



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2016/2017 Number 16  
17 January 2017



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### WALKER OF THE WEEK

My Walker of the Week is Portuguese Olympic walker **Inês Henriques** who set a new World Women's 50km record (pending ratification) of **4:08:26** at the Portuguese 35km and 50km Race Walking Championships in Porto de Mos on Sunday 15<sup>th</sup> January. You can read about it later in the newsletter. She is breaking new ground for women in this newest IAAF event.



### WHAT'S COMING UP

- **AV Shield** continues next **Saturday 21<sup>st</sup> January** with round 12.
  - AV Shield Round 12, Blue Zone, Casey Fields, Cranbourne East, Saturday 21 January
  - AV Shield Round 12, Red Zone, Tom Kelly Reserve, Doncaster, Saturday 21 January
  - AV Shield Round 12, White Zone, Bill Sewart Athletics Track, East Burwood, Saturday 21 January
  - AV Shield Round 12, Yellow Zone, Newport Park Athletics Facility, Newport, Saturday 21 January
  - AV Shield Round 12, Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 21 January
  - AV Shield Round 12, Bendigo Zone, La Trobe University Track, Bendigo, Saturday 21 January
  - AV Shield Round 12, Geelong Zone, Landy Field, Geelong, Saturday 21 January

- Then **Sunday 22<sup>nd</sup> January** sees our next VRWC summer season races at Middle Park – the race program reads as follows.

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

- The **Victorian Country T&F Championships** will be held on the weekend of **26-28 January** at Casey Fields in Cranbourne East.
- Some early notification that the following VRWC summer season race day, which is to be held on **Sunday 5<sup>th</sup> February**, includes the **Athletics Victoria 5km Teams Championships for men and women**.

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

AV has now opened the online entry panel for the AV 5km Teams Roadwalk Championships - see <http://athsvic.org.au/event/av-5km-team-walks-championships/>. You enter as an individual. Once your AV club has 3 or more entrants, you automatically create a team for the teams championship. The rules are as follows:

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club or region.
3. The next 3 walkers to finish for that club/region will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.

Hoping for lots of teams to contest the championships!

- Entries are also open for the **2017 Australian/Oceania 20km Race Walking Championships** which will be held in War Memorial Drive, **Adelaide**, on **Sunday 19<sup>th</sup> February**. See <https://athletes20kmracewalking.eventdesq.com/>. The timetable reads as follows:
  - 7:00am Oceania & Australian 20km Race Walking Championships
  - 8:00am Oceania Under 20 10km RaceWalking Championships
  - 8:00am Invitational Under 18 5km Race Walk

### AV SHIELD ROUND 11, SATURDAY 14 JANUARY

There were 81 walkers in action in Round 11 of AV Shield last Saturday in Victoria. With only 1 round to go (next weekend), teams are striving to make the finals so lots of keenly contested events overall.

#### **AV Shield Round 11, White Zone vs Red Zone, Bill Seward Athletics Track, East Burwood, Saturday 14 January**

Perth based walker **Declan Tingay**, in Melbourne for the Athletics Australia U19 camp, showed great speed in winning the 3000m at East Burwood in 12:01.85. Fellow juniors **Emmet Brasier** (12:27.88) and **Kyle Swan** (12:39.42) were not far behind, while **Jason Kozica** did a PB in 4<sup>th</sup> spot with 13:03.62.

#### **3000m Walk**

1.	Tingay, Declan	M99	UNATTACHED	12:01.85	
2.	Brasier, Emmet	M98	DIAMOND VALLEY A	12:27.88	
3.	Swan, Kyle	M99	ATHLETICS NUNAWA	12:39.42	
4.	Kozica, Jason	M87	ST KEVINS ATHLET	13:03.62	PB 0:06
5.	Prasad, Pramesh	M74	COLLINGWOOD HARR	14:25.24	
6.	Hawkins, Trenton	M79	PRESTON ATHLETIC	15:19.62	
7.	Smyth, David	M69	COLLINGWOOD HARR	16:15.59	
8.	Muldoon, Wendy	W71	ATHLETICS NUNAWA	16:51.51	
9.	Keirl, Bernie	M63	DIAMOND VALLEY A	17:17.08	
10.	Rosenbrock, Carolyn	W62	ATHLETICS NUNAWA	17:28.91	
11.	Noonan, Emily	W00	COLLINGWOOD HARR	18:26.25	
12.	Elms, Donna-Marie	W61	PRESTON ATHLETIC	18:43.62	
13.	Noonan, Claire	W04	COLLINGWOOD HARR	18:50.71	

14.	Dickenson, Russell	M45	VICTORIAN MASTER	19:05.39
15.	Gardiner, Robert	M36	COLLINGWOOD HARR	19:53.29
16.	McLennan, Laura	W76	DONCASTER ATHLET	21:00.52
17.	Sofianos, Gerald	M49	ST KEVINS ATHLET	23:01.95
18.	Worsnop, Christopher	M57	OLD XAVERIANS AT	26:33.06
	Sommers, David	M57	ATHLETICS NUNAWA	DQ

#### 1500m Walk

1.	Taylor, Lee	W01	YARRA RANGES ATH	9:32.4
2.	McLennan, Liam	M05	DONCASTER ATHLET	9:34.5
3.	Webber, Ewan	M03	BOX HILL ATHLETI	9:35.9

#### AV Shield Round 11, Yellow Zone vs Blue Zone, Moonee Valley Athletics Track, Aberfeldie, Saturday 14 January

**Reese Walmsley** (13:47.28) was just outside his PB in winning the 3000m at Aberfeldie, and he needed to race hard to hold out former NZ Olympian **Scott Nelson** (13:54.17) who continues to improve week by week. **Philippa Huse** (14:08.07) was just outside her PB for third overall, with **Megan Szirom** also racing strongly for 14:31.81. In the 1500m, **Chloe Karagiorgos** was best with 7:39.8.

#### 3000m Walk

1.	Walmsley, Reese	M	KNOX ATHLETIC CLUB	13:47.28
2.	Nelson, Scott	M	WYNDHAM TRACK AN	13:54.17
3.	Huse, Philippa	W	SANDRINGHAM ATHL	14:08.07
4.	Szirom, Megan	W	FRANKSTON ATHLET	14:31.81
5.	Walmsley, Hayden	M	KNOX ATHLETIC CLUB	14:56.81
6.	Hawksworth, Danny	M	ATHLETICS ESSENDON	15:29.43
7.	Donahoo, Mark	M	ATHLETICS ESSENDON	15:35.82
8.	Kennedy, Paul	M	KEILOR ST BERNAR	16:44.89
9.	Carr, Heather	W	GLENHUNTLY ATHLE	17:06.51
10.	Kondogonis, John	M	KEILOR ST BERNAR	17:51.77
11.	Beaumont, Hamish	M	MELBOURNE UNIVER	18:22.52
12.	Dunstone, Phillip	M	WESTERN ATHLETICS	18:31.37
13.	Van Dongen, Rupert	M	MENTONE ATHLETIC	19:04.56
14.	Knox, Duncan	M	ATHLETICS ESSENDON	19:29.21
15.	Kapetanovic, Tania	W	KEILOR ST BERNAR	19:47.85
16.	McGoughan, Tracy	W	KEILOR ST BERNAR	19:50.72
17.	Doran, Anthony	M	GLENHUNTLY ATHLE	19:58.48
18.	Barrow, Geoff	M	MENTONE ATHLETIC	20:01.09
19.	Steed, Gwen	W	GLENHUNTLY ATHLE	20:01.59
20.	Lillie, Jessica	W	KNOX ATHLETIC CLUB	20:04.73
21.	Shaw, Robyn	W	WESTERN ATHLETICS	20:10.51
22.	Anderson, Brian	M	ATHLETICS ESSENDON	20:23.72
23.	Spiteri, Kelly	W	COBURG HARRIERS	21:08.43
24.	Hodgart, Janice	W	WESTERN ATHLETICS	21:17.47
25.	Haritos, Victoria	W	COBURG HARRIERS	21:21.23
26.	Thomas, Timothy	M	MELBOURNE UNIVER	21:35.32
27.	Cashin, Brenda	W	WESTERN ATHLETICS	22:10.46
28.	Ireland, Roslyn	W	BRUNSWICK ATHLET	22:20.77
29.	Rickard, Tess	W	BRUNSWICK ATHLET	24:06.31
30.	Zeleznikow, John	M	GLENHUNTLY ATHLE	28:37.52
	Downie, Malachi	M	ATHLETICS ESSENDON	DQ

#### 1500m Walk

1.	Karagiorgos, Chloe	W	KNOX ATHLETIC CLUB	7:39.8
2.	Beveridge, Heath	M	WESTERN ATHLETICS	8:02.5
3.	Hay, Charlotte	W	KNOX ATHLETIC CLUB	8:03.8
4.	hay, Angus	M	KNOX ATHLETIC CLUB	9:26.1
5.	Coughlin, Sophie	W	CASEY CARDINIA	9:49.4
6.	Chitty, Jade	W	INVITATIONAL	9:52.5
7.	Kennedy, Thomas	M	KEILOR ST BERNAR	11:56.0
	Healy, Kevin	M	ATHLETICS ESSENDON	DQ
	Knox, Christian	M	ATHLETICS ESSENDON	DQ

#### AV Shield Round 11, Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 14 January

And now to the country venues. **Kelly Ruddick** was in a class of her own in Ballarat with 14:30.10.

**3000m Walk**

1.	Ruddick, Kelly	W73	BALLARAT HARRIER	14:30.10
2.	Ruddick, Kevin	M50	BALLARAT HARRIER	20:23.69
3.	McLennan, Phillip	M68	WENDOUREE ATHLET	20:51.48

**AV Shield Round 11, Bendigo Zone, La Trobe University Track, Bendigo, Saturday 14 January**

In Bendigo, **Zahra Hayes** dropped down to the 1500m for a change, winning with 7:02.99. That left the 3000m to **Amanda Heard** with a time of 15:42.90.

**3000m Walk**

1.	Heard, Amanda	W21	EAGLEHAWK	15:42.90
2.	Whiley, Ebony	W21	EAGLEHAWK	17:18.38
3.	Carter, John	M66	SOUTH BENDIGO	22:12.84
4.	Watson, John	M66	BENDIGO HARRIERS	23:39.20

**1500m Walk**

1.	Hayes, Zahra	W15	SOUTH BENDIGO	7:02.99
2.	O'Brien, Brenton	M15	BENDIGO HARRIERS	8:06.23
3.	Hill, Madison	W16	SOUTH BENDIGO	8:30.40
4.	Webb, Kyle	M15	BENDIGO HARRIERS	10:12.75
5.	Ennor, Wendy	W59	EAGLEHAWK	11:23.13
6.	Major, Geoffrey	M80	EAGLEHAWK	12:29.67
7.	Stanley, Christine	W36	BENDIGO HARRIERS	15:25.08

**AV Shield Round 11, Geelong Zone, Landy Field, Geelong, Saturday 14 January**

Finally to Geelong where **Jordyn Leamer** (19:23.46) and **Owen Costin** (8:38.85) won.

**3000m Walk**

1.	Leamer, Jordyn	W03	CORIO ATHLETIC CLUB	19:23.46
2.	Schlicht, Kate	W59	ATHLETICS CHILWELL	19:29.83

**1500m Walk**

1.	Costin, Owen	M04	ATHLETICS CHILWELL	8:38.85
2.	Heikkila-Dubowik, Kaylah	W05	CORIO ATHLETIC CLUB	8:44.85
3.	Walker, Charli	W03	BELLARINE T&F CLUB	8:57.71

**SAMA TRACK WALKS, SAATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 11 JANUARY**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Good walking conditions.

**800m Yacht Handicap**

1.	Dave Fallon	6:14	M60
2.	Jayden Goode	3:35	
3.	Margaret McIntosh	6:13	W60
4.	Gil McIntosh	4:50	M65
5.	Kevin Finn	4:57	M65
6.	Graham Harrison	5:42	M70
7.	Roger Lowe	5:49	M70
8.	Cherie Rothery	4:49	W45
9.	James Hoare	5:26	M70
10.	Marie Maxted	4:17	W55
11.	Hayley Goode	4:22	
12.	Helen Suridge	5:34	W65
13.	Kim Mottrom	3:17	M30
14.	David Robertson	6:35	M80
15.	Peter Crump	4:12	M55
16.	Jill Rogers	6:49	W70
17.	Kerry Goode	5:02	W40
18.	Valmai Padget	6:55	W70

**5000m Yacht Handicap**

1.	Roger Lowe	23:58	M73	63.78%
2.	Dave Fallon	24:21	M64	56.44%
3.	Jill Rogers	26:08	W72	64.10%
4.	Margaret McIntosh	24:43	W64	60.89%
5.	Edna Bates	26:38	W64	56.50%
6.	George White	18:18	M71	<b>81.43%</b>
7.	Helen Suridge	21:58	W65	69.35%
8.	Harry Hayford	25:01	M64	54.93%
9.	Colin Hainsworth	27:27	M87	69.08%

**BENDIGO WALKERS CLUB TRACK WALKS, BENDIGO ATHLETIC FACILITY, BENDIGO, WED 11 JANUARY**

Thanks to Paul Rance for his report from Bendigo.

The Bendigo walkers Club's 2017 Year of walking commenced at the Bendigo Athletic Facility on Wednesday evening with warm and windy conditions prevailing. Sealed handicap events over 1200m and 2400m were held. In the 1200m, **Oscar Fox** produced a strong performance to win comfortably over **Sheridan Commons** with **Amber Fox** in 3<sup>rd</sup> place while **Ebony Whiley** claimed fastest time honours. The 2400m saw an excellent victory to **Bill Lotherington** with **John Carter** 2<sup>nd</sup> and **Paul Rance** in 3<sup>rd</sup> place while **Zahra Hayes** snared the fastest time award.

**2400m Handicap Walk**

1.	Bill Lotherington	17.15
2.	John Carter	17.33
3.	Paul Rance	12.47
4.	Madison Hill	14.45
5.	Norm West	19.38
6.	Zahra Hayes	12.34
7.	Jennie Payne	15.23
8.	Barb Bryant	14.50
9.	Annette Curtis	16.48
10.	Peter Curtis	14.27
11.	Geoff Major	21.14

**1200m Handicap Walk**

1.	Oscar Fox	7.22
2.	Sheridan Commons	7.55
3.	Amber Fox	9.00
4.	Wendy Ennor	9.12
5.	Caitlyn Curtis	9.33
6.	Ebony Whiley	6.38
7.	Briony Harrington	10.30

**AACT 2016 SUMMER SERIES, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 14 JANUARY**

A very small field in the ACT Summer Series competition in Canberra last weekend.

**3000m Walk**

1.	Burns, Laura	North Canber	17:26.6
2.	Burns, Spencer	North Canber	17:55.4

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, SATURDAY 14 JANUARY**

To Tasmania where **Alice Randall** won as usual with 15:22.30.

**3000m Walk**

1.	Alice Randall	OVA	15:22.30
2.	Bayley Campbell	OVA	15:38.85
3.	Anna Blackwell	OVA	15:51.64
4.	Elizabeth Leitch	ES	19:22.73
5.	Ron Foster	NS	19:23.25
6.	David Moore	NS	23:33.56

**ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 14 JANUARY**

To Adelaide where **Kim Mottrom** was the standout with 22:57.06 for the 5000m walk last Saturday. Special comments for **Tristan Camilleri** (24:24.32) and **Samantha Findlay** (26:16.78) who both walked PBs. And to **Victoria Upton** (7:35.37) who won the 1500m.

**5000m Walk**

1.	Kim Mottrom	ADELAIDE HARRIERS	22:57.06	
2.	Tristan Camilleri	COASTAL DISTRICTS	24:24.32	PB 41
3.	Samantha Findlay	SOUTHERN	26:16.78	PB 0:10
4.	Mathew Bruniges	SOUTHERN	29:16.69	
5.	Peter Crump	SAINTS	29:29.71	
6.	Marie Maxted	MASTERS	31:38.87	
7.	Greg Metha	HILLS DISTRICT	33:51.49	
8.	James Hoare	PORT ADELAIDE	36:08.26	

**1500m Walk**

1.	Victoria Upton	SOUTHERN	7:35.37
2.	Jake Vidler	SOUTHERN	7:47.96
3.	Chloe Upton	SOUTHERN	8:09.77

4.	Kitarni Upton	SOUTHERN	8:34.27
5.	Meshach Begg	SAINTS	10:24.69

**WMA T&F MEET, QSAC, BRISBANE, SATURDAY 14 JANUARY**

Finally to Brisbane for the Queensland Masters walk. Small fields there of late.

**3000m Walk**

1.	Ignacio Jimenez	M51	Brisbane	14:36.22	82.50%
2.	Peter Bennett	M61	Brisbane	16:45.40	78.70%
3.	Dean Nipperess	M45	GC & Sthrn	15:57.76	72.41%
4.	Noela McKinven	W74	Brisbane	24:20.49	66.85%

**HENRIQUES SETS INAUGURAL WOMEN'S 50KM RACE WALK WORLD RECORD**



António Manuel Fernandes reports for the IAAF - see <https://www.iaaf.org/news/report/ines-henriques-50km-race-walk-world-record>

Portugal's Inês Henriques established the first official women's world record (pending the usual ratification procedure) for the 50km race walk, covering the distance in **4:08:26** at the Portuguese 35km and 50km Race Walking Championships in Porto de Mos on Sunday 15<sup>th</sup> January.

At the IAAF Council Meeting in Monaco last month, the IAAF announced that as of 1 January 2017 any performances equal to or faster than 4:30:00 would be accepted as having fulfilled the conditions for a world record. Prior to today, the fastest 50km time by a woman was Monica Svensson's 4:10:59 set in 2007.

Henriques, who finished 12<sup>th</sup> in the 20km at the Rio 2016 Olympic Games, was on world record pace for most of the way and at one point looked set to finish within 4:06. But her quick early pace and lack of experience at the distance meant that it took her more than 30 minutes to cover the final 5km section. Nevertheless, she still finished more than two minutes inside the previous fastest time on record. Her splits after each 5km segment were: 25:52 (5km), 49:19 (10km), 1:13:40 (15km), 1:37:57 (20km), 2:02:07 (25km), 2:26:10 (30km), 2:50:09 (35km), 3:14:19 (40km), 3:39:27 (45 km).

"We achieved the goals we were looking for, which were to be the first Portuguese woman to race the distance and to set a world record," said Jorge Miguel, Henriques' coach and the race director of the IAAF Race Walking Challenge meeting in Rio Maior.

Top Italian coach Sandro Damilano has also weighed into the discussion, predicting a woman will break 4 hours for the 50km soon – see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2663](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2663).

Photo gallery at [http://www.marciadalmondo.com/ita/album\\_fotografico.aspx?id=127](http://www.marciadalmondo.com/ita/album_fotografico.aspx?id=127).

In other events, Italy's Gregorio Angelini won the men's 50km event in 4:08:22 while the Portuguese championship went to Amaro Teixeira with a time of 4:56:53. In the associated 35km races, Henriques was the fastest woman with 2:50:09, while João Vieira, who finished fourth in the 20km at the 2013 IAAF World Championships, was the top man in 2:38:40.



**50km Women**

1.	Inês Henriques	POR	CNRM	V35	01-05-80	4:08:26
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**50km Men**

1.	Gregorio Angelini	ITA	ITA	S23	24-06-96	4:08:22
2.	Amaro Teixeira	POR	CAS	Sen	08-07-89	4:56:53
3.	Henrique Santos	POR	GDD	V50	27-05-65	5:00:12
	Carlos Paiva	POR	CAG	V45	21-03-69	DQ
	Pedro Isidro	POR	SLB	Sen	17-07-85	DNF
	Sérgio Vieira	POR	SLB	V40	20-02-76	DNF

**35km Women**

1.	Inês Henriques	POR	CNRM	V35	01-05-80	2:50:09
2.	Sandra Silva	POR	CFOD	V40	21-09-75	3:20:07

**35km Men**

1.	Vieira	POR	SCP	V40	20-02-76	2:38:40
2.	Pedro Isidro	POR	SLB	Sen	17-07-85	2:42:41
3.	Miguel Carvalho	POR	SLB	Sen	02-09-94	2:45:16
4.	Miguel Rodrigues	POR	SLB	S23	01-11-96	2:53:31
5.	Cristiano António	POR	ACV	Sen	15-10-88	3:02:30
6.	Pedro Martins	POR	CAS	V45	12-01-68	3:04:49
7.	João Martins	POR	CAFZZ	S23	20-03-95	3:07:18
8.	Luís Bidarra	POR	CAS	V45	05-04-71	3:26:11
9.	Ricardo Santos	POR	GDPCD	V40	22-02-75	
	Rui Coelho	POR	CAS	Sen	26-09-94	DNF
	Francisco Reis	POR	GS	V55	14-08-60	DNF
	Marco Amaral	POR	JIV	Sen	16-07-93	DQ
	Hélder Santos	POR	LMA-L	S23	07-03-96	DQ
	António Pereira	POR	SCB	V40	10-07-75	DNF

Full results at [http://www.marciadalmondo.com/admin/pdf/risultati/15012017902PortoMos\\_2017.pdf](http://www.marciadalmondo.com/admin/pdf/risultati/15012017902PortoMos_2017.pdf).



*Henriques on her way to the 50km world best – photos by Isaura Morais*

<b>ERWL - 2017 RACE 1 FIVE MILES, QEII PLAYING FIELDS, ENFIELD, SUNDAY 15 JANUARY</b>
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Thanks to Ron Wallwork for the results of the first race of the ERWL 2017 racewalk series. Ron reported:

Conditions for the opening race of the Enfield Race Walking League 2017 series could have been worse; it was cold (4c) but the biting cold wind that can sweep across the playing fields, was thankfully absent. Ilford's Sebastian Parris led early on with Jim Ball, Malc Martin and Stuart Bennett in close attendance and the promising teenager Emily Ghose also not far off the pace. However, novice Parris' enthusiasm and lack of race walking experience resulted in two red cards and as he struggled to

avoid a third, Ball and Martin reeled him in. Emily Ghose making her debut at the distance was an impressive winner of the ladies race, her time the fastest winning time for two years. It was also the first effort at the distance for Oliver Hopkins, who acquitted himself well with a high placing and a good time. Young George Wilkinson also set a PB for three miles, as did Melanie Peddle and Joyce Crawford.

#### 5 Miles Walk - Men

1.	Jim Ball	Steyning AC	43.48	M50
2.	Malc Martin	Surrey WC	45.11	M60
3.	Sebastian Parris	Ilford AC	46.08	SM
4.	Oliver Hopkins	Lewes AC	47.23	U17
5.	Graham Chapman	Headington RR	47.34	M50
6.	Stuart Bennett ©	Ilford AC	47.35	M65
7.	Steve Uttley	Ilford AC	49.45	M55
8.	John Ralph	Enfield HAC	50.42	M60
9.	Kevin Pedley	Aldershot FD	51.36	M55
10.	Gary Smith ©	Enfield HAC	53.01	M60
11.	Dan Maskell	Surrey WC	53.27	M65
12.	John Borgars ©	Loughton AC	53.34	M70
13.	Ken Bobbett	Hillingdon AC	54.05	M70
14.	Chris Flint ©	Surrey WC	54.45	M70
15.	Shaun Lightman	Surrey WC	55.23	M70
16.	Michael Harran	Surrey WC	55.54	M75
17.	John Hall	Belgrave H	56.58	M65
18.	Stephen Cartwright	Colchester	57.40	M55
19.	Sean Pender ©	Enfield HAC	58.03	M60

#### 5 Miles Walk - Women

1.	Emily Ghose	Tonbridge AC	46.49	U20
2.	Helen Middleton	Enfield HAC	50.30	W50
3.	Melanie Peddle	Loughton AC	50.44	W45
4.	Joyce Crawford	Eastern MAC	51.45	W45
5.	Maureen Noel	Belgrave H	52.11	W50
6.	Anne Jones	Steyning AC	54.28	W60
7.	Angela Martin	Surrey WC	54.29	W50
8.	Noel Blatchford	Abingdon AC	55.55	W65
9.	Geraldine Legon	Bexley AC	56.35	W55
10.	Jo Miles	Hillingdon AC	56.51	W60

#### 4 Miles Walk

1.	Dave Ainsworth ©	Ilford AC	54.52	M65
2.	MickBarnbrook ©	Ilford AC	55.18	M70

#### 3 Miles Walk

1.	George Wilkinson	Enfield HAC	30.13	U15
2.	Tony Wilkinson	unattached	35.55	M55

### TROFEO DE MARCHA ATLÉTICA VILLA DE LOS MOLINOS, CAMPO DE CRIPTANA, SPAIN, SAT 14 JANUARY

A big weekend in Campo de Criptana, Spain, for the annual staging of the Trofeo de Marcha Atlético Villa de los Molinos. Wins to Manuel Bermudez (41:43) and Amanda Cano (46:26) in the feature 10km Open events. Lots of other races for all age groups. Full results at <http://www.faclm.com/documentos/contenidos/557.pdf>.

#### Men's 10km (first 10)

1.	Manuel Bermudez Jimenez	12/12/1997	41:43
2.	Victor Manuel Castro Mateo	07/12/1980	46:27
3.	Roberto Vieiro Perez	15/02/2001	47:13
4.	Brais Prieto Espino	21/08/1999	47:23
5.	Daniel Lopez Ruiz	30/09/1981	47:43
6.	Jose Fernandez Nieves	03/12/1980	47:46
7.	Jose Mestre Martin	27/02/2001	49:15
8.	Jaime Canas Villafranca	18/02/1990	49:15
9.	Jose Antonio Aparicio Montagud	27/05/1969	50:45
10.	Emilio Novas Barral	15/11/1998	50:49

#### Women's 10km (first 10)

1.	Amanda Cano Gomez	19/08/1994	46:26
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2.	Maria Larios Lopez	29/10/1992	46:44
3.	Maria Del Pinar Polo Romero	21/01/1993	50:37
4.	Antia Chamosa Dacasa	07/10/1999	50:48
5.	Estela Matea Climent	31/12/1999	51:01
6.	Alicia Vazquez Gea	12/08/1998	51:34
7.	Irene Fores Torres	31/10/1977	51:55
8.	Melisa Sanchez Bermejo	01/08/1996	52:00
9.	Maria Alarcon Martinez	01/02/2000	53:07
10.	Ana Cortes Garcia	22/12/1978	54:25

#### CHRISTMAS STARS MEET, KIEV, UKRAINE, MONDAY 9 JANUARY

To finish, a couple of indoor results from Ukraine and Germany.

##### Men's 5000m Race Walk indoor

1.	Ruslan DMYTRENKO	UKR	86	19:24.6
2.	Nazar KOVALENKO	UKR	89	19:26.1
3.	Konstantin PUZANOV	UKR	91	19:43.0

##### Women 5000m Race Walk indoor

1.	Yevheniya SYCHOK	UKR	00	27:02.7
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#### WALKS MEET, BERLIN, GERMANY, SUNDAY 8 JANUARY

##### Men 5000m Race Walk indoor

1.	Leo KÖPP	GER	98	20:32.55
2.	Francesco-Marco TOMMASINO	GER	93	22:39.26

##### Women 3000m Race Walk indoor

1.	Emilia LEHMEYER	GER	97	13:27.34
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#### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 5 press releases this week

- Mon 16 Jan - Sandro Damilano predicts a woman will break 4 hours for the 50km soon  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2663](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2663)
- Sun 15 Jan - Inez Henriques sets 50km world record with 4:08:26 in Porto de Mos (POR)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2662](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2662)
- Tue 11 Jan - Top walking nations for 2016 - a marciadalmondo analysis  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2661](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2661)
- Mon 10 Jan - Askale Tiksa wins 10,000m track walk in Addis Abeba, Ethiopia  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2660](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2660)
- Mn 16 Jan - marciadalmondo zooms in on the top male walkers of 2016  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2659](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2659)

and Omarchador had a whopping 15 press releases

- Mon 16 Jan - Portuguese walkers Daniel Gouveia and Rúben Santos qualify for World Youth Champs in Kenya  
<http://omarchador.blogspot.com.au/2017/01/daniel-gouveia-e-ruben-santos-obtem.html>
- Sun 15 Jan - Inês Henriques with possible 50km world record  
<http://omarchador.blogspot.com.au/2017/01/ines-henriques-com-possivel-recorde.html>
- Sun 15 Jan - Wilkinson wins indoor 5000m in Sheffield  
<http://omarchador.blogspot.com.au/2017/01/marcha-na-pista-coberta-de-sheffield.html>
- Sun 15 Jan - Indoor walk results from Padua, Italy  
<http://omarchador.blogspot.com.au/2017/01/provas-de-pista-coberta-em-padua-italia.html>

- Sat 14 Jan - Portuguese Federation surprises with National 50km championship scheduling <http://omarchador.blogspot.com.au/2017/01/estabelecer-e-bater-recordes.html>
- Sat 14 Jan - Portuguese 50km / 35km champs to be held tomorrow in Porto de Mós <http://omarchador.blogspot.com.au/2017/01/porto-de-mos-sede-dos-campeonatos-de.html>
- Fri 13 Jan - Results from walking festival at Quinta do Conde, Portugal <http://omarchador.blogspot.com.au/2017/01/quinta-do-conde-regionais-de-marcha-de.html>
- Fri 13 Jan - Portuguese 50km history: 1985-2015 <http://omarchador.blogspot.com.au/2017/01/os-50-km-marcha-dos-campeonatos-de.html>
- Thu Jan 12 - Walk results from Addis Abeba, Ethiopia <http://omarchador.blogspot.com.au/2017/01/competicoes-de-marcha-atletica-em-adis.html>
- Thu Jan 12 - Focus on Pedro Martins who won 8 Portuguese 50km titles <http://omarchador.blogspot.com.au/2017/01/pedro-martins-com-8-titulos-nacionais.html>
- Wed Jan 11- Results of indoor track championships in Braga, Portugal <http://omarchador.blogspot.com.au/2017/01/zona-norte-disputou-campeonatos-de.html>
- Thu Jan 12 - Results of regional championships in Quinta do Conde, Portugal <http://omarchador.blogspot.com.au/2017/01/campeonatos-regionais-de-marcha.html>
- Tue Jan 10 - Irish walker Kate Veale returns to walk competition <http://omarchador.blogspot.com.au/2017/01/o-regresso-da-irlandesa-kate-veale.html>
- Tue Jan 10 - Takahashi and Asada win in Japanese New Year Festival walks <http://omarchador.blogspot.com.au/2017/01/takahashi-e-asada-destacam-se-no.html>
- Mon Jan 9 - Pastare and Smolonskis win Latvian indoor championships <http://omarchador.blogspot.com.au/2017/01/campeonatos-de-inverno-em-pista-coberta.html>

#### OUT AND ABOUT

- Russian runner Maxim Dyldin has been banned for four years for failing to give a doping sample. At the same time, a provisional Russian team list for 2017 was published, containing nine athletes who were previously banned for doping. The list contains eight race walkers who have served bans, making up half of the 16-person team in that discipline. The eight walkers are former pupils of the infamous Viktor Chegin, and some of them have previously been stripped of Olympic and world championship medals. Last year, the Russian athletics federation said it would not select ex-dopers for the Olympics in a failed attempt to persuade the IAAF to lift the ban. What a joke - obviously the Russians are just hoping to get back into the international competition scene any way they can, and then bring back their dope cheats and start the process all over again. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11779407&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11779407&ref=rss)
- Sebastian Coe faces fresh questions about what he knew of corruption within athletics before his election as IAAF president after British MPs heard evidence that “undermined” his claims of ignorance. Coe told the Culture, Media and Sport select committee in December 2015 that he was unaware of any specific allegations about the extent of Russian doping or that senior IAAF officials were extorting money from Russian athletes to bury positive drug tests until German broadcaster ARD broke the story on December 3<sup>rd</sup>, 2014. But Dave Bedford told the same committee today that he had called and emailed Coe to warn him about the scandal in August 2014 and had then spoken to him about a related matter on November 21<sup>st</sup>, two weeks before the ARD broadcast. This is explosive stuff and has been plastered all over the news. See <http://www.irishtimes.com/sport/other-sports/sebastian-coe-faces-new-questions-about-corruption-1.2931695>.
- Although Coe was subsequently asked to return to Parliament to clarify his comments of a year ago, he has rejected the request to give more evidence after his knowledge of IAAF extortion racket came under question. Sadly, Coe cannot be compelled to attend as he is a member of the House of Lords, despite former athlete Dave Bedford contacting him numerous times regarding corrupt IAAF officials. Boy, this looks damning for him if he is not prepared to back up his previous statements which are now under question. Can he keep his job with this latest revelation. See <http://www.independent.co.uk/sport/general/athletics/athletics-corruption-scandal-how-could-sebastian-coe-claim-knew-nothing-iaaf-extortion-racket-a7519476.html>.
- But the British inquiry is unlikely to accept this refusal. They now want him to reveal the full email exchange which could deliver conclusive evidence of whether he knew that members of his organisation were involved in an extortion racket, covering up Russian doping. See <http://www.independent.co.uk/sport/general/athletics/mps-demand-private-lord-coe-emails-accuse-breaking-promise-doping-inquiry-a7522446.html>.

- The British 'Independent' is scathing of Coe - see <http://www.independent.co.uk/sport/general/athletics/sebastian-coe-select-committee-questions-snob-athletics-corruption-scandal-drugs-cheats-a7521876.html>.
- The Association of National Anti-Doping Organisations (NADOs) last Tuesday called for a blanket ban on Russia from all international sport until the country can demonstrate it has installed and embraced a credible anti-doping system. Leaders from 19 NADOs held a special summit in Dublin to discuss the fallout from the second part of Richard McLaren's report for the WADA which last month exposed the huge scale of state-sponsored, systematic doping and cover-ups in Russia. See <http://www.supersport.com/athletics/article.aspx?Id=3842204>.
- Sometimes you just have to laugh. Russia's deputy prime minister Vitaly Mutko, who has been accused of being at the centre of all the doping, has responded to calls for the nation's sports teams to be excluded from all international competitions because of doping, saying that the country is "among the cleanest in the world." See <http://www.dailymail.co.uk/wires/ap/article-4108628/Russia-defends-record-calls-wide-ranging-doping-ban.html#ixzz4VaCvK0xF>
- Another Olympic gold medal to be redistributed. Valerie Adams' disgraced former shot put rival Nadia Ostapchuk of Belarussia has been stripped of her bronze medal at the 2008 Beijing Olympics. "Re-analysis of Ostapchuk's samples from Beijing 2008 resulted in a positive test for the prohibited substances dehydrochloromethyltestosterone (turinabol) and tamoxifen," an IOC statement said. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11781574&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11781574&ref=rss).
- Athletics New Zealand interviews NZ Olympic 20km/50km walker **Quentin Rew** in its latest Five Minutes" segment – see <http://www.athletics.org.nz/News/five-minutes-with-quentin-rew>.

### LBG CARNIVAL VENUE CHANGED FOR 2017

The following statement has been posted by the ACTRWC Committee:

Please be advised that after much deliberation and looking at all options by the ACT Walking Club Committee, the LBG Racewalking Carnival will this year be held on the Criterium Circuit at Stromlo Forest Park in Canberra..

All events will still be put on as per the normal programme of the past and the event will be held on the Sunday of the Queens Birthday Long Weekend which is 11<sup>th</sup> June 17. More information will be on the Website and here very soon.

The Committee deliberated on this for a long time, but we are confident that we can put on a professional event enjoyed by Race and Fitness Walkers of all abilities and one definite positive is that we will need much less volunteers to run the event this year. Spectators will be able to see a lot more of the racing at the Stromlo Circuit.

If there are any queries, please leave your comments here or email myself on [pandbessam @ bigpond .com](mailto:pandbessam@bigpond.com)

Phil Essam  
Webmaster and Committee Member.

It is a shame that, after 50 years, the event has to leave the iconic Lake Burley Griffin area. However, in fairness to the organisers, it had been more and more difficult each year to satisfy the safety concerns raised by the Canberra City Council. So the iconic 20 Mile walk around the lake now shifts to Stromlo National Park. They had said they would persevere until the 50<sup>th</sup> carnival was completed and this was duly ticked off in 2016. They are to be commended for their ongoing efforts over so many years and against a backdrop of increasing uncertainty and difficulty.

### AUSSIE WALKERS MAKE T&F NEWS TOP TENS

11 Australian athletes hold global top-10 rankings in the Track and Field News' annual global athlete rankings lists and 4 of them are walkers (see <http://athletics.com.au/News/aussie-athletes-hit-the-ranking-heights>)

- |                   |                  |           |
|-------------------|------------------|-----------|
| • Jared Tallent   | 2 <sup>nd</sup>  | 50km walk |
| • Dane Bird-Smith | 3 <sup>rd</sup>  | 20km walk |
| • Regan Lamble    | 9 <sup>th</sup>  | 20km walk |
| • Chris Erickson  | 10 <sup>th</sup> | 50km walk |

Australia's walkers remain steady as the most prominent discipline among the 2016 top-10 placeholders, with Rio Olympic medallists **Jared Tallent** and **Dane Bird-Smith** leading the way. It's the ninth time Jared has been included in the top-10 rankings for both the 20km and 50km walks stretching back to 2008. Australian Head Coach Craig Hilliard commented: "The walkers have had a strong tradition of producing at major championships and 2016 was no different. Jared is obviously one of the greatest athletes we've

ever had represent Australia, and Dane has had a great year too and is really start to come into his own and has a really bright future ahead of him.”

At 35, **Chris Erickson** cracked the top 10 for the first time in his career with the Victorian’s 10th place finish in the 50km walk in Rio cementing his place on the list while 25-year-old **Regan Lamble**’s debut Olympic race put her ninth in the standings.

“Regan has really demonstrated her ability to finish in the top 10 of the world, she had a year or so in the wilderness but has really brought herself back into it and to what we all knew she was capable of producing – her performance in Rio was great. Chris has been one of the great warhorses of our sport who just keeps on turning up and always going to finish 50km with a ‘never-say-die-attitude’. It’s a great reward for him to achieve a top 10 ranking.”

Full ranking lists at <http://trackandfieldnews.com/index.php/category-features/3099-t-fn-2016-women-s-world-rankings> and <http://trackandfieldnews.com/index.php/category-features/3096-t-fn-2016-men-s-world-rankings>.



*Top Ten ranker Jared Tallent, Dane Bird-Smith, Regan Lamble and Chris Erickson*

#### 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 21 (Sat), 2017	AV Shield Round 12, various venues, VIC
Jan 22 (Sun), 2017	Next VRWC Summer Roadwalks, Middle Park, VIC
Jan 26-28, 2017	Victorian Country Track & Field Championships, Casey Fields, Casey, VIC
Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships (incorp. Oceania Championships), Adelaide, SA
Feb 24-26, 2017	Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park, VIC
Mar 3-5, 2017	Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park, VIC
Mar 7, 2017	Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Mar 25-26, 2017	Victorian Masters Championships, Doncaster, VIC
Mar 26 - Apr 2, 2017	Australian Open and Junior T&F Champs, SOPAC, Sydney, NSW. Draft timetable:
	Sunday 26 <sup>th</sup> March U20 10,000m Walks
	Monday 27 <sup>th</sup> March U17/U18 5000m Walks
	Friday 31 <sup>st</sup> March U15/U16 3000m Walks, Open 10,000m Walks
	Sunday 2 <sup>nd</sup> April U14 3000m Walks
Apr 22-23, 2017	Australian Centurions 24 Hour Walk Championships, Coburg, VIC
Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT. See <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 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 <sup>th</sup> Grand Prix de Rio Maior, Rio Maior, Portugal
April 8, 2017	Podebrady Race Walk Meet, CZE. See <a href="http://www.podebrady-walking.cz/en/">http://www.podebrady-walking.cz/en/</a>
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 <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 3, 2017	XXXI Gran Premio Cantones de La Coruna, Spain
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
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 <sup>th</sup> 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 <sup>th</sup> IAAF World Championships in Athletics, London, UK.

#### **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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