33	NSW	959	06/04/2016
19.	Ally Durr	U20W	0:14:47	ACT	938	14/01/2016

20.	Emma Blanch	U14W	0:14:52	NSW	932	12/02/2016
21.	Eliza Clarke	U16W	0:14:56	VIC	927	01/09/2016
22.	Rhiannon Lovegrove	U17W	0:14:57	SA	925	11/12/2016
23.	Elizabeth McMillen	U13W	0:14:59	NSW	923	18/12/2016
24.	Chelsea Goodhew	U18W	0:14:59	NSW	923	19/11/2016
25.	Amelia Schofield	U14W	0:15:00	QLD	921	07/08/2016

#### 5000m/5km Walk

1.	Beki Smith	SW	0:21:19	NSW	1155	03/05/2016
2.	Tanya Holliday	SW	0:21:27	SA	1147	06/12/2016
3.	Rachel Tallent	SW	0:21:31	VIC	1143	06/12/2016
4.	Katie Hayward	U17W	0:21:39	QLD	1137	21/10/2016
5.	Jessica Pickles	U23W	0:22:11	QLD	1107	02/06/2016
6.	Tayla-Paige Billington	U20W	0:22:50	NSW	1071	23/04/2016
7.	Stephanie Stigwood	SW	0:22:51	TAS	1070	03/05/2016
8.	Claire Tallent	SW	0:23:04	SA	1058	06/12/2016
9.	Kelly Ruddick	W40	0:23:15	VIC	1047	22/01/2016
10.	Regan Lamble	SW	0:23:24	VIC	1040	20/11/2016
11.	Jemima Montag	U18W	0:23:28	VIC	1036	02/12/2016
12.	Kristie Goznic	SW	0:23:32	SA	1033	26/10/2016
13.	Zoe Hunt	U20W	0:23:48	ACT	1019	02/06/2016
14.	Simone McInnes	SW	0:23:55	VIC	1012	16/11/2016
15.	Zahra Hayes	U15W	0:23:57	VIC	1010	08/07/2016
16.	Rebecca Henderson	U16W	0:23:58	VIC	1010	08/07/2016
17.	Ashleigh Resch	U20W	0:24:10	ACT	998	30/04/2016
18.	Eliza Clarke	U16W	0:24:24	VIC	986	28/02/2016
19.	Megan Szirom	W35	0:24:28	SA	983	28/02/2016
20.	Allanah Pitcher	U14W	0:24:33	NSW	979	29/10/2016
21.	Nicole Fagan	SW	0:24:46	NSW	967	27/02/2016
22.	Philippa Huse	U18W	0:24:46	VIC	967	12/02/2016
23.	Danielle Walsh	U23W	0:24:53	SA	962	02/12/2016
24.	Jasmyn McDonald	U18W	0:24:55	NSW	960	12/02/2016
25.	Gabby Hunt	U16W	0:24:58	ACT	957	03/11/2016

#### 10/000m/10km Walk

1.	Beki Smith	SW	0:43:48	NSW	1183	04/03/2016
2.	Tanya Holliday	SW	0:44:33	SA	1164	04/03/2016
3.	Regan Lamble	SW	0:44:48	VIC	1158	26/09/2016
4.	Zoe Hunt	U20W	0:46:29	ACT	1115	21/02/2016
5.	Clara Smith	U18W	0:46:42	QLD	1110	21/02/2016
6.	Tayla-Paige Billington	U20W	0:47:25	NSW	1092	21/02/2016
7.	Kelly Ruddick	W40	0:47:30	VIC	1090	17/01/2016
8.	Jessica Pickles	U23W	0:48:49	QLD	1058	04/03/2016
9.	Jemima Montag	U20W	0:49:24	VIC	1044	21/02/2016
10.	Philippa Huse	U18W	0:49:30	VIC	1041	27/11/2016
11.	Rebecca Henderson	U16W	0:49:55	VIC	1031	27/11/2016
12.	Simone McInnes	SW	0:50:19	VIC	1022	23/07/2016
13.	Megan Szirom	W35	0:50:45	SA	1011	28/05/2016
14.	Ally Durr	U20W	0:50:55	ACT	1008	30/07/2016
15.	Katya Martin	U20W	0:51:45	QLD	988	24/04/2016
16.	Kristie Goznic	SW	0:53:04	SA	957	08/06/2016
17.	Gabby Hunt	U16W	0:53:15	ACT	953	27/08/2016
18.	Zahra Hayes	U15W	0:53:25	VIC	949	07/03/2016
19.	Cheryl Webb	W40	0:53:30	NSW	947	31/10/2016
20.	Michelle Laufer	W45	0:54:06	VIC	933	31/10/2016
21.	Chelsea Goodhew	U17W	0:54:09	NSW	932	07/02/2016
22.	Pam Tindal	W55	0:54:10	VIC	932	23/07/2016
23.	Maeve Curley		0:54:17	WA	929	25/06/2016
24.	Sarah Brennan	W40	0:54:22	VIC	927	28/05/2016
25.	Jasmyn McDonald	U18W	0:54:37	NSW	922	07/02/2016

#### 20km Walk

1.	Regan Lamble	SW	1:29:33	VIC	1185	05/07/2016
2.	Beki Smith	SW	1:29:49	NSW	1182	05/07/2016
3.	Tanya Holliday	SW	1:29:56	SA	1180	05/07/2016
4.	Rachel Tallent	SW	1:31:33	VIC	1162	21/02/2016
5.	Claire Tallent	SW	1:33:23	SA	1142	22/05/2016

6.	Stephanie Stigwood	SW	1:33:45	TAS	1138	21/02/2016
7.	Zoe Hunt	U20W	1:40:31	ACT	1064	22/05/2016
8.	Jessica Pickles	U23W	1:41:05	QLD	1058	21/02/2016
9.	Kristie Goznic	U23W	1:42:17	SA	1046	21/02/2016
10.	Simone McInnes	SW	1:47:54	VIC	987	12/11/2016
11.	Danielle Walsh	U23W	1:54:02	SA	925	21/02/2016
12.	Michelle Laufer	W45	1:55:38	VIC	909	11/04/2016
13.	Sandra Geisler	W35	2:01:09	VIC	856	11/04/2016
14.	Barbara Bryant	W60	2:05:22	VIC	816	11/04/2016
15.	Pam Tindal	W55	2:05:58	VIC	810	11/04/2016
16.	Heather Carr	W65	2:06:45	VIC	803	11/04/2016
17.	Ann Staunton-Jugovic	W50	2:06:56	ACT	801	23/07/2016
18.	Karyn Tolardo	W50	2:07:03	WA	800	11/04/2016
19.	Ann Weeks	W50	2:10:21	NSW	770	28/08/2016
20.	Donna-Marie Elms	W55	2:11:14	VIC	762	26/06/2016
21.	Anne Weekes	W50	2:11:38	NSW	758	11/04/2016
22.	Marie Fitzsimons		2:13:10	WA	744	11/04/2016
23.	Wendy Farrow		2:14:12	WA	735	07/10/2016
24.	Gloria Holliday	W55	2:15:40	SA	722	11/04/2016
25.	Marie Maxted	W55	2:18:59	SA	693	11/04/2016

### DATES...DATES...DATES

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

#### 2016/2017 Australian/Victorian Key Dates

Jan 7, 2017	AV Shield Round 10, 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, Adelaide, SA
Feb 24-26, 2017	Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park, VIC
Mar 3-5, 2017	Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park, VIC
Mar 7, 2017	Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Mar 25-26, 2017	Victorian Masters Championships, Doncaster, VIC
Mar 26 - Apr 2, 2017	Australian Open and Junior T&F Champs, SOPAC, Sydney, NSW
Apr 22-23, 2017	Australian Centurions 24 Hour Walk Championships, Coburg, VIC
Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT. See <a href="http://ntmastersathletics.com.au/">http://ntmastersathletics.com.au/</a>
Jun 11, 2017	51 <sup>st</sup> LBG Racewalking Carnival, Canberra, ACT

#### 2016/2017 International Dates

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

#### Looking Further Ahead

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

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