



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 18
31 January 2017



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WALKER OF THE WEEK

My Walker of the Week is 17 year old Perth based **Declan Tingay**. On Sunday morning, he stormed through our International 10,000m track walk at the AIS in Canberra in a 16 sec PB of **42:20.31**. No other 17 year old Australian walker has ever gone so fast.

Racing in December at Fawkner Park, he broke the Australian U18 10km roadwalk record with his time of 42:36. Now he has taken a further step down with an even faster time. I can hardly wait to see him racing with our other top male junior walkers in Adelaide on Sunday 19th February in the Oceania U20 10km roadwalk championships.



Declan training in Falls Creek earlier this month (photo Terry Swan)

WHAT'S COMING UP

- Next **Sunday 5th February** sees the **Athletics Victoria 5km Teams Championships for men and women** which will be held alongside our next VRWC Summer Season road races. Note that the Gatorade triathlon series is again occupying Marine and Beaconsfield Pdes from St Kilda St to Kerferd Rd next Sunday. So, if you're coming from the south, find another route. **Entries close on Wednesday 1st February** which is tomorrow. Online Entries: <http://athsvic.org.au/event/av-5km-team-walks-championships/> Once your AV club has 3 or more entrants, you automatically create a team for the teams championship. Entries for VRWC events can be made online at <http://vrwc.org.au/wp1/race-entries-2/race-entry-5-feb-17/>.

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

The rules are:

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.
- Entries are also open for the **2017 Australian/Oceania 20km Race Walking Championships** which will be held in War Memorial Drive, Adelaide, on **Sunday 19th February**. See <https://athletes20kmracewalking.eventdesq.com/>. **Entries close next Monday 6th February**. The timetable reads as follows:
 - 7:00am Oceania & Australian 20km Race Walking Championships
 - 8:00am Oceania Under 20 10km Race Walking Championships
 - 8:00am Invitational Under 18 5km Race Walk

VICTORIAN COUNTRY T&F CHAMPIONSHIPS, CASEY FIELDS, EAST CRANBOURNE, 26-28 JANUARY

The Victorian Country T&F Championships were held over 3 days last week in the outer Melbourne metro Casey Fields track. There were a variety of track walks on offer (5000m, 3000m and 1500m), with a number of metropolitan walkers competing by Invitation alongside their country counterparts.

The meet opened on the Thursday with the 5000m walks for Masters and Open divisions and last week's Walkers of the Week were the standouts. **Simone McInnes** walked yet another PB to win the women's 5000m with 23:30.83 and **Pramesh Prasad** was the standout in the men's 5000m, finishing not far outside his PB with 24:13.33. Simone had a great battle with former Australian international **Kelly Ruddick** before Kelly was forced to slow in the final laps to her finish time of 24:28.66. And a special mention to **Terry O'Neill** who won his first ever Open Men's country title with his time of 30:57.22.

5000m Open Women, Thursday 26 January

1.	McInnes, Simone (INV)	93	GLENHUNTLY AC	23:30.83	PB 0:25
2.	Ruddick, Kelly	74	BHA	24:28.66	
3.	Hayes, Zahra	02	SOUTH BENDIGO	25:56.30	
4.	Heard, Amanda	96	EAGLEHAWK YMCA	27:55.66	
5.	Whiley, Ebony	96	EAGLEHAWK YMCA	31:22.28	
6.	O'Neill, Karyn	57	GPA	35:02.82	

5000m Open Men, Thursday 26 January

1.	O'Neill, Terry	56	GPA	30:57.22	
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5000m 40+ Men, Thursday 26 January

1.	Prasad, Pramesh (INV)	75	COL	24:13.33	
2.	Smyth, David (INV)	69	COL	28:21.67	
3.	Jamieson, Andrew (INV)	47	OSC	28:41.38	
4.	Evans, Simon (INV)	60	BOX HILL AC	30:12.84	
5.	Van Dongen, Rupert (INV)	74	MENTONE AC	32:46.15	

5000m U20 Women, Thursday 26 January

1.	Davison, Mackayla	01	CORIO AC	29:18.69	
2.	Dowie, Ellen	99	EUREKA AC	32:13.0h	
3.	Taylor, Lee (INV)	01	YARRA RANGES	36:03.22	

The 3000m and 1500m walks were held on Friday, with good conditions once again. Five walkers in particular stood out – **Nikola Mandic** (U16 14:01.83), **Will Thompson** (U16 14:51.76), **Alanna Peart** (U16 14:49.39), **Jemma Peart** (U18 14:16.85) and **Zahra Hayes** (U18 14:41.29).

Women 3000m Walk U18, Friday 27 January

1.	Peart, Jemma	02	BYC	14:16.85	
2.	Hayes, Zahra	02	SOUTH BENDIGO AC	14:41.29	
3.	Hill, Madison	01	SOUTH BENDIGO AC	17:45.11	

Men 3000m Walk U16, Friday 27 January

1.	Mandic, Nikola (INV)	04	CCA	14:01.83	PB 0:09
2.	Thompson, Will (INV)	03	CCA	14:51.76	PB 1:19

Women 3000m Walk U16, Friday 27 January

1.	Peart, Alanna	03	BYC	14:49.39	PB 0:13
2.	Hay, Charlotte (INV)	03	KNOX AC	16:00.71	
3.	Walker, Charli	05	BEL	20:26.99	

Men 1500m Walk U14, Friday 27 January

1.	Saunder, Fraser	05	BYC	7:55.43
2.	Peart, Scott	08	BYC	9:16.11

Women 1500m Walk U14, Friday 27 January

1.	Heikkila-Dubowik, Kaylah	05	CORIO AC	9:32.20
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Men 3000m Walk 50+, Friday 27 January

1.	Evans, Simon (INV)	60	BOX HILL AC	16:24.72
2.	O'Neill, Terry	56	GPA	18:26.86

Women 3000m Walk 50+, Friday 27 January

1.	Schlicht, Kate	59	CHI	20:39.63
2.	O'Neill, Karyn	57	GPA	20:43.54
3.	Ennor, Wendy	59	EAGLEHAWK YMCA	25:33.61

Men 1500m Walk 60+, Friday 27 January

1.	O'Neill, Terry	56	GPA	8:58.02
2.	Carter, John	51	SOUTH BENDIGO	10:55.07

Women 1500m Walk 60+, Friday 27 January

1.	Payne, Jennifer	57	SOUTH BENDIGO	9:09.21
2.	Curtis, Annette	57	SOUTH BENDIGO	9:56.64
3.	O'Neill, Karyn	57	GPA	10:16.95



Simone McInnes, Pramesh Prasad, Kelly Ruddick and Zahra Hayes lead out in the 5000m at Casey Fields



Fraser Saunder, Scott Peart, Alanna Peart, Jemma Peart, Pramesh Prasad, David Smyth and Terry O'Neill

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, ACT, WEDNESDAY 25 JANUARY

Thanks to Robin Whyte for his weekly report from Canberra. It looks like a good 2000m race between **Mitchell Baker** (8:55) and **Matt Griggs** (9:02).

2000m Walk

1.	Mitchell Baker	8:55	PB 0:01
2.	Matt Griggs	9:02	
3.	Laura Burns	10:10	
4.	Spencer Burns	10:20	
5.	Ann Staunton-Jugovic	10:26	
6.	Hannah Manning	10:44	
7.	Sidney Shaw	12:18	
8.	Robin Whyte	12:29	
9.	Ewen Thompson	13:33	
10.	Bryan Thomas	13:36	
11.	Ruth Baussmann	14:01	
12.	Rod Gilchrist	14:17	
13.	Jennifer Gilchrist	15:26	
14.	Margaret McSpadden	16:05	
15.	Lorna England	16:08	

1200m Walk

1.	Sebastian Tanner	7:21
2.	Andrew Camp-Liddiard	7:23
3.	Harry Baker	8:04
4.	Ella Baker	8:08
5.	Doug Fitzgerald	9:23

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 25 JANUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. **Kim Mottrom** took fastest time in both events (6:57 and 9:33) while **George White** recorded the highest age graded percentage of 80.74.

2000m Yacht Handicap

1.	James Hoare	13:57	M70	66.90%
2.	Kevin Finn	12:33	M65	70.21%
3.	George White	12:01	M71	78.63%
4.	John Leydon	12:07	M55	65.85%
5.	Gil McIntosh	12:48	M66	69.60%
6.	Margaret McIntosh	16:05	W64	58.99%
7.	Peter Crump	11:22	M56	70.83%
8.	Valmai Padget	15:56	W72	66.04%
9.	Bill Starr	15:05	M74	65.10%
10.	Roger Lowe	15:30	M73	62.52%

1500m Yacht Handicap

1.	Jayden Goode	7:33		
2.	Kevin Finn	9:40	M65	70.50%
3.	Margaret McIntosh	12:07	W64	59.67%
4.	Roger Lowe	11:43	M73	63.96%
5.	David Robertson	12:21	M83	70.10%
6.	Edna Bates	12:48	W64	56.48%
7.	Peter Crump	8:03	M56	77.37%
8.	Marie Maxted	8:29	W56	78.59%
9.	Gil McIntosh	9:30	M66	72.53%
10.	James Hoare	10:42	M70	67.47%

11. Dave Fallon	16:24	M64	53.14%	11. Jill Rogers	12:56	W72	61.73%
12. Helen Suridge	14:45	W65	65.08%	12. Helen Suridge	10:57	W65	66.77%
13. Kim Mottrom (F/T)	9:33	M32	70.38%	13. Harry Hayford	12:02	M64	56.03%
14. Linda Whitelaw	16:15	W62	57.07%	14. Kim Mottrom (F/T)	6:57	M32	74.74%
15. Jill Rogers	17:10	W72	61.29%	15. George White	9:03	M71	80.74%
16. David Robertson	17:08	M83	65.42%	16. Valmai Padget	13:04	W72	61.10%
17. Edna Bates	17:42	W64	53.60%				

WA 10,000M TRACK CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH, WEDNESDAY 25 JANUARY

Back to last Wednesday for the Western Australian 10,000m walk championships for Open and U20. Fastest times by **Andrew Duncan** (56:13) and **Bradley Mann** (57:00).

10,000m Open Men

1. Duncan, Andrew	56:13.03
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10,000m Open Women

1. Tolardo, Isabella	1:07.08
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10,000m U20 Men

1. Mann, Bradley	57:00.04
Reid, Benjamin	DQ

10,000m U20 Women

1. Jackson, Hayley	1:09.14
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ATHLETICS ACT SUMMER SERIES, AIS ATHLETICS TRACK, BELCONNAN, ACT, FRIDAY 27 JANUARY

Canberra walkers had the chance to walk two days after their ACTRWC walks but only small fields contested the Athletics ACT Summer Series comp on Friday evening.

3000m Walk

1. Burns, Laura	North Canber	15:37.8
2. Manning, Hannah	North Canber	16:39.2
3. Burns, Spencer	North Canber	16:54.6

1500m Walk

1. Hunt, Tom	North Canber	7:56.8
2. Fenwick, Erin	Woden Athlet	9:34.2

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 28 JANUARY

To Tasmania for the interclub last Saturday, with **Alice Randall** fastest as usual.

3000m Walk

1. Alice Randall	OVA	15:44.40
2. Elizabeth Leitch	ES	19:24.98
3. Ron Foster	NS	19:22.19
4. David Moore	NS	24:38.11

ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 28 JANUARY

Kim Mottrom took line honours in the 3000m walk in Adelaide on Saturday.

3000m Walk

1. Kim Mottrom	ADELAIDE HAR	13:30.8
2. Tristan Camilleri	COASTAL DIST	13:37.3
3. Samantha Findlay	SOUTHERN	14:49.6
4. Mathew Bruniges	SOUTHERN	16:10.1
5. Bethany Cross	PEMBROK	16:10.1
6. Chloe Upton	SOUTHERN	16:56.2
7. Victoria Upton	SOUTHERN	17:02.7
8. Peter Crump	SAINTS	17:33.1

9.	Greg Metha	HILLS DISTRI	20:19.7
10.	Kitarni Upton	SOUTHERN	20:32.4
11.	James Hoare	PORT ADELAID	21:12.7

QUEENSLAND MASTERS ROUNDUP

Not many masters walkers in action in Queensland last weekend.

3000m Walk, QSAC, Brisbane, Saturday 28 January

1.	Noela McKinven	W74	Brisbane	24:01.00
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3000m Walk, Griffith University, Gold Coast, Sunday 29 January

1.	Paul Lindenberg	M54	GC & Sthrn	18:52.91
2.	Kay Shaw	W57	GC & Sthrn	19:55.68
3.	Debbie Lindenberg	W55	GC & Sthrn	21:56.87

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 15 JANUARY

Thanks to Terry Jones for the latest results from the Western Australian Race Walking Club in Perth.

10km Walk

1.	Ben Reid	58.56
2.	Brad Mann	61.57
3.	Wendy Farrow	71.52

1.5km Walk

1.	Hayley Jackson	8.06
2.	Xavier Bernard	10.03
3.	Alessia Andritsos	10.04
4.	Kaytee Bogaers	11.19

5km Walk

1.	Isabella Tolardo	32.56
2.	John Smith	44.58

10,000M INTERNATIONAL TRACK WALK, AIS ATHLETICS TRACK, BRUCE, CANBERRA, SUNDAY 28 JANUARY

I haven't said much over the past couple of newsletters about the big Supernova study being undertaken at the AIS and the many Australian and international walkers training there and participating. But Sunday saw the second of their 10,000m walks, to test out how well they are going after 3 weeks on their particular diets. So I thought that I would call on **Quentin Rew** to explain things a bit before going onto the race results...

By now you might have seen some articles posted through social media about the low carbohydrate, high fat (LCHF) diet, and its effects on endurance athletes. There was an article in Runner's World ¹, and a summary in My Sport Science ², both based on an excellent study ³ recently published in the esteemed Journal of Physiology. I would encourage you to read through the whole article, it really is a brilliant piece of work. But, for those of you whose New Year mantra is tl;dr, I'll try and summarise as concisely as possible: LCHF is not conducive to being a good athlete. Specifically, the problems with LCHF included impeded performance in long walks, fast walks, hill walks, speed, a 10km race, and VO₂max; reduced power; reduced exercise economy; downregulation of the key mitochondrial enzyme pyruvate dehydrogenase; reduced iron absorption and generally feeling miserable.

Even with such a comprehensive study, there are further questions to be answered. Could LCHF provide a training stimulus to enhance future performance? What happens when LCHF athletes transition back to a normal diet? Is there a place for LCHF outside of an athlete's competition window? So, like any good (and well funded) scientist, Professor Louise Burke is doing a follow-up study. The study is based in Canberra, where I've been for the last month. It's my fifth month-long visit to the AIS, but this one is different. There are more athletes, they are faster, and have travelled further to be here. Of the 28 involved in the study, 24 are from outside Australia, and 20 are Olympians. There are athletes here from 13 countries, covering every continent except Antarctica.

Even more impressive is that for every athlete, there are several support staff, running like clockwork to collect samples, operate a range of gizmos, and measure everything from pre-training gastric comfort to mid-training lactate to post-training cognitive function. It's incredible. And that's before mentioning the diet itself, weighed to the gram, with micro- and macro-nutrients precisely calculated for each athlete and their training load, by two full-time chefs and an army of dietitians.

As you might expect, those of us on LCHF have really struggled in training. At best, we might hope for a training session on par with our usual pace, but often we might be up to a minute per km slower than usual. Of course, it affects every athlete

- 1 <http://www.runnersworld.com/sweat-science/the-high-fat-diet-for-endurance-athletes-in-three-graphs>
- 2 <http://www.mysportscience.com/single-post/2016/12/26/LCHF-diets-and-performance-in-elite-athletes>
- 3 <http://onlinelibrary.wiley.com/doi/10.1113/JP273230/epdf>

differently, and international stars Evan Dunfee and Brigita Virbalyte have still pumped out some impressive workouts. But, like in Supernova 1, the LCHF have dropped off the high-carb group to the tune of about 7%.



weighed to the gram, with micro- and macro-nutrients precisely calculated for each athlete

The one great leveller here has been the weather, because regardless of what you eat, 38 degrees is hot! Professional waterboy and amateur meteorologist Phil Reading says it's the hottest Canberra summer in about 20 years, and that certainly shows in the training numbers: of the dozen or so athletes capable of breaking 40 minutes for the track 10km, none even went under 41. Day-to-day training has suffered too, especially the longer walks around the exposed banks of Lake Burley Griffin.

It goes without saying that all of us here hope to get long-term gains, regardless of the short-term pains. The training load, the heat, and perhaps even the diet could well be the 'training stimuli' needed to take us to the next level. And, such is the camaraderie developed on this special camp, we will all be cheering each other on to reach that next level in the years ahead.

And now onto the results of Sunday morning's 10,000m walk. Provisos – it was super hot, already around 30C, and a number of the walkers (the LCHF ones) were obviously going to struggle anyway. I don't have the full results – this is just typed up from a photo of the final times and first names. I know there were lots more juniors like Zoe Hunt, Katya Martin, etc, as well as some Canberra locals like Matt Griggs. So apologies if your result has been missed.

Men 10,000m Race Walk

1.	Isamu FUJISAWA	JPN	87	40:48.81	
2.	Lebogang SHANGE	RSA	90	41:16.23	
3.	Dawid TOMALA	POL	89	41:16.38	
4.	Artur BRZOZOWSKI	POL	85	41:44.91	
5.	Evan DUNFEE	CAN	90	41:52.92	
6.	Rhydian COWLEY	AUS	91	42:00.77	
7.	Declan TINGAY	AUS	99	42:20.31	PB 0:16
8.	Toru YAMAMOTO	JPN	90	42:29.93	
9.	Marius ZIUKAS	LTU	85	42:36.55	
10.	Jakub JELONEK	POL	85	42:57.31	
11.	Quentin REW	NZL	84	42:58.76	
12.	Adrian BLOCKI	POL	90	43:10.08	
13.	Kyle SWAN	AUS	99	43:51.64	
14.	Adam GARGANIS	AUS	97	44:11.51	
15.	Nick CHRISTIE	USA	91	44:52.78	
16.	Brendon READING	AUS	89	45:50.94	
17.	Tadas SUSKEVICIUS	LTU	85	46:20.82	
18.	Luke McCUTCHEON	AUS	98	46:25.72	
19.	Mathieu BILODEAU	CAN	88	46:31.58	
20.	Edward ARAYA	CHI	86	46:34.53	
21.	Sándor RÁCZ	HUN	86	46:55.05	
22.	Yuichi YARITA	JPN	94	48:42.76	
23.	Connor FREW	AUS	00	49:10.65	

Women 10,000m Race Walk

1.	Viktória MADARÁSZ	HUN	85	45:26.55
2.	Regan LAMBLE	AUS	91	45:29.06
3.	Brigita VIRBALYTE-DIMSIENE	LTU	85	45:52.62
4.	Kasia GOLBA	POL	89	46:24.85
5.	Alana BARBER	NZL	87	46:54.50
6.	Bethan DAVIES	GBR	90	47:05.97
7.	Ainhoa PINEDO	ESP	83	50:49.53



ready .. set ... go

USATF 50 KM RACE WALK CHAMPIONSHIPS, SANTEE, CALIFORNIA, SATURDAY 28 JANUARY

In her first 50 km, **Katie Burnett** not only won the USA title Saturday afternoon but also set new American records in the 40km and 50km. She began the race slightly behind former American 20km record holder Teresa Viall before taking over the lead around the half way mark, maintaining a 8:35/mile pace to reach 40 km in a record breaking 3:31:04. From then on she kept her lead over second-place finisher and defending champion **Erin Taylor-Talcott** to complete the race in **4:26:37**, nearly three minutes ahead of Talcott. This broke the previous record of 4:33:23 set in 2012 by Talcott. It is worth noting that Katie's time would have been eligible as the new IAAF 50km women's World Record if it had not been set with an even faster time 2 weeks ago by Inez Henriques of Portugal. I noted an email from Ron Daniel saying that Robyn Stevens went an extra 1.25km. Her correct time was 5:16:46.

In the men's race, three-time Olympian and defending title holder **John Nunn** secured his 14th national title with a time of 4:18:59, ahead of **Michael Mannozi** with 4:26:46 and Matthew Forgus with 4:31:40.

Well reported by Marciadalmondo – http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2678.

Men 50km Championship

1.	John NUNN	USA	78	4:18:59
2.	Michael Giuseppe MANNOZZI	USA	86	4:26:46

3.	Matthew FORGUES	USA	92	4:31:40
4.	Matthew DE WITT	USA		4:57:10
5.	Dave TALCOTT	USA	60	4:59:25
6.	Ian WHATLEY	USA	59	5:01:27
7.	Jonathan MATTHEWS	USA	56	5:06:01
8.	Pablo GOMEZ	USA		5:24:04
9.	Bruce LOGAN	USA		5:58:02
10.	Dan O' BRIEN	USA		6:02:55
11.	Adrian ZAUDIA	USA		6:08:09
12.	Byron KAELIN	USA		6:19:18

Women 50km Championship

1.	Katie BURNETT	USA	88	4:26:37
2.	Erin TAYLOR-TALCOTT	USA	78	4:29:33
3.	Susan RANDALL	USA	74	4:54:12
4.	Teresa VAILL	USA	62	5:10:51
5.	Stephanie CASEY	USA	83	5:14:19
6.	Robyn STEVENS	USA	83	5:24:27 (extra lap, real time 5:16:46)
7.	Katie SMITH	USA		5:48:33
	Dorit ATTIAS	USA		DQ



50km winners Katie Burnett and John Nunn with race organizer Tracy Sundun

The women's 50km all-time ranking list is really going to take a pounding this year. Katie and Erin now slot into the top 10.

1.	4:08:26	HENRIQUES Ines	01.05.1980	POR	Porto de Mos (PO)	15.01.2017
2.	4:10:59	SVENSSON Monica	26.12.1978	SWE	Scanzorosciate (ITA)	21.10.2007
3.	4:12:16	GINKO Elena	30.07.1976	BLR	Scanzorosciate (ITA)	17.10.2004
4.	4:16:27	DUKURE Jolanta	20.09.1979	LAT	Parelepa (LAT)	09.09.2006
5.	4:25:22	VIRBALYTE-DIMSIENE Brigyta	01.02.1985	LTU	Villa di Serio (ITA)	17.10.2010
6.	4:26:37	BURNETT Katie	07.10.1988	USA	Santee (USA)	29.01.2017
7.	4:28:13	XINOUE Evangelia	22.11.1981	GRE	Scanzorosciate (ITA)	17.10.2004
8.	4:28:53	AIDIETYTE Neringa	05.06.1983	LTU	Ivano-Frankivsk (UKR)	01.10.2006
9.	4:29:15	BRUNIKO Natalia	23.02.1973	ITA	Scanzorosciate (ITA)	27.10.2002
10.	4:29:33	TAYLOR-TALCOTT Erin	21.05.1978	USA	Santee (USA)	29.01.2017

In other events, Eder Sanchez of Mexico (1:25:17) and Miranda Melville (1:38:40) won the 20km events.

Open 20km Walk

1.	Eder Sanchez	M	1:25.17
2.	Emanuel Corvera	M	1:38.39
3.	Miranda Melville	F	1:38.40
4.	Alexander Bellavance	M	1:38.47
5.	Anali Cisneros	F	1:48.00

Open 10km Walk

1.	Jamie Fiddler	M	1:03.49
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Open 5km Walk

1.	Dmitry Babenko	M	22:37
2.	Caolyn Kealty	F	29:01
3.	Richard Campbell	M	33:28
4.	Wendy Clark	F	34:57

Open 2.5km Walk

1.	Sayetz Campos	M	20:59
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2017 OCEAN BREEZE INVITATIONAL, OCEAN BREEZE, FLORIDA, SUNDAY 29 JANUARY

Staying in America for a few more meet results. The 2nd Annual Ocean Breeze Invitational was held last weekend at the Ocean Breeze Athletic Complex in Florida. The meet which took place over two days, saw 375 teams competing from 9 states plus the District of Columbia. The boys were scheduled on Saturday and the girls on Sunday. No walk for the boys but a 1500m walk for the girls, with a big field and a very impressive winning time of 6:17.59 (it was a National High School Indoor Best) by **Lauren Harris**.

Girls 1500m Walk Varsity Red (first 20, 33 finishers)

1.	Harris, Lauren	Sachem East	6:17.59
2.	Benedict, Chelsea	Sachem East	7:17.29
3.	Atwood, Margaret	Sachem East	7:17.34
4.	Reigel, Sophie	George W. Hewlett	7:22.26
5.	Delano, Samantha	Sachem East	7:25.32
6.	Arrigo, Anna	Sachem East	7:31.30
7.	Jordan, Kelsey	Westhampton Beach	7:31.35
8.	DiCarlo, Hayley	Sachem East	7:34.91
9.	Murphy, Emily	Penfield	7:45.82
10.	Piezzo, Samantha	Sachem East	7:54.64
11.	Santos, Sofia	Smithtown West	7:55.20
12.	Murphy, Jenna	Commack	8:06.08
13.	Shaw, Ariana	Smithtown East	8:07.25
14.	Ni, Ning Ting	McKee/Staten	8:15.69
15.	Zhu, Xin Yu	McKee/Staten	8:16.68
16.	Ehlers, Natalie	Westhampton Beach	8:27.98
17.	Khalek, Sofia	Farmingdale	8:39.38
18.	Sheppard, Lorna	Smithtown East	8:42.68
19.	Sanchez, Anna	Uniondale	8:46.23
20.	Rogler, Isabella	West Islip	8:47.90

FIDNLAY CLASSIC, FINDLAY, OHIO, USA, 27-28 JANUARY

Still in America, High School walkers **Taylor Ewert** (14:37.57) and **Cameron Haught** (12:29.98) upset their older rivals to win the 3000m indoor walks at the Findlay Classic in Ohio last weekend.

Women 3000m Race Walk indoor

1.	Taylor Ewert	Southwest Ohio TC	14:37.57
2.	Bailey Brogan	Cornerstone Univ.	15:58.52
3.	Niki Worsham	Rio Grande Univ.	16:51.19
4.	Jessie Langmeyer	Cornerstone Univ.	16:59.53
5.	Brooke Owens	Cornerstone Univ.	19:43.17
6.	Joyce Prohaska	unattached	20:44.44
7.	Barb Hensley	Southwest Ohio TC	24:07.64

Men 3000m Race Walk indoor

1.	Cameron Haught	Southwest Ohio TC	12:29.98
2.	Anthony AJ Gruttadauro	Spring Arbor Univ.	13:20.21
3.	Luke Jobson	West Virginia Tech	13:39.56
4.	Sam Elmi	Cornerstone Univ.	13:47.25
5.	Joel Pfahler	unattached	13:50.51
6.	David Swarts	Pegasus AC	13:54.49
7.	Jason Rabie	Cornerstone Univ.	14:10.71
8.	Jacob Benson	Cornerstone Univ.	15:08.05
9.	Omar Nash	Southwest Ohio TC	15:36.72

10.	Michael Belovich	Southwest Ohio TC	16:52.06
11.	Sean Glaze	unattached	17:10.44
12.	Vince Peters	Chicago Walkers	19:01.87

GREATER BOSTON TRACK CLUB INVITATIONAL, CAMBRIDGE, USA, 22 JANUARY 2017

And finally, back a week for the Greater Boston Track Club International in America, where **Emerson Hernandez** (13:02.87) and **Erin Taylor-Talcott** (13:39.98) had wins.

Men 3000m Race Walk indoor

1.	Emerson HERNANDEZ	ESA	88	13:02.87
2.	Dave TALCOTT	USA	60	13:52.04

Women 3000m Race Walk indoor

1.	Erin TAYLOR-TALCOTT	USA	78	13:39.98
2.	Kayla ALLEN	USA		15:05.85
3.	Maegan ALLEN	USA		16:01.41
4.	Sophie RIEGEL	USA		16:08.52
5.	Valentina NAIDENKO	USA		16:11.25
6.	Holly LINDOE	USA		16:43.39

ELAN MEET, BRATISLAVA, SLOVAKIA, SUNDAY 29 JANUARY 2017

Now to the rest of the world. Thanks to Mark Wall for his take on the annual Elan Indoor T&F Meet in the Slovak capital of Bratislava last Sunday. Mark reported

This meeting is an annual Invitation event which attracts a number of foreign guests. England Athletics target this competition each year as a development opportunity. In 2016 Tom Bosworth made his breakthrough there and this year saw more good UK performances, with **Callum Wilkinson** and **Gemma Bridge**, the winners of the English Indoor titles earlier in the month (Gemma is coached by Mark) the two athletes to gain selection.

The elite women's 3000m walk combined both seniors and masters competitors with the International flavour to the event coming from Gemma along with the Hungarians Anett Torma and Andrea Kovács. The early laps were led by Gemma before Maria Czakova took over and pushed on for a comfortable lead. Last year's winner Monika Hornakova had to be content with third place this time around.

3000m Walk Indoors Women

1.	CZAKOVÁ Mária	02.10.1988	VŠC Dukla Banská Bystrica	13:06,41
2.	BRIDGE Gemma	1993	England	13:25,39
3.	HORNÁKOVÁ Monika	06.07.1995	VŠC Dukla Banská Bystrica	13:31,07
4.	TORMA Anett	02.04.1984	Hungary	13:53,49
5.	CUBÁNOVÁ Lucia	09.08.1995	VŠC Dukla Banská Bystrica	14:31,22
6.	KOVÁCS Andrea	1980	UVB Purgstall	14:35,77
	GOLISOVÁ Jana	19.02.1992	VŠC Dukla Banská Bystrica	DNS
	BEKMEZ Meryem	31.07.2000	Turkey	DNS

Gemma's second place time of 13:25.39 moves her from 11th to 5th on the UK Indoor 3000m all-time list

1.	12:35.87	Bethan Davies	Cardiff	11 Dec 16
2.	13:08.64	Niobe Menendez	Cardiff	2 Feb 02
3.	13:11.80	Heather Lewis	Birmingham	16 Feb 14
4.	13:12.01	Julie Drake	Toronto CAN	2 Mar 93
5.	13:25.39	Gemma Bridge	Bratislava, SVK	29 Jan 17

2016 Olympian **Alex Wright** (formerly of the UK and now representing Ireland) and Callum Wilkinson were the key foreign competitors in the men's 5000m walk field. After an early foray by Antón Kucmin, Alex took the lead, walking to a PB winning time of 19:06.69. Callum set a **UK U20 National Record** with his second place time of 19:30.83. Lots of PBs overall. Olympic champion Matej Toth did not race but cheered from the sidelines before making the formal presentations.

5000m Walk Indoors Men

1.	WRIGHT Alex	19.12.1990	Ireland	19:06,69
2.	WILKINSON Callum	14.03.1997	England	19:20,83
3.	KUCMÍN Antón	07.06.1984	VŠC Dukla Banská Bystrica	20:05,04
4.	RÍZEK Milan	05.01.1978	Atletika ŠK Skalica	20:08,35
5.	ÚRADNÍK Miroslav	24.03.1996	VŠC Dukla Banská Bystrica	20:31,78

6.	CERNÝ Dominik	01.11.1997	VŠC Dukla Banská Bystrica	21:24,79
7.	MORVAY Michal	19.08.1996	AC Stavbár Nitra	22:18,09
8.	LIBNAR Vojtech	1999	SK Nové Mesto nad Metuji	23:55,67

Callum jumps from 5th to 2nd on the UK 5000m indoor all-time list, pushing past Martin Rush (England Athletics, Head of Coaching and Athlete Development) and Andi Drake (coach at the National Centre at Leeds and working with him week to week along with his personal coach).

1.	18:54.18	Tom Bosworth	Bratislava, SVK	31 Jan 16
2.	19:20.83	Callum Wilkinson	Bratislava, SVK	29 Jan 17
3.	19:22.29	Martin Rush	Birmingham	8 Feb 92
4.	19:28.20	Andi Drake	Turin, ITA	13 Feb 91

A full 7 hour meet video can be found at <http://tveso.sk/elan2017>. Fast forward to 1hr 48 for the women's walk and 3 hrs for the men's walk. Thanks also to Rudolf Skrucany fo pointing me to the results for 1000m, 2000m and 3000m walks for younger age groups and for Masters – ee <http://atletikasvk.sk/Content/results/2017/1/VYS1129.pdf>.

FRENCH T&F MEET, REIMS, FRANCE, SUNDAY 29 JANUARY

Yohan Diniz was back in action last Sunday in Reims, France, winning the men's 5000m Indoors walk with a quick 19:29.11.

5000m Walk Indoors Men

1.	DINIZ Yohann	SEM/78	Efs Reims A.	19'29"11
2.	BOYEZ Antonin	SEM/84	Doubs Sud Athletisme	20'32"03
3.	LEAUTE Benjamin	SEM/88	Ac Villeneuve D'asc	22'01"82
4.	DAMBRINE Benoit	ESM/95	Asuc Migennes	26'57"17
5.	CHAMPAGNE Philippe	VEM/64	Frijep Margny Verdon	31'36"73
6.	SCHWING Martin	SEM/89	Rc Epernay	33'43"06
7.	BAUDET Mathias	SEM/90	Rc Epernay	34'12"63
	GUETAT Gerard	VEM/62	Troyes Omnisports	DQ
	COQUARD-HENRY Ilian	CAM/01	Troyes Omnisports	DQ

3000m Walk Indoors Women

1.	BODIN Alexia	CAF/01	Cas Renwez	16'52"77
2.	BRASTEL Adeline	SEF/78	Efs Reims A.	17'24"63
3.	LANGLOIS Cloe	ESF/97	D Aulnay Club	18'10"10
4.	MILLE Angele	CAF/01	Cas Renwez	20'51"88



Yohann Diniz and Antonin Boyez in action in Reims (photo from Emmanuel Tardi)

ITALIAN CLUBS WALK CHAMPIONSHIPS FIRST LEG, GROSETTO, ITALY, SUNDAY 29 JANUARY

Grosseto hosted the first Italian outdoor walk competition for 2017 last Sunday. In past years, this meet was badged as the Winter Race Walking Trophy and included the Italian 50km Championship. This year the trophy was renamed, becoming the first leg of racewalk Clubs Championship, the 50km was canceled, and the 30km race was replaced by a 35km race. Thanks to marciadalmondo for their meet report - http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2677.

Favourites **Marco De Luca** (2:34:48) and **Federico Tontodonati** (2:37:22) filled the first 2 placings in the 35km race in excellent times. Of the 15 starters, 9 finished the event.

Men 35km Walk

1.	DE LUCA Marco	1981	G.A. FIAMME GIALLE	2:34:48
2.	TONTODONATI Federico	1989	C.S. AERONAUTICA MILITARE	2:37:22
3.	CHIESA Stefano	1996	ATL. CENTO TORRI PAVIA	2:44:36
4.	RENO' Giovanni	1991	ECOSPORT SB. 2000 MONTE ASC	2:45:25
5.	MONTOLEONE Luca	1990	A.S.D. FRANCESCO FRANZIA	2:58:54
6.	COPPINI Niccolo'	1997	ATLETICA FIRENZE MARATHON S.S.	3:08:08
7.	BOLDRINI Federico	1988	ATL. RECANATI	3:16:26
8.	LAZZIZERA Corrado	1979	ATL. ADEN EXPRIVIA MOLFETTA	3:17:24
9.	CAPOGROSSI Luca	1996	ATL. RECANATI	3:20:32

Lots of other results, including those from the 20km Open, 15km U20, 8km U18 to be found at http://www.marciadalmondo.com/admin/pdf/risultati/29012017267Grosseto_2017_CDS.pdf.

UKRAINIAN CLUB CHAMPIONSHIPS, ZAPOROZHYE, UKRAINE, 27-28 JANUARY

Good depth in both the men's and women's races in the Ukrainian Club Championships last weekend.

Men 5000m Race Walk indoor

1.	Oleksiy KAZANIN	UKR	82	19:54.27
2.	Viktor SHUMIK	UKR	98	20:38.18
3.	Dmytro SOBCHUK	UKR	95	20:44.99
4.	Oleksandr ROMANENKO	UKR	81	20:47.01
5.	Ihor SAKHARUK	UKR	88	21:16.80
6.	Oleksandr VENHLOVSKIY	UKR	85	21:20.92
7.	Vitaliy KOSTYUK	UKR	96	21:36.98
8.	Andriy SYNYUK	UKR	99	21:41.95
9.	Volodymyr HONTZOVSKIY	UKR	91	21:50.53
10.	Volodymyr MYTSYK	UKR	97	23:32.09

Women 5000m Race Walk indoor

1.	Olena MIZERNYUK	UKR	95	22:42.58
2.	Mariya FILYUK	UKR	95	22:55.95
3.	Yelena SHEVCHUK	UKR	86	22:56.83
4.	Rusalina POVOROZNYUK	UKR	95	23:59.78
5.	Nataliya KONTSEVICH	UKR	84	24:05.64
6.	Olha HARNYK	UKR	96	25:25.40
7.	Anna BABINCHUK	UKR	96	26:10.81
8.	Yuliya KOTIK	UKR	99	26:34.81
9.	Georgina KONDUR	UKR	91	27:05.23

PORTUGUESE JUNIOR INDOOR CHAMPIONSHIPS, BRAGA, PORTUGAL, 28-29 JANUARY

Pualo Martins (22:16.77) and **Carolina Costa** (13:47.88) won the Portuguese Indoor U20 Track Walk Championships in Braga last weekend.

Men 5000m Race Walk indoor

1.	Paulo Martins	99	SCP	22:16.77
2.	Rodrigo Marques	99	COP	22:28.10
3.	Daniel Gouveia	00	CAS	22:44.06
4.	Rúben Santos	00	CFOD	23:07.04
5.	Ricardo Bernardino	99	SCP	23:17.64
6.	Vitor Cabral	98	CFOD	23:31.52
7.	Sidney Santos	99	STP SCP	23:53.41

8.	Diogo Peixoto	99	ACDSJS	23:56.08
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Women 3000m Race Walk indoor

1.	Carolina Costa	98	COP	13:47.88
2.	Inês Reis	99	CCDLF	13:57.57
3.	Maria Bernardo	99	ADRAP	15:16.91
4.	Ednice Barros	99	COP	15:25.43
5.	Catarina Santos	01	SCP	15:31.89
6.	Joana Pontes	00	GACV	16:00.17
7.	Ana Leonor	98	CDRR	16:08.11
8.	Lara Martins	99	CAT-P	16:17.21

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 8 press releases this week

- Tue 31 Jan – Wright and Wilkinson produce great performances in Bratislava
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2681
- Mon 30 Jan – Diniz returns to the track in Reima, France
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2680
- Mon 30 Jan - Paulo Martins and Carolina Costa win U20 indoor races in Braga, Portugal
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2679
- Sat 28 Jan - John Nunn and Katie Burnett win USA 50km titles
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2678
- Sun 29 Jan - Marco De Luca and Sibilla Di Vincenzo win in Grosseto, Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2677
- Fri 27 Jan - Emilie Menuet and Aurelien Quinion win in Eubonne, France
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2676
- Thu 26 Jan - First leg of Italian Clubs Walk Championships to be held in Grosseto this weekend
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2675
- Tue 24 Jan - Shaul Ladany in Italy to participate in 'Run for Memory 2017'
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2674

and Omarchador had 14 press releases

- Mon 30 Jan – Portuguese administrator and coach Manuel da Piedade Costa dies
<http://omarchador.blogspot.com.au/2017/01/faleceu-manuel-da-piedade-costa.html>
- Mon 30 Jan - Carolina Costa and Paulo Martins win Portuguese U20 indoor walk titles in Braga
<http://omarchador.blogspot.com.au/2017/01/carolina-costa-e-paulo-martins-com.html>
- Sun 29 Jan - Results of Nicaraguan racewalk championships in Udeba
<http://omarchador.blogspot.com.au/2017/01/ubeda-evidencia-se-nos-campeonatos-de.html>
- Sat 28 Jan - Results of indoor meet in Goshen, Indiana, last weekend
<http://omarchador.blogspot.com.au/2017/01/doug-yoder-em-goshen-indiana-eua.html>
- Sat 28 Jan - Prevoew of Portuguese U20 Indoor Championships in Braga
<http://omarchador.blogspot.com.au/2017/01/campeonatos-nacionais-sub-20-em-braga.html>
- Fri 27 Jan - Emma Achurch wins in Steyning, England
<http://omarchador.blogspot.com.au/2017/01/achurch-domina-em-steyning-inglaterra.html>
- Fri 27 Jan - Shaw and Langley win "Capital Classic" in Wellington, New Zealand
<http://omarchador.blogspot.com.au/2017/01/shaw-e-langley-vencem-no-capital.html>
- Thu 26 Jan - Émilie Menuet and Aurélien Quinion win French indoor walks in Eaubonne
<http://omarchador.blogspot.com.au/2017/01/emilie-menuet-e-aurelien-quinion.html>

- Thu 26 Jan - Results of U20 and U18 walks in Berlin Brandenburg indoor meet
<http://omarchador.blogspot.com.au/2017/01/campeonatos-sub-18-e-sub-20-de-berlim.html>
- Wed 25 Jan - Results of Catalan indoor champs (U16) in Spain
<http://omarchador.blogspot.com.au/2017/01/catalunha-disputou-campeonatos-de.html>
- Wed 25 Jan - Orsini sets new Italian U18 indoor 3000m walk record
<http://omarchador.blogspot.com.au/2017/01/orsoni-com-recorde-italiano-sub-18-em.html>
- Tue 24 Jan - Results of London Indoor Games walks
<http://omarchador.blogspot.com.au/2017/01/pista-coberta-em-lee-valley-inglaterra.html>
- Tue 24 Jan - Ana Cabecinha wins in Pechão, Portugal
<http://omarchador.blogspot.com.au/2017/01/ana-cabecinha-vence-em-pechao-trofeu.html>
- Mon 23 Jan - Kristina Saltanovic (CAS) and Pedro Isidro (SLB) set leading times in Portuguese Club Championships
<http://omarchador.blogspot.com.au/2017/01/kristina-saltanovic-cas-e-pedro-isidro.html>

OUT AND ABOUT

- The All-Russia Athletics Federation said it has "established the fact of a mass withdrawal of athletes due to possible doping controls at one of the ARAF Winter Tour events." Official results from the eight-race meet in Orenburg show that five athletes who were entered for races didn't start. One women's race was left with just three finishers. See http://www.espn.com.au/olympics/story/_/id/18549573/russian-athletes-accused-withdrawing-meet-avoid-drug-testers
- Double Olympic pole vault champion Yelena Isinbayeva has launched a fierce attack on whistleblowers who have revealed details about alleged Russian doping. Isinbayeva, believes whistleblowers should go to the authorities instead of the media. Yeah, that is sure to work in Russia!!!! See <http://www.insidethegames.biz/articles/1046193/isinbayeva-attacks-whistleblowers-as-iaaf-taskforce-visit-concludes>
- The IAAF scoring tables of athletics have been updated for 2017 and are available to download from the IAAF website. The scoring tables can be used to compare equivalent performances across different athletics events. Statistical data has been analysed every year since the last edition of the IAAF scoring tables – including performances from 2014, 2015 and 2016 – and has been used to produce this latest edition of the scoring tables. See <http://www.all-athletics.com/en-us/2017-01-25/iaaf-scoring-tables-updated-2017>
- A Jamaican 4x100 metres relay team including Usain Bolt has been formally stripped of their Beijing 2008 Olympic gold medal following the disqualification of Nesta Carter for doping. Russia's Tatyana Lebedeva has also been stripped of silver medals won in the long jump and triple jump events after re-analysis of her doping samples had found traces of banned steroid turinabol. See <http://www.insidethegames.biz/articles/1046223/bolt-loses-beijing-2008-relay-gold-medal-after-carter-disqualified>.
- Lebedeva has now resigned from her position on the World Olympians Association (WOA) Executive Committee following her adverse finding. See <http://www.insidethegames.biz/articles/1046240/lebedeva-resigns-from-world-olympians-association-executive-committee-after-doping-failure>.
- Appeals launched by Russian cross-country skiers Yevgeny Belov and Aleksandr Legkov against provisional suspensions introduced by the International Ski Federation (FIS) were rejected last Wednesday. The duo were each suspended last month after Canadian lawyer Richard McLaren produced evidence suggesting they were among Russian athletes whose samples were tampered with. see <http://www.insidethegames.biz/articles/1046243/russia-skiers-appeal-against-doping-suspension-rejected-by-fis-panel>.
- A task force has been set up to examine the credibility of records set in European athletics, in the wake of the sport's doping scandal. The EA website currently lists 15 European indoor and outdoor athletics records held by Russians. Additional current records include those set in the 1980s by athletes from Soviet Bloc countries, including East Germany, which operated its own extensive doping programme. See <http://www.bbc.com/sport/athletics/38765253>.
- The taskforce is being led by none other than **Pierce O'Callaghan**, former Irish walker and now international walks judge and administrator. Boy, this is a big job! See <http://www.jtassocs.com/communicator-of-the-week/458-pierce-o-callaghan>
- A very nice summary of the groundbreaking scientific study of the effects of low-carbohydrate, high-fat diets on endurance athletes, currently taking place at the AIS in Canberra, with elite racewalkers as the guinea pigs. See http://www.theglobeandmail.com/life/health-and-fitness/fitness/canadian-race-walker-evan-dunfee-sees-potential-in-high-fat-diet/article33783688/?cmpid=rss1&click=sf_globe.

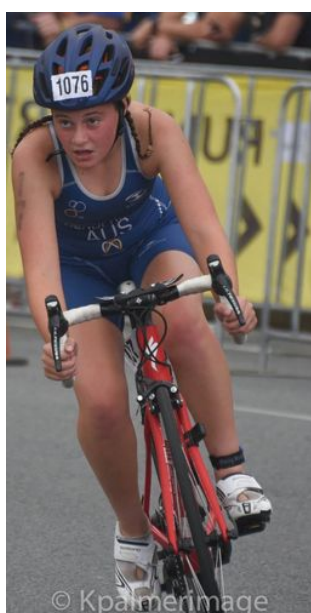
- Radio interview with Rio Olympian **Evan Dunfee**. See <http://www.trackie.com/track-and-field/TrackieRadio/the-terminal-mile-epi-57-the-complete-evan-dunfee/1137/>.

REBECCA HENDERSON – YOUNG WALKER IN A HURRY!

You've got to hand it to 15 year old melbourne walker **Rebecca Henderson**. She is not just the Australian U18 5000m track walk champion but is achieving in just about whatever she tries. Consider this list of major meets in the last couple of months:

- 27 Nov 2016 Walks 49:55 for 10km roadwalk in VRWC races at Middle Park
- 17 Dec 2016 Wins Victorian 10km Open Water Swim title at Williamstown Beach
- 2 Jan 2017 Comes 2nd in the 1.4km Rip View Swim Classic at Point Lonsdale
- 14 Jan 2017 Wins the Open Division 2.5km Danger Swim at Torquay Beach, backing up later the same day to win the Danger 1000 swim
- 21 Jan 2017 Comes 11th in the Australian Youth Triathlon Series Meet, Robina, Gold Coast, QLD
- 27 Jan 2017 Comes 8th in the Australian 7.5km Open Water Championship in Adelaide

It's hard enough to train for one event so consider how you train for racewalking, running, cycling and swimming (both short and long distance). I feel tired just thinking about it!



Rebecca in her many roles – triathlete, open water swimmer, walker

VALE PETER BETHUNE: 1952 - 2017

It is my sad duty to let older VRWC members know that former Ballarat racewalker **Peter Bethune** passed away last Wednesday, aged 64. Peter, who raced with Wendouree Athletics Club in the seventies, was one of a number of talented walkers to come out of Ballarat at that time. Walking as a second claim member of St Stephens Harriers, Peter contested many of the Victorian racewalking teams races of that era. He was also a regular member of Victorian teams in Federation carnivals. Adept at both track and road, he finished the gruelling 20 miler in four separate LBG carnivals. When he retired from walking, he moved to Sunbury where he then lived for many years. To his wife Joy and his extended family, we offer our condolences. The funeral will be held at Tobin Brothers Sunbury Chapel, Cnr Brook and Barkly Sts, Sunbury on Tuesday 31st January at 2.00 p.m.

KEY WINTER SEASON DATES

The Victorian winter season is starting to take shape now so a few dates to lock in.

- Apr 9 (Sun), 2017 Castlemaine NAB 500, Castlemaine Botanical Gardens, Castlemaine, VIC
- Apr 14-17, 2017 Easter weekend
- Apr 22-23, 2017 Australian Centurions 24 Hour Walk Championships, Coburg, VIC
- Jun 9-12, 2017 Australian Masters T&F Championships, Darwin, NT. See <http://ntmastersathletics.com.au/>
- Jun 11 (Sun), 2017 51st LBG Racewalking Carnival, Stomlo Forest Park, Canberra, ACT

- Aug 6 (Sun), 2017 AMA 20km Roadwalk Championships, Adelaide, SA
- August 2017 Australian Roadwalk Champs (date and city still to be confirmed by AA)

DATES...DATES...DATES

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

2016/2017 Australian/Victorian Key Dates

Feb 5 (Sun), 2017	AV 5km Teams Race and VRWC Road Races, Middle Park, VIC
Feb 12 (Sun), 2017	AV Shield Grand Final, Lakeside Stadium, Albert Park
Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships (incorp. Oceania Championships), Adelaide, SA
Feb 19 (Sun), 2017	VMA 5000m track walk champs and VRWC track walks, George Knott Reserve, Clifton Hill, VIC
Feb 24-26, 2017	Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park, VIC
Mar 3-5, 2017	Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park, VIC
Mar 5, 2017	Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Mar 25-26, 2017	Victorian Masters Championships, Doncaster, VIC
Mar 26 - Apr 2, 2017	Australian Open and Junior T&F Champs, SOPAC, Sydney, NSW. Draft timetable:
	Sunday 26 th March U20 10,000m Walks
	Monday 27 th March U17/U18 5000m Walks
	Friday 31 st March U15/U16 3000m Walks, Open 10,000m Walks
	Sunday 2 nd April U14 3000m Walks
Apr 9 (Sun), 2017	Castlemaine NAB 500, Castlemaine Botanical Gardens, Castlemaine, VIC
Apr 22-23, 2017	Australian Centurions 24 Hour Walk Championships, Coburg, VIC
Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT. See http://ntmastersathletics.com.au/
Jun 11, 2017	51 st LBG Racewalking Carnival, Stomlo Forest Park, Canberra, ACT
Aug 6 (Sun), 2017	AMA 20km Roadwalk Championships, Adelaide, SA

2016/2017 International Dates

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

2017 IAAF Racewalk Challenge Series

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

Looking Further Ahead

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

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

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