



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 10
06 December 2016



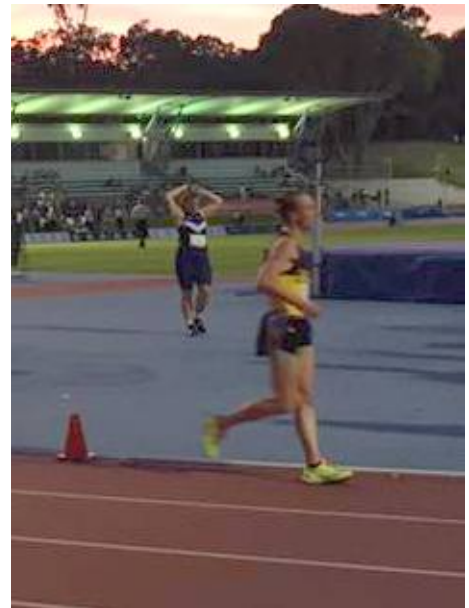
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WALKER OF THE WEEK

My Walker of the Week this time around is shared between two of our most exciting young junior walkers in 17 year old Western Australian **Declan Tingay** and 16 year old Queenslander **Katie Hayward**.

- Competing in the men's U18 5000m walk at last weekend's Australian All-Schools T&F Championships in Canberra, **Declan** was an easy winner in the PB time of **20:11.80**. This comes on top of his recent 3000m track walk PB of 11:50.4 and indicates his superb current form.
- Competing in the women's U18 5000m walk at last weekend's Australian All-Schools T&F Championships in Canberra, **Katie** also dominated with her winning time of **21:40.87** just over a second outside her U18 world leading time of 21:39.03. Add into the mix her recent 1500m walk Australian all-time best of 5:48.34 and it's a case of double wow!



Katie and Declan stride out in the Friday twilight last Friday evening in Canberra

WHAT'S COMING UP

- **AV Shield** continues next **Saturday 10th December** with Zone vs Zone meets scheduled as follows
 - Zone v Zone (Blue v White) Round 8, Bill Sewart Athletics Track, East Burwood, Saturday 10 December
 - Zone v Zone (Red v Yellow) Round 8, Tom Kelly Reserve, Doncaster, Saturday 10 December
 - Ballarat Zone Round 8, Llanberris Reserve, Ballarat, Saturday 10 December
 - Geelong Zone Round 8, John Landy Athletic Field, Geelong, Saturday 10 December
 - Bendigo Zone Round 8, La Trobe University Track, Bendigo, Saturday 10 December

- On **Sunday 11th December**, the **Australian 50km roadwalk championship** meet will be held at Fawkner Park in Melbourne. Fields have now been published by AA. Alas, a very small 50km championship field, with Rio Olympians Jared Tallent, Chris Erickson and Brendon Reading bypassing the event so soon after Rio.

Men Open 50km		Women Open 20km	
Matt Griggs	ACT	Alana Barber	NZL
		Regan Lamble	VIC
Men Open 20km		Simone McInnes	VIC
Rhydian Cowley	VIC	Beki Smith	NSW
Simon Evans	VIC		
Jay Felton	NSW	Women Under 20 10km	
Adam Garganis	VIC	Philippa Huse	VIC
Carl Gibbons	NSW		
Tyler Jones	NSW	Women Under 18 5km	
Stuart Kollmorgen	VIC	Rebecca Henderson	VIC
Pramesh Prasad	VIC	Emily Noonan	VIC
Quentin Rew	NZL		
Reese Walmsley	VIC		
Men Under 20 10km			
Corey Dickson	VIC		
Luke McCutcheon	QLD		
Dylan Richardson	NSW		
Kyle Swan	VIC		
Declan Tingay	WA		
Hayden Walmsley	VIC		

- An ongoing reminder that registrations are still open for our annual **VRWC Falls Creek Summer Racewalk Camp**. It will run from Friday 30th December 2016 to Thursday 12th January 2017. See <http://www.vrwc.org.au/vrwc-fallscreek.shtml> for further details. Week 1 is now full but there are places left for week 2.
- Also a reminder that our new VRWC financial year started on 1st October so memberships renewals are now due – see membership form and renewal instructions at <http://www.vrwc.org.au/VRWCMembershipApplication.shtml>.

AV SHIELD ROUND 7

AV Shield continued last week with **Round 7** contested at various venues around Victoria (Ballarat on Tuesday evening and the rest on Saturday afternoon). Conditions were generally good on Saturday afternoon with sunny skies and temperatures in the low twenties Centigrade. Just under 90 walkers in total so another big week of competition.

- Ballarat Zone Round 7, Llanberris Reserve, Ballarat, Tuesday 29 November**
The results do not show any walk times so I assume that no walkers were in attendance at Ballarat on Tuesday evening.
- Blue Zone Round 7, Ballam Park Athletics Track, Frankston, Saturday 3 December**
Simone McInnes (13:52.1) and **Reese Walmsley** (14:00.5) were fastest in the 3000m while **Nikolaj Djordjevic** (7:18.3) was best in the 1500m walk.

3000m Walk

1.	McInnes, Simone	W25	GLENHUNTLY ATHLE	13:52.1
2.	Walmsley, Reese	M18	KNOX ATHLETIC CLUB	14:00.5
3.	De Lisen, Paige	W18	KNOX ATHLETIC CLUB	16:18.5
4.	Carr, Heather	W67	GLENHUNTLY ATHLE	17:14.4
5.	Osmand, Kym	W34	OAKLEIGH ATHLETI	18:06.7
6.	Lillie, Jessica	W17	KNOX ATHLETIC CLUB	18:37.2
7.	Bennett, Ralph	M75	GLENHUNTLY ATHLE	18:51.4
8.	Steed, Gwen	W74	GLENHUNTLY ATHLE	20:06.1
9.	Barrow, Geoff	M67	MENTONE ATHLETIC	20:27.5
10.	Bowden, Kuniko	W50	MENTONE ATHLETIC	21:12.4
11.	Hess, Albin	M56	UNATTACHED	21:44.6
	Zeleznikow, John	M66	GLENHUNTLY ATHLE	DQ

1500m Walk

1.	Djordjevic, Nikolaj	M14	MENTONE ATHLETIC	7:18.3	
2.	Hass, Jasmin	W14	KNOX ATHLETIC CLUB	7:44.7	PB 0:06
3.	Woolfe, Hayley	W13	UNATTACHED	7:50.4	

4.	Hay, Charlotte	W13	KNOX ATHLETIC CLUB	8:07.1
5.	Louey, Grace	W13	KNOX ATHLETIC CLUB	8:56.5
	Morrow, Bianca	W14	CASEY CARDINIA A	DQ

- **Yellow Zone Round 7, VU Sporting Complex, Wyndham, Saturday 3 December**

Rio Olympian **Regan Lamble** (13:06.7) and **Scott Nelson** (14:20.1) walked season bests to lead the walkers home in the 3000m at Wyndham. **John Kondogonis** (16:35.0) also showed considerable improvement this week. The 1500m was a close race with Arnika Nelson (7:45.6) and **Heath Beveridge** (7:47.3) both walking well.

3000m Walk

1.	Lamble, Regan	W	MELBOURNE UNIVER	13:06.7
2.	Nelson, Scott	M	WYNDHAM TRACK AN	14:20.1
3.	Donahoo, Mark	M	ATHLETICS ESSENDON	15:21.9
4.	Kennedy, Paul	M	KEILOR ST BERNAR	16:23.1
5.	Kondogonis, John	M	KEILOR ST BERNAR	16:35.0
6.	Dunstone, Phillip	M	WESTERN ATHLETICS	17:43.5
7.	Knox, Duncan	M	ATHLETICS ESSENDON	17:47.4
8.	Feain, Madeleine	W	KEILOR ST BERNAR	19:04.3
9.	Shaw, Robyn	W	WESTERN ATHLETICS	20:08.9
10.	Hodgart, Janice	W	WESTERN ATHLETICS	20:52.1
11.	Lewis, Leandar	M	WYNDHAM TRACK AN	22:11.5
12.	Ireland, Roslyn	W	BRUNSWICK ATHLET	22:13.1
13.	Cashin, Brenda	W	WESTERN ATHLETICS	23:21.8
14.	Kunig, Krystal	W	KEILOR ST BERNAR	23:25.0
15.	Ireland, Olive	W	BRUNSWICK ATHLET	25:19.2
16.	Anderson, Brian	M	ATHLETICS ESSENDON	DQ
	Beaumont, Hamish	M	MELBOURNE UNIVER	DQ

1500m Walk

1.	Nelson, Arnika	W	WYNDHAM TRACK AN	7:45.6	
2.	Beveridge, Heath	M	WESTERN ATHLETICS	7:47.3	PB 0:15
3.	Chitty, Jade	F	UNATTACHED	10:07.9	
4.	Rankin, Bailey	M	WESTERN ATHLETICS	10:18.0	
5.	Weickhardt, Sebastian	M	UNATTACHED	10:23.0	
6.	Knox, Christian	M	ATHLETICS ESSENDON	10:51.8	

- **Red Zone Round 7, Bill Sewart Athletics Track, East Burwood, Saturday 3 December**

Rhydian Cowley (11:51.9) and **Adam Garganis** (12:22.3) were in fine form at East Burwood last Saturday. Special mention to **Pramesh Prasad** who recorded yet another PB with 14:16.8! **William Dynes** was best over 1500m with 7:48.8.

3000m Walk

1.	Cowley, Rhydian	M	GLENHUNTLY A	11:51.9	
2.	Garganis, Adam	M	COLLINGWOOD	12:22.3	PB 0:06
3.	Kozica, Jason	M	ST KEVIN'S A	13:44.4	
4.	Prasad, Pramesh	M	COLLINGWOOD	14:16.8	PB 0:02
5.	McDonough, Aaron	M	PRESTON ATHL	14:32.9	
6.	Hawkins, Trenton	M	PRESTON ATHL	15:25.5	
7.	Smyth, David	M	COLLINGWOOD	16:42.3	
8.	Elms, Donna-Marie	W	PRESTON ATHL	17:53.2	
9.	Collis, Lauren	W	DIAMOND VALL	18:42.3	
10.	Keirl, Bernie	M	DIAMOND VALL	18:44.6	
11.	Lazar, Dennis	M	DIAMOND VALL	19:08.0	
12.	Gardiner, Robert	M	COLLINGWOOD	20:01.7	
13.	McLennan, Laura	W	DONCASTER AT	21:21.1	
14.	Brasier, Caitlin	W	DIAMOND VALL	22:37.6	
15.	Brown, Tammarah	W	RICHMOND HAR	26:15.2	
16.	Campbell, Donna	W	PRESTON ATHL	26:58.2	
	Compton-Robins, Lee	M	DIAMOND VALL	DQ	

1500m

1.	Dynes, William	M	DIAMOND VALL	7:48.8
2.	McLennan, Liam	M	DONCASTER AT	10:00.5

- **White Zone Round 7, Morrison Reserve, Mt Evelyn, Saturday 3 December**

Brad Simpson was the standout at Mt Evelyn with 13:34.3.

3000m Walk

1.	Simpson, Bradley	M93	ATHLETICS NUNAWA	13:34.3	
2.	Muldoon, Wendy	W71	ATHLETICS NUNAWA	16:26.2	
3.	Geisler, Sandra	W77	RINGWOOD ATHLETI	16:53.0	
4.	Taylor, Lucas	M96	YARRA RANGES ATH	17:01.4	
5.	Dickenson, Russell	M45	VICTORIAN MASTER	18:58.6	
6.	Riddoch, Clyde	M53	ATHLETICS WAVERLEY	19:24.5	
7.	Sommers, David	M57	ATHLETICS NUNAWA	19:51.2	
8.	Benke, Geza	M56	OLD MELBOURNIANS	21:35.2	
9.	Wilson, Bruce	M45	OLD SCOTCH COLLE	21:44.1	
10.	Sofianos, Gerald	M49	ST KEVINS ATHLET	23:16.4	
11.	Marston, Janice	W65	ATHLETICS WAVERLEY	24:18.5	
12.	Molnar, Joanne	W61	ATHLETICS WAVERLEY	24:21.1	
13.	Meager, Sharron	W59	BOX HILL ATHLETI	24:41.1	Walked extra lap
	Worsnop, Chris	M57	OLD XAVERIANS AT	DQ	
	Handasyde, Ian	M53	OLD SCOTCH COLLE	DQ	

1500m Walk

1.	Taylor, Lee	W01	YARRA RANGES ATH	9:23.2
2.	Imbriano, Joel	M06	ST KEVINS ATHLET	9:51.3
3.	Van Duuren, Alexander	M05	YARRA RANGES ATH	12:23.2

- **Bendigo Zone Round 7, La Trobe University Track, Bendigo, Saturday 3 December**
Barbarb Bryant (17:20.70) and **Brenton O'Brien** (8:23.37) were fastest in Bendigo.

3000m Walk

1.	Barbara Bryant	W62	EAGLEHAWK	17:20.70
2.	Ebony Whiley	W21	EAGLEHAWK	17:47.43
3.	Madison Hill	W16	SOUTH BENDIGO	17:58.37
4.	Jennifer Payne	W60	SOUTH BENDIGO	18:49.91
5.	John Watson	M66	BENDIGO HARRIERS	23:29.46

1500m Walk

1.	Brenton O'Brien	M15	BENDIGO HARRIERS	8:23.37
2.	Kyle Webb	M15	BENDIGO HARRIERS	10:48.69
3.	Wendy Ennor	W59	EAGLEHAWK	12:04.09
4.	Geoffrey Major	M80	EAGLEHAWK	12:35.93

- **Geelong Zone Round 7, Landy Field, Geelong, Saturday 3 December**
No results from Geelong as yet. Check out <http://athsvic.org.au/events/competitions/avcompetitions/av-shield/> later.

AUSTRALIAN SCHOOLS T&F CHAMPIONSHIPS, CANBERRA, ACT, 2-4 DECEMBER 2016

The **Australian Schools T&F Championships**, contested last weekend in Canberra, was once again a high quality and large participation meet. The walks were held on Friday afternoon and evening and saw lots of great performances. It was good to see the walks medals spread around, with VIC 6 (GGSSSB), NSW 6 (GGSBBB), QLD 2 (GB), SA 2 (SB), WA 1 (G) and ACT 1 (G).

The U16 3000m walks were up first, with **Nelson McCutcheon** first to finish in the boys's event, only to find out post-event that he had been disqualified. Bad luck Nelson – it is always a bitter pill to swallow but I am sure you will bounce back even better next year). **Mitchell Baker** (13:45.84) was then awarded gold, just ahead of **Tristan Camilleri** (14:47.93), both boys going PBs. The girls' 3000m went to **Zahra Hayes** of Victoria (14:34.53), ahead of fellow Victorian **Chloe Karagiorgos** (15:17.39).

Boys 3000m Walk U16, 5:30PM, Friday 2 December

1.	Mitchell Baker	01	ACT	13:45.84	PB 0:01
2.	Tristan Camilleri	01	SA	13:47.93	PB 0:27
3.	Joe Cross	02	SA	13:56.69	
4.	Oscar Tebbutt	01	NSW	14:20.51	
5.	Corey Dickson	02	VIC	14:22.23	
6.	Jamison Stovin	01	QLD	14:52.21	
7.	Gwyllym Young	02	ACT	15:06.69	
8.	Will Thompson	02	VIC	15:19.08	
9.	Hayden Blaskett	02	NSW	15:44.14	
10.	Mathew Bruniges	01	SA	15:59.29	
11.	Spencer Burns	02	ACT	16:08.45	
12.	Ethan Clarke	01	QLD	16:15.28	
13.	Blake Dwyer-Hall	01	NSW	16:41.46	

Cooper Anderton	02	WA	DNF
Nelson McCutcheon	02	QLD	DQ

Girls 3000m Walk U16, 5:30PM, Friday 2 December

1.	Zahra Hayes	01	VIC	14:34.53	
2.	Chloe Karagiorgos	02	VIC	15:17.39	PB 0:34
3.	Hannah Bolton	03	NSW	15:20.11	PB 0:29
4.	Anna Blackwell	01	TAS	15:43.66	
5.	Breeanna Betzold	02	QLD	15:47.32	
6.	Hannah Manning	02	ACT	15:57.06	
7.	Tenyka Chapman	01	QLD	16:05.47	
8.	Elizabeth Henderso	01	ACT	16:15.63	
9.	Haley Mills	03	NSW	16:23.96	
10.	Milla Rowbotham	01	QLD	16:42.06	
11.	Abbey McMillen	01	NSW	17:13.38	
12.	Talisha Skein	03	SA	18:43.07	

The U14 3000m walks followed, with Victorian **Nikola Mandic** (14:43.92) and **Allanah Pitcher** of NSW (14:50.65) taking golds. Special mention to **Emma Blanch** who also broke the 15 minute barrier with her time of 14:52.75.

Boys 3000m Walk U14, 6:40PM, Friday 2 December

1.	Nikola Mandic	03	VIC	14:43.92	
2.	Joel Kemp	03	NSW	15:05.00	eq PB
3.	Josh Jensen	04	VIC	15:57.81	
4.	Martin Leerberg	03	NSW	16:25.74	
5.	Lachlan Gallagher	04	WA	19:04.59	
6.	Owen Davies	03	WA	23:02.66	

Girls 3000m Walk U14, 6:40PM, Friday 2 December

1.	Allanah Pitcher	03	NSW	14:50.65	
2.	Emma Blanch	03	NSW	14:52.75	Pb 0:04
3.	Amelia Schofield	03	QLD	15:23.85	
4.	Alanna Peart	03	VIC	15:58.34	
5.	Hannah Ireland	03	WA	16:23.55	
6.	Olivia Sandery	03	SA	16:31.40	
7.	Camryn Novinetz	03	QLD	16:32.39	
8.	Kate Ralston	04	WA	17:37.53	
9.	Mia Wilks	04	SA	18:13.37	
10.	Ellen Vahey	03	ACT	19:29.03	
11.	Brianna Simmonds	03	NT	21:27.00	
	Kelsi Davis	04	NT	DQ	

The U18 5000m walks rounded out the program and what about the two winning performances here, both meet records. **Declan Tingay** was second to **Kyle Swan** in this race last year, but this time around he was dominant, storming home in a huge PB of 20:11.80. He was interviewed on the Athletics WA report: "It felt amazing to put another massive effort out on the track tonight and reclaim the title that I conceded last year. Conditions were near perfect and allowed me to take out a meet record and new PB of around 30 seconds." Kyle also raced well to take second with 22:00.76 while **Dylan Richardson** did a huge PB to take third with 22:28.14.

The girls' race also produced something special, with 16 year old sensation **Katie Hayward** winning with another huge performance – her time of 21:40.87 was just over a second outside her u18 world leading time of 21:39.03. **Philippa Huse** (24:46.06) and **Jasmyn McDonald** (24:55.48) took the minor medals and also walked well to better the 25 minute barrier.

Boys 5000m Walk U18, 8:10PM, Friday 2 December

1.	Declan Tingay	99	WA	20:11.80	PB 0:32
2.	Kyle Swan	99	VIC	22:00.76	
3.	Dylan Richardson	00	NSW	22:28.14	PB 0:50
4.	Connor Frew	01	ACT	22:52.14	
5.	Jamie McCutcheon	99	QLD	23:21.17	PB 0:08
6.	Tim Fraser	01	ACT	23:31.92	
7.	Ryan Thomson	00	NSW	24:47.93	
8.	Alix Harlington	99	SA	25:02.52	
9.	Jayden Goode	00	SA	26:39.27	
10.	Callum Haig	00	QLD	30:24.07	
	Callum Burns	01	ACT	DQ	
	Kyle Bedford	00	NSW	DQ	

Girls 5000m Walk U18, 8:10PM, Friday 2 December

1.	Katie Hayward	00	QLD	21:40.87
2.	Philippa Huse	99	VIC	24:46.06
3.	Jasmyn McDonald	99	NSW	24:55.48
4.	Chelsea Goodhew	99	NSW	25:32.46
5.	Rhiannon Lovegrove	00	SA	26:02.55
6.	Gabby Hunt	00	ACT	26:31.18
7.	Bethany Cross	00	SA	27:18.56
8.	Molly O'Neill	00	NSW	27:39.59
9.	Anna Cross	99	SA	27:53.73
10.	Emily Noonan	00	VIC	28:46.18
11.	Mackayla Davison	00	VIC	29:12.52
	Alice Randall	00	TAS	DNF

Not much in the way of photos floating around at the moment but here are a few from facebook and various websites.



*Left: U18 medallists Philippa Huse, Katie Hayward and Jasmyn McDonald
Right: Katie was presented with her medal by all-time great Kerry Saxby-Junna*



Victorian winners Zahra Hayes (U16 3000m) and Nikola Mandic (U14 3000m)

BENDIGO WALKERS CLUB ROAD WALKS, ROSALIND PARK, WEDNESDAY 30 NOVEMBER

Thanks to Paul Rance for the latest results from Bendigo. Paul reports

On Wednesday evening the Bendigo Walkers Club held 0.8km and 2.4km sealed handicap events in Rosalind Park. In the 0.8km event, **Amber Fox** continued her consistent season with a 1 second victory over **Charlotte Murphy**, with **Sheridan Commons** taking 3rd place and **Ebony Whiley** the fastest walker. The 2.4km saw **John Carter** claim an easy win with **Peter Curtis** in 2nd place and he also secured fastest time honours, while **Bill Lotherington** walked to a new 80+ Club record in 3rd place.

2.4km Handicap

1.	John Carter	16.56
2.	Peter Curtis	13.00
3.	Bill Lotherington	16.55
4.	Carissa Brook	13.10
5.	Annette Curtis	15.31
6.	Jennie Payne	14.31
7.	Norm West	18.49
8.	Barb Bryant	13.49
9.	Madison Hill	14.12
10.	Geoff Major	20.55

0.8km Handicap

1.	Amber Fox	5.23
2.	Charlotte Murphy	4.26
3.	Sheridan Commons	5.05
E4.	Caitlyn Tozer	5.38
E4.	Oscar Fox	4.43
6.	Ebony Whiley	3.59

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 30 NOVEMBER

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. Sunny, cool evening, head wind on finishing straight.

5000m Walk

1.	Peter Crump	29:04	M56	74.31%
2.	Gloria Holliday	31:50	W56	74.30%
3.	Marie Maxted	33:08	W56	71.39%
4.	Graham Harrison	37:23	M73	69.61%
5.	Bill Starr	39:35	M74	66.62%

800m Walk

1.	Peter Crump	04:09	M56
2.	Marie Maxted	04:14	W56
3.	Gloria Holliday	04:57	W56
4.	Helen Suridge	05:35	W65
5.	Rodger Barber	05:45	M78
6.	Roger Lowe	05:48	M73
7.	Graham Harrison	05:52	M73
8.	Jan Layng	06:00	W68

3000m Walk

1.	Rodger Barber	22:52	M78	71.62%
2.	Jan Layng	23:17	W68	68.00%
3.	Dave Fallon	25:18	M64	54.32%
4.	Roger Lowe	26:08	M73	58.49%
5.	Colin Hainsworth	26:17	M86	70.85%
6.	Edna Bates	26:41	W64	56.40%

ACT WALKERS CLUB TRACK WALKS, WODEN PARK, CANBERRA, THURSDAY 1 DECEMBER

Thanks to Robin Whyte for his weekly report from Canberra. Fastest 1500m time Rio Olympian **Brendon Reading** (5:53).

1500m Handicap

1.	Ella Baker	9:56
2.	Matt Griggs	6:22
3.	Brendon Reading (F/T)	5:53
4.	Peter Baker	7:56
5.	Rod Gilchrist	10:36
6.	Andrew Camp-Liddiard	9:04
7.	Harry Baker	10:05
8.	Jennifer Gilchrist	11:07
9.	Helena Bialecki	9:27
10.	Ewen Thompson	9:34
11.	Robin Whyte	9:21
12.	Lorna England	13:08
13.	Bryan Thomas	10:25
14.	Monika Short	10:56

ATHLETICS SA CLUB DAY, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 3 DECEMBER

And to finish our Australian reporting, a couple of final races from Adelaide and the Gold Coast.

1500m Walk

1.	Victoria Upton	SOUTHERN	8:02.65
2.	Chloe Upton	SOUTHERN	8:07.91
3.	Kiera Ross	PEMBROKE	8:08.79
4.	Kitarni Upton	SOUTHERN	8:38.68
5.	Cherie Rothery	HILLS DISTRI	9:23.65
6.	Greg Metha	HILLS DISTRI	9:39.06

QMA T&F MEET, GRIFFITH UNIVERSITY, GOLD COAST, QLD, SUNDAY 4 DECEMBER

3000m Walk

1.	Nyle Sunderland	W49	Visitor	17:19.18	72.30%
2.	Paul Lindenberg	M54	GC & Sthrn	18:20.95	65.66%
3.	Kay Shaw	W57	GC & Sthrn	19:36.44	69.65%
4.	Debbie Lindenberg	W55	GC & Sthrn	21:59.68	62.09%

NORTH ISLAND MASTERS CHAMPIONSHIPS, PALMERSTON NORTH, NZL, 27-28 NOVEMBER

Thanks to Bart Jones for his report and results from the NZ North Island Masters Championships in Palmerston North last weekend.

3000m Masters Walk, Saturday 27 November

Quite a field with 18 starters showing that Masters Race Walking is going well. Light rain and wind with a slippery track made for difficult conditions but we were presented with a very interesting race with some excellent times, with six new records and six PBs demonstrating the high quality of Race Walking.

An outstanding World's Best Performance by **Daphne Jones** (W75) in 20.33.59, some 7.1sec below the present World Record held by Miriam Gold (USA). Unfortunately due to there being only one "A" Grade Judge on the race (world Records need 3 "A" Grade Judges), Daphne cannot claim the World Record BUT it stands as a World's Best Performance. Be that as it may, Daphne is now Number 1 in the World Rankings for 2016. Daphne can also claim the NZ Masters Record, the North Island Master's Record and the Wellington Master's Record. Not at all bad for a day's work! Congratulations, Daphne! Also a fantastic NZ Masters Record by **Corinne Smith**. Her new NZ Master's W50 Record is 15:46.78, clipping 32.52sec from the old record.

1.	Corinne SMITH	Northland	W50	1	15.46.78	NZ W50 Record
2.	Sean LAKE	Wgton	M45	1	16.06.82	
3.	Peter FOX	Taranaki	M60	1	16.50.73	
4.	Bart HENDERSON	Wgton	M50	1	18.03.67	
5.	Peter HAGUE	Nelson	M65	1	18.09.21	
6.	Serena COOMBES	Taranaki	W50	2	18.42.72	
7.	Jackie WILSON	Wgton	W70	1	18.50.63	
8.	Sue HOSKIN	Wgton	W65	1	18.58.44	
9.	Ross ALLEN	Taranaki	M60	2	19.06.67	
10.	Terri GRIMMETT	Wgton	W55	1	19.39.53	
11.	Joe ANTCLIFF	Wgton	M50	2	19.53.04	
12.	Theresa LARGE	Waikato	W60	1	20.13.27	
13.	Arlene WONG-TUNG	Wgton	W40	1	20.30.49	
14.	Daphne JONES	Wgton	W75	1	20.33.59	W75 World Best
15.	Geoff IREMONGER	Wgton	M70	1	20.48.36	
16.	Sheryl MIRATANA	Waikato	W65	2	22.10.85	
17.	Shirley RALSTON	Cant	W65	3	22.21.76	
18.	Vicky JONES	Taranaki	W35	1	22.11.11	

5000m Masters Walk, Sunday 28 November

Better conditions on Sunday, although a smaller field - the race was again excellent with seven new records and six Pbs. **Corinne Smith** was supreme in a winning time of 27.05.31 - a W50 NZ Record. **Daphne Jones** was again prominent with a time of 35:39.39, a W75 NZ Record and the World's Best Performance for 2016!

1.	Corinne SMITH	Northland	W50	1	27.05.31	NZ W50 Record
2.	Sean LAKE	Wgton	M45	1	28.38.90	
3.	Peter FOX	Taranaki	M60	1	28.48.58	
4.	Jackie WILSON	Wgton	W70	1	31.49.87	

5.	Peter HAGUE	Nelson	M65	1	31.57.71	
6.	Ross ALLEN	Taranaki	M60	1	32.07.74	
7.	Serena COOMBES	Taranaki	W50	2	32.10.77	
8.	Terri GRIMMETT	Wgton	W55	1	32.40.71	
9.	Joe ANTCLIFF	Wgton	M50	1	33.54.97	
10.	Theresa LARGE	Waikato	W60	1	35.16.41	
11.	Daphne JONES	Wgton	W75	1	35.39.39	W75 NZ Record
12.	Vicky JONES	Taranaki	W35	1	37.49.31	

Here are some interesting info from Bart

This is the situation regarding Masters Race Walking World Rankings for 2016:

3000m W70	Jackie Wilson (NZ) No: 1	3000m W75	Daphne Jones (NZ) No: 1
5000m W70	Jackie Wilson (NZ) No: 2	5000m W75	Daphne Jones (NZ) No: 1
10,000m W70	Jackie Wilson (NZ) No: 3	10,000m W75	Daphne Jones (NZ) No: 3
20km W70	Jackie Wilson (NZ) No: 2		

These two athletes call themselves “just a couple of old tarts” but they must surely be considered amongst the BEST Masters Race Walkers ever to grace our tracks here in NZ.

SURREY WALKING CLUB CHRISTMAS CUP 5KM, TONBRIDGE, ENGLAND, SATURDAY 3 DECEMBER

Thanks to Peter Hannell for the results of the Surrey Walking Club Christmas Cup 5km. His report read as follows

The Surrey Walking Club Christmas Cup was, once again, held at the excellent Tonbridge Track and attracted a good number of 29 competitors almost half of whom were non-veterans with events at 1, 2 and 3km as well as the main 5km. All were pleased to see **Tom Bosworth** present at his home venue and racing for the first time since the Rio Olympics. Needless to say he won the race having started easily with **Chris Snook** who finished near his best time. SWC's own participation was limited to six with several out though injury but enjoying a Club win, a 43 second personal best and inevitably winning the Handicap Cup was **David Crane**. David was easily able to pull away from **Francisco Reis** (SCVAC) after what initially seemed to be likely to be a close battle. Although still recovering from injury **Malcolm Martin** in second club place managed to stay in touch with a bunch of three ahead of him and 2nd in the handicap. The SWC women's winner was **Angela Martin** while further down the field **David Delaney** (3rd handicap) scored a clear win over **David Hoben**.

5km Men

1.	T.Bosworth	Ton M	22:04
2.	C.Snook	AFD U20 M	22:39
3.	J.Hobbs	Ashf M	23:58
4.	D.Crane	Sy WC M35	24:18
5.	F.Reis	SCVAC M55	25:23
6.	O.Hopkins	Lewes U20 M	27:36
7.	C.Hobbs	Ashf M60	27:59
8.	M.Martin	Sy WC M60	28:17
9.	K.Pedley	AFD M60	29:31
10.	R.Penfold	Steyn M75	32:04
11.	C.Flint	Sy WC M70	33:11
12.	D.Delaney	Sy WC M70	34:24
13.	D.Hoben	Sy WC M60	35:05
14.	C.Edwards	Unatt M65	36:38

5km Women

1.	E.Ghose	Ton U20W	27:57
2.	G.Bridge	Vale R W	30:46
3.	B.Fury	M&M U17G	30:47
4.	A.Ingram	Lewes W55	32:41
5.	A.Martin	Sy WC W50	33:50
6.	G.Legon	Bexley W55	34:25
7.	R.Horningold	Lewes W35	35:32

TELETHON, LES ULIS, FRANCE, 2-3 DECEMBER

Emanuel Tardi tells me it's very cold in France at the moment with not much in the way of outdoor walking - most races are indoors at this time. But he did go to a charity fundraiser near his home in city of Les Ulis where each kilometre walked gave 1€ for disease research. The event included 24 Hours, 12 Hours and 6 Hours options and started at 7PM last Friday evening. The course was a 1.045km loop which included a lap of the local athletics track. Some walkers started and produced good distances, especially considering the weather varied between a minimum of -2°C and maximum of 5°C.

24 Hours Walkers

8	GRASSI Alain	TEAM TDA	167:136 km
10	BIZARD Claudie (F)	THIAIS AC	148:200 km
17	KESSELMARK Patrick	MAREUIL LES MEAUX	97:181 km
30	MASSON Pascal	CM ROUBAIX	16:720 km

12 Hours Walkers

1	DAVID Christine (F)	Les Ulis	89:041 km
2	MOUGENOT Patrick	MEGA 77	81:192 km
3	MACHEMEHL Alain	LES ULIS	75:597 km
4	LANGLOIS Patrick	MEGA 77	33:440 km

6 Hours Walkers

4	LUDGER Emmanuel	PANNECIERES	43:454 km
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Patrick Kesselmark, Claudie Bizard, Christine David and Alain Grassi (photos Emmanuel Tardi)

1ST ANNUAL INDOOR WALKS RACE, KRUPINA, SLOVAK REPUBLIC, TUESDAY 29 NOVEMBER

Thanks to Rudolf Skrucany for the results from the 1st International Indoor Racewalks in Krupina. The events were held on the M. E. Šoltésovej indoor track and saw victories to Rio Olympian **Anton Kucmín** (12:21.2) and **Viktória Madarászová** (13:52.9).

3000m Walk Men Indoors

1.	Anton Kucmín	(SR/VŠC Dukla B. Bystrica)	12:21,2
2.	Dawid Tomala	Poland	12:40,9
3.	Dominik Cerný	(SR/VŠC Dukla)	12:43,9

1. 3000m Walk Women Indoors

2.	Viktória Madarászová	Hungary	13:52,9
3.	Katarzyna Golbová	Poland	14:21,6
4.	Mária Czaková	(SR/VŠC Dukla)	14:34,5

Rudolf tells me that he can see the snow from his windows and that he has brought cross country skis in preparation for some winter workouts. Go for it Rudolf!

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 8 press releases this week

- Mon 5 Dec - Dane Bird-Smith one of two winners in Runners Tribe voting
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2628
- Sun 4 Dec - Marciadalmondo celebrates Olympic 50km champions Abdon Pamich and Giuseppe "Pino" Dordoni
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2627
- Sat 3 Dec - Italy vs World: 20km men and women - statistics
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2626

- Fri 2 Dec - Results of Hong Kong National Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2625
- Fri 2 Dec - Trends of speed performances in men's walking
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2624
- Thu 1 Dec - Trends of speed performances in women's walking
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2623
- Thu 1 Dec - IAAF Council decisions on race walking
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2622
- Wed 30 Dec - History Section - European Cup updates, after CAS rulings
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2621

and Omarchador had 8 press releases.

- Mon 5 Dec - Rui Coelho and Vitória Oliveira win in Celorico da Beira
<http://omarchador.blogspot.com.au/2016/12/rui-coelho-e-vitoria-oliveira-com.html>
- Sun 4 Dec - Results of roadwalks in Manresa, Spain, on Sunday 27th Nov
<http://omarchador.blogspot.com.au/2016/12/o-retorno-da-marcha-atletica-cidade-de.html>
- Sat 3 Dec - Grand Prize Celorico da Beira kicks off today
<http://omarchador.blogspot.com.au/2016/12/grande-premio-de-celorico-da-beira.html>
- Fri 2 Dec - Results of Hong Kong Roadwalk Championships
<http://omarchador.blogspot.com.au/2016/12/campeonatos-de-hong-kong-de-20-km.html>
- Thu 1 Dec - Reviewing the Portuguese Race Walking Club history
<http://omarchador.blogspot.com.au/2016/12/clube-portugues-de-marcha-atletica-1.html>
- Wed 30 Nov - Taicang to host 2018 World Race Walking Team Championships
<http://omarchador.blogspot.com.au/2016/11/taicang-sede-do-campeonato-mundial-de.html>
- Wed 30 Nov - Results of Enfield 10km in Hillingdon
<http://omarchador.blogspot.com.au/2016/11/10-km-da-liga-enfield-de-marcha-em.html>
- Tue 29 Nov - Brian Pintado and Paola Pérez win in Cuenca, Ecuador
<http://omarchador.blogspot.com.au/2016/11/brian-pintado-e-paola-perez-destacaram.html>

OUT AND ABOUT

- Quote Of The Day from Dick Pound when criticizing the IOC for not banning Russia from the 2016 Rio Olympics and accusing them of showing favoritism that they wouldn't to a smaller, less influential country. (published in letsrun.com)

"You can't have a mantra like the IOC does of 'zero tolerance for doping' which means 'zero tolerance for doping – unless it's Russia, because Russia is a big and important country.' There was an opportunity to send the message by saying 'no matter who you are, how important is your country, if you cheat, there will be consequences.' The IOC is nothing if it has no ethical principles, it is always hoped to be the ethical leader of sport, here was a chance to demonstrate that. ... You and I both know that if the country involved had been Guatemala, the answer would have been quite different. It's the fact this is Russia that seems to create a problem for the IOC."

- CAS last Tuesday banned Russian T&F athletes Tatyana Chernova (heptathlon), Ekaterina Sharmina (middle distance) and Kristina Ugarova (middle distance) from participating in sport after retests found abnormalities in their biological passport. See CAS statement at http://www.tas-cas.org/fileadmin/user_upload/Media_Release_4463_4464_4469.pdf. Britain's Jessica Ennis-Hill is set to be upgraded to the 2011 World Championships heptathlon gold medal. The mess that is modern athletics continues!
- The IAAF has launched a secure online portal, available in six languages, that can be used to report suspicions of doping. Sadly, I see it as a knee jerk and late reaction from the IAAF after a long history of pretending there was no issue. At best, it is a copy of the Sportsleak website (<https://www.sportsleaks.com/>) which German investigative journalist Hejo Seppelt of ARD launched last year. If it wasn't for the work of Seppelt and the whistleblower activities of Yuliya Stepanova, would IAAF still have their heads in the sand? I suppose that we can at least say 'better late than never'. See <http://www.athleticsweekly.com/featured/iaaf-launches-online-portal-reporting-doping-54030#u24HaGHFCCgzwMhQ.99>.

- The unceasing antidoping machine keeps on reanalysing all the samples taken during past Olympics controls. This time, the cleaning process has incriminated 5 high profile Belarus athletes, who took part in Beijing 2008 and London 2012 Olympics. Two 2008 Olympic medals to be redistributed as a result. See <http://www.trackarena.com/36543/5-belarus-athletes-disqualified-for-doping-2-olympic-medals-to-be-reassigned>.
- Russia will stay stuck in track and field's doghouse, its athletes banned from competing under their own flag, until February at the earliest. In his latest update on Russian anti-doping efforts, Rune Andersen said last Thursday there has been progress but that his taskforce which is monitoring the situation for the IAAF is not yet ready to give Russia a clean bill of health. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11758964&ref=rss.
- Adidas, the IAAF's biggest sponsor, has announced it is ending its sponsorship deal with athletics' world governing body three years early. The BBC revealed that it understood Adidas would terminate the deal in January as a direct result of the doping scandal sweeping the sport. An IAAF statement on Friday said: "Our commercial relationship concludes at the end of 2016." The original 11-year agreement started in 2008. See <http://www.bbc.com/sport/athletics/38188127>.
- But it's not all bad for the IAAF as Asics has quickly come to the fore to take over as an official partner See <http://www.athleticsweekly.com/featured/iaaf-announces-partnership-asics-54183>.
- Seven years after the race of her life at the world track and field championships, **Olive Loughnane** is still waiting for her prize money. That's because the first woman across the finish line in the 20-kilometer walk in Berlin in 2009 wasn't the Irish athlete. It was Russia's Olga Kaniskina, who was later banned for doping but hasn't returned the gold medal or the \$30,000 in cash owed to Loughnane. Athletes who are beaten by doped competitors aren't only robbed of a moment on the top step of the podium as their national anthem plays, they can also be deprived of large sums of money. In the cases of four Russian and Belarusian dopers who have not paid back prize money from events where they were later disqualified, The Associated Press has found that as much as \$410,000 may be owed to dozens of athletes, with some debts going back over a decade. See <http://bigstory.ap.org/article/72e72a45ed3f47fca647664560ecb692/clean-athletes-still-waiting-prize-money-dopers>,
- Friday 9th December will be a bit of a watershed day as it marks the date when Canadian law professor Richard McLaren will release the second and final installment of his report into drugs in elite sport. From what has been discussed so far, the Russian state-sponsored doping scandal may just be the tip of the iceberg, as stunning new allegations of blackmail are set to be unveiled against the former IAAF head. It will be reported that Lamine Diack was involved in widespread cover-ups of drug use in T&F. *'It's an extraordinary story. It's basically Lance Armstrong meets The Sopranos - organized crime deep in the doping world.'* See <http://www.newshub.co.nz/sport/mclaren-report-set-to-expose-blackmailing-by-former-iaaf-head-claims-anti-corruption-expert-2016120416>.
- Very well argued piece by journalist David Owen - Targeting the worst drug cheats is all fine and dandy, but with retrospective analysis, all samples should eventually be re-tested. It would not be hugely expensive and would give some degree of closure to the current furore. See <http://www.insidethegames.biz/articles/1044315/targeting-the-worst-drug-cheats-is-all-fine-and-dandy-but-with-retrospective-analysis-all-samples-should-eventually-be-re-tested>.
- Australian running website runnerstribes has announced its Australian Athletes of the Year - and the two winners are 3000m steeplechaser Genevieve LaCaze and 20km walker **Dane Bird-Smith**. See <http://www.runnerstribes.com/2016-australian-athlete-of-the-year-awards-we-announce-our-winners/>.
- IAAF President Sebastian Coe has rallied global support for next year's 10th World Under-18 Championships in Nairobi which will be the last competition in the age group as the world body launches a major restructuring of the sport. "I have implored federations to send teams to Nairobi," he said. Athletics Kenya President Jack Tuwei appreciated Coe's support for Kenya saying Great Britain, who had initially indicated they would give Nairobi a wide berth, had now confirmed to him that they would indeed send a contingent to Kenya next July. I certainly hope that Athletics Australia has a change of heart - athletes like **Katie Hayward** deserve their chance. See <http://www.nation.co.ke/sports/athletics/Seb-Coe-rallies-support-for-Nairobi-World-Under18-championships/1100-3475878-m5g561z/index.html>.
- Russian whistleblower Yuliya Stepanova has been named as the recipient of an anti-doping award given out by Doping-Opfer-Hilfe e.V., a Berlin-based organisation that aims to help victims of organised sport. Finally, she and husband Vitaly Stepanov are getting some official acknowledgement for their brave coming out. In October, the IOC provided the Stepanovs with a range of support measures following a meeting with the organisation's President Thomas Bach. As a result of discussions, it was confirmed Vitaly would provide a consultancy service to the IOC on all aspects of doping control and the protection of clean athletes. It was also confirmed middle-distance runner Yuliya would receive a scholarship to be used for her training. Additionally, a request was made by the IOC to the United States Olympic Committee (USOC) for assistance in contacting universities and training facilities. See <http://www.insidethegames.biz/articles/1044454/russian-whistleblower-stepanova-to-receive-anti-doping-award>.
- The Gold Coast Organizing Committee has opened the process of recruiting 15,000 volunteers to help deliver a great Gold Coast 2018 Commonwealth Games - you can apply at <https://www.gc2018.com/take-part/volunteering?sf44450321=1>.

IAAF ANNOUNCEMENTS

The latest IAAF Council meeting, held last week in the Fairmont Hotel in Monaco, came out with a number of announcements concerning racewalking. See <https://www.iaaf.org/news/press-release/taicang-to-host-2018-world-race-walking-team>.

- **Taicang to host 2018 IAAF World Race Walking Team Championships**

The original hosts of the 2018 edition of these championships was Cheboksary, Russia, a decision which was made by the IAAF in November 2013. However, as the Russian Athletics Federation is currently suspended from IAAF membership, the IAAF decided in August to reallocate the championships. Following the opening of the bidding process in September, expressions of interest were received from six cities (Guyaquil, ECU; Hammamet, TUN; Kiev, UKR; Monterrey, MEX; Taicang, CHN; and Tokyo, JPN). As only Taicang submitted a formal bid by the deadline of 15 November, that city has now been awarded the 2018 IAAF World Race Walking Team Championships.

Taicang, which is situated in Jiangsu province, was host to the 2014 edition of these championships (then called the IAAF World Race Walking Cup) and hosts the Chinese leg of the annual IAAF Race Walking Challenge.

- **Women's 50km Race Walk World Record considerations**

The IAAF Council approved the criteria for the women's 50km race walk to become an official world record event, bringing athletics one step closer to complete gender equality across all its disciplines. From 1 January 2017, the IAAF will accept the first performances equal to or less than **4:30:00** as the inaugural women's 50km race walk world record.

- **Racewalk Electronic Detection System**

In the 1990s, there was an attempt to introduce an electronic system to control loss of contact in race walking, using a system invented and patented by Mr. Dennis Furlong (patents: EP0360930A1 and US 4956628) and based on the use of specific shoes provided with pressure sensors inserted in the sole giving electrical signals to two electronic devices included in the shoes. These devices, in turn, provided an alarm when there was a failure or loss of contact by the walker. The Furlong design allowed for a small loss of contact, called a 'flight time'. Any losses of contact greater than this threshold amount would register.

The system was examined and assessed by the IAAF but it was discarded as it had several problems due to its excessive weight and size and due to the insufficient accuracy of its operation.

Technology has progressed a long way since then and hence the revisit, taking advantage of new technological designs. A position paper was prepared in 2013 by Italian Antonio Amigo and was then widely circulated for review and comment (see <http://www.vrwc.org.au/documents/2013-Electronic-System-for-loss-of-contact-control-in-Race-Walking-Antonio-Amigo.pdf>).

An amount of money was made available by the IAAF to mount a pilot study for what was termed The Electronic Detection System Project to create a definitive judging system for race walking events. This pilot has now moved to the design stage, with contracts signed to construct two preindustrial demonstration prototypes to detect loss of contact by race walkers. One will be used in training and another for competition. The timeline for completion of the project is 18 months.

The results of this project will then be considered by the IAAF Race Walking Committee in order to draw up a rule change proposal which would then need to be considered by the Technical Committee and approved by Council. The goal is to be able to trial a system in competitions ahead of the 2019 IAAF World Championships.

Note that this would only detect loss of contact or unacceptable flight phase times. Judges would still be required to monitor the event (in particular, the final 100m) and rule on bent knees.

I would hope that the final accepted rule change would be based on minimum flight times rather than on pure contact. It is fair to say that any new system that seeks to completely eliminate any loss of contact would force such a slowdown in races that it would effectively kill the sport. And of course, it goes without saying that the current records would need to be annulled.

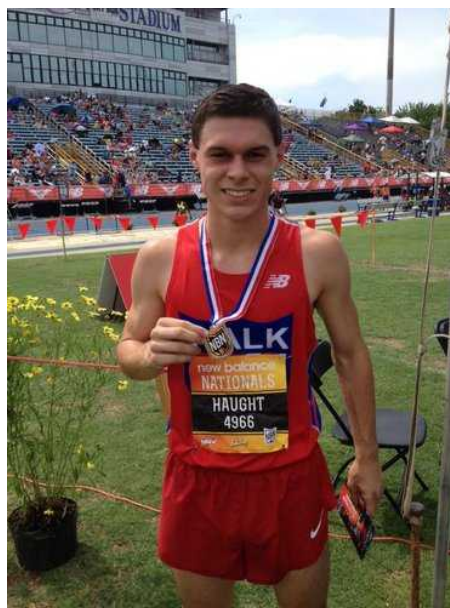
USA HENRY LASKAU AWARDS FOR BEST U20 WALKERS 2016

Congratulations to **Cameron Haught** and **Anali Cisneros** on winning USATF's **Henry Laskau Award** as America's best U20 athletes in the T&F event of Race Walking for 2016!

This prestigious annual award is named for Henry Laskau, a member of the USA Track & Field Hall of Fame. Laskau was the first of the modern day race walkers who electrified the crowds at Madison Square Garden with his walking feats. After losing his family to the concentration camps in World War II, Laskau found his way to America. Switching from distance running to race walking,

Laskau became a 3 time Olympian. It was during the height of his career in 1951 that he brought the Madison Square Garden's sold out crowd to its feet during the Millrose Games - America's oldest indoor T&F meet. That evening Laskau walked a then world record of 6:19.2 for the mile - a record which stood for 12 years. Henry competed in the 1948, 1952 and 1956 Olympic Games.

- Cameron Haught's best time for walking the mile - 6:15.77 - was achieved while winning the 2016 New Balance Indoor high school T&F Championships in New York City last March. He was also the USATF U20 Champ at 10,000m while still 17 and represented the USA internationally at the IAAF World RW Team Championships in Rome, Italy, and in the annual USA-Canada Dual in Fort Saskatchewan, Canada. His best time at the international competition distance of 10,000m is 43:55.0.
- Anali Cisneros, a freshman at Judson University in Illinois, also represented the USA at the IAAF World RW Team Championships in Rome, Italy, and in the annual USA-Canada Dual in Fort Saskatchewan, Canada. But it was the trip to Bydgoszcz, Poland for the IAAF World Junior T&F Championships that made her year. It was there that Anali of Elgin, Illinois, established a new national U20 record of 49:31.88 for 10,000m. That mark broke the old record of 49:43.85 established by Maria Michta Coffey back in 2005.



Anali Cisneros (photo <http://www.dailyherald.com/article/20160505/news/160509399/>) and Cameron Haught (photo <https://twitter.com/milesplit/status/611982448948162561>)

ATHLETICS AUSTRALIA SELECTION POLICY – WORLD UNIVERSITY GAMES

Last week, Athletics Australia announced its selection policy for the 29th Summer Universiade, to be held in Taipei, Taiwan, on 19-30 July 2017. See <http://www.athletics.com.au/Portals/56/High%20Performance/Documents/WUG/2017/World%20University%20Games%20Selection%20Policy%202017%20-%20v1.3%20-%20Published%201%20December%202016.pdf>.

For the 20km walks Athletics Australia went with the same standards that they had for the 2015 Games

Men 20 km Walk	1:25:54
Women 20 km Walk	1:38:53

Each country can be represented by up to 5 athletes in each walk event, all of whom must have achieved the FISU entry standard for the event. However, realistically, AA is unlikely to select more than 2 or 3 max.

The Games are open to athletes born between 1st January 1989 and 31st December 1999 and who are either enrolled and currently studying a diploma or higher courses at a university or TAFE or other tertiary institution or have graduated from a university in the year immediately prior to the championships.

The qualifying period extends from 1 January 2016 to 11 June 2017 and we already have lots of qualifiers. Of course, only those who are in the right age group and fulfil the study criteria above are eligible for selection.

Now that the selection criteria have been released for this meet and for the 2017 IAAF World Championships, our senior athletes can start preparing in detail. Here are the top qualifiers thus far within the qualifying period. Apologies if I have missed anyone.

20km Men	Dane Bird-Smith	Q	1:19:34	Rome	7-May-2016
	Jared Tallent	S	1:21:50	Taicang, China	23-Apr-2016
	Rhydian Cowley	V	1:22:07	Adelaide	21-Feb-2016
	Michael Hosking	V	1:24:42	Adelaide	21-Feb-2016
20km Women	Regan Lamble	V	1:29:33	Rome, Italy	07-May-2016
	Beki Smith	N	1:29:49	Rome, Italy	07-May-2016
	Tanya Holliday	S	1:29:56	Rome, Italy	07-05-2016
	Rachel Tallent	V	1:31:33	Adelaide	21-Feb-2016
	Claire Tallent	S	1:33:23	Naumburg, GER	22-May-2016
50km Men	Jared Tallent	S	3:41:16	Rio de Janeiro	19-Aug-2016
	Chris Erickson	V	3:48:40	Rio de Janeiro	19-Aug-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

Dec 11 (Sun), 2016	Australian 50km Championship, Fawkner Park, Melbourne, 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 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, 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 http://www.podebrady-walking.cz/en/
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 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

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

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