



HEEL AND TOE ONLINE

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TIM'S TOP TEN MEN FOR 2016

There is only one race on which to report this week but, being the end of the year, it is time to review the year with my Top Ten and with my national ranking lists. Men this week and women next week.

Without further adfo, I kick off with my Top Ten Australian Men for 2016 As usual, our top international walkers top the bill but there are a few new faces further down the list. These are very much my own individual picks based on a combination of absolute quality, consistency across the year and improvement relative to past years. Of course, your picks might differ. Anyway, read on. As always, it was a very tough task.



1. Jared Tallent (SA)

For what I think is the 9th year in a row, 32 year old Jared Tallent is my male Australian Walker of the Year. You just can't go past gold in the World Racewalking Team Championships 50km in Rome in May (3:42:46) and silver in the Olympic 50km in Rio (3:41:16). To top it off, Jared finished 2nd in the 2016 IAAF World Racewalking Challenge Series. A very selective racer but always at his peak when it counts.



2. Dane Bird-Smith (QLD)

24 year old Dane Bird-Smith had another stellar year that would have seen him top the rankings in just about any country in the world except for here. He set a new Australian record for the 5000m track (18:38.97), won the Australian 10,000m track championship (38:44.61) and the summer 20km roadwalk championship (1:20:04) before taking 4th place in the World Racewalking Team Championships 20km in Rome (1:19:38) and bronze in the Olympic 20km in Rio (1:19:37). He then capped his year with two seconds and two firsts to win overall in the 4 Day Lake Taihi Challenge in China. Finally, he finished 5th in the 2016 IAAF World Racewalking Challenge Series, a reflection on his great year overall.



3. Chris Erickson (VIC)

35 year old Chris Erickson raced sparingly but, like Jared, produced it when it counted. Wins in the Victorian 10km (41:03) and 20km championships and his first ever win in the LBG 20 Mile Championship in his 13th start (a PB 2:19:51) capped off a good warmup for the Olympics. In Rio, he walked his finest ever race, coming 10th in the 50km with a PB 3:48:40, showing that he is still improving at 35 years of age.



4. Rhydian Cowley (VIC)

25 year old Rhydian Cowley forced his way into the Olympic team with a PB 1:22:07 in the Australian Summer 20km Championship in Adelaide in February. Some fast 5000m track races (19:43.53 and 19:26.76) followed as his final warmup before the World Racewalking Team Championships in Rome (39th in 1:23:21). He then backed this up with another good race in the Rio Olympics (33rd in 1:23:30).



5. Tyler Jones (NSW)

18 year old Tyler Jones started his year with a PB win (42:22) in the Oceania U20 10km walk at the Australian Summer 20km Championships in Adelaide in February. An unfortunate disqualification in the Australian U20 10000m track championship in Perth in March put him in a difficult position re selections but he bounced back with silver in the Australian Open 10,000m championship in Sydney in April (43:39). He raced to 40th place (45:40) in the World Teams Champs in May in Rome but bounced back with 2 excellent races in the LBG Carnival in Canberra in June - 2nd in the Open 10 Miles with 1:10:30 and gold in the U20 10km with 45:05. Everything came together for a superb race in the World Junior Championships in Poland in July (a PB 42:02.96 for 10th in the U20 10,000m walk). He won the Australian U20 10km championship in August in Canberra (44:44) and capped off an excellent year with his first ever 20km in December, finishing 3rd at Fawkner Park in Melbourne with 1:30:12.



6. Adam Garganis (VIC)

19 year old Adam Garganis was one of our hardest working walkers for the year, amassing 42 races in total. But it was not a case of quantity only as the quality was there for all to see. A series of excellent races last summer (3rd in the Oceania U20 10km with 42:53, 5000m times of 21:25, 21:35 and 21:25 and a win in the Australian U20 10,000m championship (43:13.24) earned him spots in the Australian teams for the World Teams Championships and the World Junior Championships. He rose to the challenge in the World Teams Championships in Rome in May, finishing 14th in a PB 42:24. A superb win the LBG Carnival Open 10 Miles (a PB and course record of 1:09:51) was followed by a PB 42:22.96 for 16th in the World Junior Championships in Poland. He rounded off his winter with his first ever senior title, winning the Australian Winter 20km championship in Canberra in August (1:34:23). All in all, a great year.



7. Declan Tingay (WA)

17 year old Declan Tingay started off the year strongly with gold in the Australian U18 5000m Championship (PB 20:43.45) and silver in the Australian U20 10,000m Championship (44:10.11) in March in Perth. He then disappeared to complete his final year of secondary school, reappearing in October and quickly building back into top racing form. He finished off his year much as he had started it, with a wonderful December which included a PB win in the Australian Schools U18 5000m championship (20:11.80) along with two Australian U18 best performances – 10km in 42:36 and 3000m in 11:40.32.



8. Kyle Swan (VIC)

17 year old Kyle Swan started his year with two very important second places. In February, he was second in the Oceania U20 10km walk at the Australian Summer 20km Championships in Adelaide (PB 42:48), thus cementing a spot in the World Racewalking Teams Championships team. He then took silver behind Declan Tingay in the Australian U18 5000m Championship (PB 20:51.32) in Perth in March. He followed this up with 32nd (44:07) in the World Teams Champs in May in Rome. He did a big double at the LBG carnival in June, taking bronze in the Open 10 Miles (1:15:35) and winning the U18 5km (23:00). He finished his winter with a win in the Australian U18 10km road championship (45:44) in August in Canberra. He finished his year with a fine second to Declan Tingay in the Australian Schools U18 5000m in December in Canberra (22:00.76).



9. Andrew Jamieson (VIC)

70 year old Andrew Jamieson continues to lead the way amongst our masters walkers. Graduating to the M70-74 age category in June of this year, he has wasted no time in making his presence felt, setting new records for 5000m (26:42.1), 10km (53:17) and 20km (1:57:55). He also won gold in all three M70 events at the World Masters Championships in Perth in October – 5000m (26:42), 10km (53:37) and 20km (2:01:29). Andrew continues to amaze with times that would do credit to our younger walkers.



10. Brendon Reading (ACT)

27 year old Brendon Reading has to be in the top 10 mix, given his selection in the Rio Olympic 50km, yet overall it was not amongst his best years. A niggling injury hampered his walk in the World Teams Championships 20km in Rome in May and he could only manage 94th with 1:32:32. His Olympic 50km was also done on a less than optimal preparation as he struggled to 50th in the 50km with 4:13:02. But over the last few months, he seems to have returned to more consistent form, clocking up fast track times for 1500m (5:53), 3000m (12:16) and 5000m (22:50).

It was tough to rank the men this year as so little separated many of the choices. I also reviewed a number of other walkers such as **Dylan Richardson** (NSW), **Connor Frew** (ACT), **Mitchell Baker** (ACT) and **Nikola Mandic** (VIC) but felt the others pipped them for spots in the top ten.

WHAT'S COMING UP

All competition has now finished for the year. Athletics Victoria Shield restarts on **Saturday 7th January** with Round 10. I hope everyone is enjoying the break and sneaking in a few training sessions in these hot summer days.

ACT WALKERS CLUB TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 22 DECEMBER

Thanks to Robin Whyte for this week's results from Canberra.

2000m Turkey Handicap

1.	Mitchell Baker	09:00
2.	Callum Burns	09:14
3.	Tim Fraser	09:32
4.	Gabby Hunt	09:37
5.	Laura Burns	10:26
6.	Helena Bialecki	12:10
7.	Robin Whyte	12:22
8.	Harry Baker	13:46
9.	Ella Baker	13:51
10.	Bob Parker	14:09
11.	Geoff Barker	15:55

12. Val Chesterton	17:01
13. Lorna England	18:10

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 5 press releases this week

- Thu 22 Dec - Matej Toth pips Peter Sagan for Slovakian Sportsman of the Year
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2643
- Wed 21 Dec - Portuguese walker Susana Feitor join the Conselho Nacional do Desporto (CNO) of Portugal
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2642
- Wed 21 Dec - Ana Cabechina wins 5000m walk in PB 22:04.81 in Winter Meet in Faro
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2641
- Tue 20 Dec - History of the Youth Olympic Games (YOG)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2640
- Mon 19 Dec - Alvaro Martin (39:56) and Laura Garcia-Caro (45:21) win in Getafe, Spain
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2639

and Omarchador had 4 press releases.

- Sat 24 Dec - Matej Toth wins Slovakian Sportsman of the Year
<http://omarchador.blogspot.com.au/2016/12/matej-toth-atleta-do-ano-na-eslovaquia.html>
- Fri 23 Dec - Reviewing the women's 50km distance and 2016 rankings
<http://omarchador.blogspot.com.au/2016/12/os-50-km-marcha-no-feminino.html>
- Thu 22 Dec - Alex Wright wins Irish 20km championship with 1:27:27.6
<http://omarchador.blogspot.com.au/2016/12/alex-wright-com-1-titulo-nacional-da.html>
- Wed 21 Dec - Ana Cabecinha and Rodrigo Marques in Faro, Portugal
<http://omarchador.blogspot.com.au/2016/12/ana-cabecinha-e-rodrigo-marques.html>

OUT AND ABOUT

- Paul Warburton reviews the last 12 months in the world of racewalking – <https://www.iaaf.org/news/news/race-walks-2016-review>.
- Russia has now lost the biathlon and speedskating events it was due to host this winter following allegations it ran a vast state-sponsored doping scheme. Russian biathlon officials voluntarily gave up their rights to host a World Cup round at Tyumen in March and the world junior championships in Ostrov, due to start late February. It was "impossible" to hold the events in the circumstances, the Russian Biathlon Union said. And the International Skating Union said it was stripping the Russian city of Chelyabinsk of the final round of this season's World Cup because, following McLaren's report, "the focus of the event would not be on the sport but rather accusations and controversies." See <http://www.kiro7.com/news/russia-loses-biathlon-skating-events-over-doping/478178483>.
- Twenty eight Russian competitors face disciplinary proceedings after their urine samples from the 2014 Winter Olympics were allegedly manipulated. See <http://www.bbc.com/sport/athletics/38415869>.
- Vladimir Mokhnev, the former coach of Russian whistleblower Yuliya Stepanova was hit with a 10-year ban for doping-related offences on Friday, the Court of Arbitration for Sport announced. He was found to have violated IAAF rules "relating to possession, trafficking and administration of banned substances", CAS said in a statement. Middle-distance runner Anastasiya Bazdyreva, 24, also received a two-year suspension, backdated to August 2015, for "use or attempted use...of a prohibited substance or a prohibited method". See <http://www.supersport.com/athletics/article.aspx?Id=3828494>.
- Another great article on Canadian walker **Evan Dunfee** - <https://www.thestar.com/sports/amateur/2016/12/24/canadian-race-walker-dunfee-overcomes-rio-speed-bump.html>.

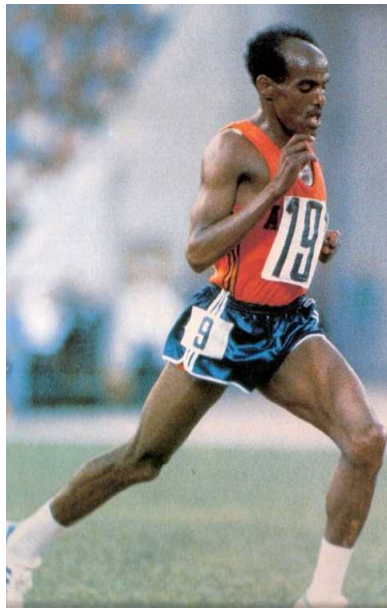
ANOTHER RACEWALK STAMP IS FOUND

Thanks to Margaret and Ian Beaumont for alerting me to the release earlier this year of another racewalking related postage stamp (and even getting me a copy of the full set) from the Isle of Man Post Office. The set of four Team GB stamps was released on 23rd May in recognition of their participation in the Rio 2016 Olympic Games. The four £1.27 stamps showcase swimming, track cycling, race walking and gymnastics which at London 2012, bought Team GB a combined medal haul of 16. See more information about the product release at: <https://www.iompost.com/stamps-coins/collection/team-gb-rio-2016-olympics/team-gb-rio-2016-olympics-set/#sthash.2mRmcz5i.dpuf>.

As far as we know, this is the only racewalking stamp which celebrates the 2016 Olympic Games. All the stamps found thus far can be viewed at <http://www.vrwc.org.au/vrwcstamps.shtml>.



VALE MIRUTS YIFTER



I was saddened to hear that Miruts Yifter, the double Olympic champion for Ethiopia (5000m/10,000m) at the 1980 Olympic Games, died on Friday 22 December in Toronto, Canada, after being hospitalised for respiratory ailments. Yifter was considered by many as the greatest middle distance runners of all-time. See <http://www.athleticsweekly.com/featured/miruts-yifter-the-shifter-dies-54795>.

To get an idea of Yifter's explosive finishing speed, you have only to look at the videos from his 1980 Olympic wins

10,000m run - <https://www.youtube.com/watch?v=JrZpT-LXO-8>

5000m run - <https://www.youtube.com/watch?v=HL0wGobeKZ4>

Quite a few runners have won the Olympic 5000m/10,000m double – Emile Zatopek (1952), Vladimir Kuts (1956), Lasse Viren (1972 and 1976), Kenenisa Bekele (2008) and Mo Farah (2012 and 2016) – but in my opinion, Yifter stands alone at the top. Denied his chance for gold in the 1976 Olympics (when Ethiopia boycotted), he had to wait until 1980 when in the twilight of his career (his actual age was a matter of conjecture).

In the final of the 10,000 m he sprinted into the lead 300m from the finish and won by ten metres. Five days later, in the 5000m final, Yifter was boxed in during the last lap. But with 300m to go, his Ethiopian teammate, Mohamed Kedir, stepped aside and Yifter again

sprinted to victory. Due to his abrupt change in speed when executing his kick to the finish, Yifter acquired the nickname "Yifter the Shifter."

At the Moscow Olympics, part of the mystery surrounding Yifter was the question of his age, which was reported to be between 33 and 42. Yifter refused to give a definitive answer, telling reporters: "Men may steal my chickens; men may steal my sheep. But no man can steal my age." The most common versions of his date of birth are 1 January 1938 or 15 May 1944.

To put all the legends into one race would make for a fascinating scenario. Kuts would have run hard from the gun, hoping to wear the field down. Viren would have put in withering mid race surges and then tried to go with a final sprint from 2 laps out. Zatopek would have waited until the bell before unleashing his withering sprint. Yifter, Bekele and Farah would have all gone with 300m to go and all were/are capable of a 54 sec last lap. But my money would be on Yifter.

2016 AUSTRALIAN RANKING LISTS – MEN

To finish off this week's newsletter, here are the top 25 ranked Australian walkers in each of the major race categories, as calculated in <http://www.racewalkaustralia.com/>. Obviously, not all the top walkers race the shorter distances like 1500m or 3000m but that gives the younger walkers a chance to shine. For all distances apart from the 1500m, the IAAF point score corresponding to each performance is also noted.

1500m Walk

1.	Rhydian Cowley	SM	5:33	VIC	16/11/2016
2.	Brendon Reading	SM	5:53	ACT	01/12/2016
3.	Kim Mottrom	SM	6:07	SA	19/10/2016
4.	Jason Kozica	SM	6:07	VIC	16/11/2016
5.	Adam Garganis	U20M	6:07	VIC	16/11/2016
6.	Kyle Swan	U18M	6:09	VIC	17/10/2016
7.	Luke McCutcheon	U20M	6:12	QLD	03/11/2016
8.	James Christmass	M45	6:16	VIC	20/03/2016
9.	Jamie McCutcheon	U17M	6:19	QLD	03/11/2016
10.	Nelson McCutcheon	U14M	6:20	QLD	03/11/2016
11.	Matthew Griggs	M35	6:22	ACT	01/12/2016
12.	Jamison Stovin	U16M	6:23	QLD	03/11/2016
13.	Stuart Kollmorgen	M45	6:25	VIC	20/03/2016
14.	Declan Tingay	U18M	6:28	WA	20/11/2016
15.	Kyle Bedford	U16M	6:29	NSW	20/03/2016
16.	Dean Nipperess	M45	6:32	QLD	26/11/2016
17.	Jared Tallent	SM	6:34	SA	16/10/2016
18.	Reese Walmsley	U20M	6:36	VIC	17/10/2016
19.	Dylan Richardson	U16M	6:36	NSW	20/03/2016
20.	Jordan Glover	U17M	6:38	NSW	20/03/2016
21.	Mitchell Baker	U15M	6:39	ACT	02/03/2016
22.	Connor Frew	U16M	6:40	ACT	28/01/2016
23.	Oscar Tebbutt	U15M	6:44	NSW	26/07/2016
24.	Ignatio Jimenez	M50	6:46	QLD	05/03/2016
25.	Gwyllym Young	U14M	6:47	ACT	02/03/2016

3000m Walk

1.	Declan Tingay	U18M	11:40	WA	1015	17/12/2016
2.	Rhydian Cowley	SM	11:51	VIC	983	03/12/2016
3.	Tyler Jones	U18M	12:07	NSW	936	22/01/2016
4.	Chris Erickson	SM	12:08	VIC	933	30/01/2016
5.	Brendon Reading	SM	12:16	ACT	908	24/11/2016
6.	Adam Garganis	U20M	12:22	VIC	894	03/12/2016
7.	Emmet Brasier	U18M	12:22	VIC	894	30/01/2016
8.	Kyle Swan	U18M	12:42	VIC	839	15/12/2016
9.	Bradley Simpson	U23M	12:55	VIC	804	09/01/2016
10.	Carl Gibbons	U20M	13:06	NSW	775	22/01/2016
11.	Dylan Richardson	U17M	13:08	NSW	769	29/10/2016
12.	Connor Frew	U17M	13:08	ACT	769	29/10/2016
13.	Jason Kozica	SM	13:09	VIC	767	15/12/2016
14.	Stuart Kollmorgen	M45	13:17	VIC	746	19/03/2016
15.	James Christmass	M45	13:21	VIC	733	19/03/2016
16.	Shae Wellington	U20M	13:27	VIC	721	06/02/2016
17.	Kim Mottrom	SM	13:28	SA	716	12/10/2016
18.	Jamie McCutcheon	U17M	13:40	QLD	688	26/11/2016
19.	Nelson McCutcheon	U14M	13:41	QLD	686	26/11/2016

20.	Mitchell Baker	U16M	13:45	ACT	674	02/12/2016
21.	Tristan Camilleri	U16M	13:47	SA	671	02/12/2016
22.	Oscar Tebbutt	U15M	13:48	NSW	669	12/06/2016
23.	Joe Cross	U15M	13:50	SA	664	12/11/2016
24.	Tim Fraser	U17M	13:52	ACT	657	24/11/2016
25.	Kyle Bedford	U16M	13:54	NSW	654	12/06/2016

5km/5000m Walk

1.	Dane Bird-Smith	SM	18:38	QLD	1135	05/03/2016
2.	Rhydian Cowley	SM	19:26	VIC	1055	05/03/2016
3.	Michael Hosking	SM	19:31	VIC	1049	05/03/2016
4.	Declan Tingay	U18M	20:11	WA	983	02/12/2016
5.	Nathan Brill	U20M	20:15	VIC	977	05/03/2016
6.	Chris Erickson	SM	20:24	VIC	964	05/03/2016
7.	Tyler Jones	U20M	20:46	NSW	929	04/06/2016
8.	Brendon Reading	SM	20:48	ACT	927	05/03/2016
9.	Kyle Swan	U17M	20:51	VIC	923	11/03/2016
10.	Quentin Rew	SM	20:53		918	20/11/2016
11.	Emmet Brasier	U18M	21:13	VIC	888	28/02/2016
12.	Jay Felton	U23M	21:23	NSW	873	27/02/2016
13.	Adam Garganis	U20M	21:24	VIC	872	12/02/2016
14.	Carl Gibbons	U23M	22:01	NSW	817	19/11/2016
15.	Kim Mottrom	SM	22:08	SA	807	05/10/2016
16.	Luke McCutcheon	U20M	22:14	QLD	800	26/11/2016
17.	Jason Kozica	SM	22:22	VIC	788	28/02/2016
18.	Connor Frew	U16M	22:25	ACT	783	20/10/2016
19.	Dylan Richardson	U17M	22:28	NSW	781	02/12/2016
20.	Steven Washburn	U23M	22:38	NSW	767	28/09/2016
21.	Darren Bown	M40	22:43	SA	760	20/08/2016
22.	Shae Wellington	U20M	22:50	VIC	750	20/11/2016
23.	James Christmass	M45	23:17	VIC	713	26/10/2016
24.	Tim Fraser	U17M	23:20	ACT	709	12/06/2016
25.	Jamie McCutcheon	U18M	23:21	QLD	708	02/12/2016

10km/10,000m Walk

1.	Dane Bird-Smith	SM	38:44	QLD	1165	03/04/2016
2.	Rhydian Cowley	SM	41:02	VIC	1057	04/02/2016
3.	Chris Erickson	SM	41:03	VIC	1055	28/05/2016
4.	Tyler Jones	U20M	42:02	NSW	1011	23/07/2016
5.	Jared Tallent	SM	42:14	SA	1002	26/09/2016
6.	Adam Garganis	U20M	42:22	VIC	996	23/07/2016
7.	Declan Tingay	U18M	42:36	WA	986	11/12/2016
8.	Kyle Swan	U17M	42:48	VIC	976	21/02/2016
9.	Jay Felton	U23M	43:40	NSW	939	22/05/2016
10.	Brendon Reading	SM	43:51	ACT	931	04/02/2016
11.	Ian Rayson	SM	44:17	NSW	912	04/02/2016
12.	Nathan Brill	U20M	44:53	VIC	887	04/02/2016
13.	Emmet Brasier	U18M	44:55	VIC	886	21/02/2016
14.	Luke McCutcheon	U20M	45:07	QLD	877	11/09/2016
15.	Dylan Richardson	U17M	46:32	NSW	818	11/12/2016
16.	Carl Gibbons	U20M	46:57	NSW	802	22/05/2016
17.	Jason Kozica	SM	47:02	VIC	799	28/05/2016
18.	Connor Frew	U17M	47:06	ACT	796	10/11/2016
19.	Jamie McCutcheon	U17M	47:59	QLD	761	15/05/2016
20.	Steven Washburn	U23M	48:20	NSW	747	22/05/2016
21.	Kim Mottrom	SM	48:35	SA	737	02/07/2016
22.	Tim Fraser	U17M	48:48	ACT	729	25/06/2016
23.	Reese Walmsley	U18M	48:55	VIC	725	21/05/2016
24.	Stuart Kollmorgen	M45	49:02	VIC	720	27/11/2016
25.	Pramesh Prasad	M40	49:23	VIC	708	31/10/2016

20km Walk

1.	Dane Bird-Smith	SM	1:19:37	QLD	1204	12/08/2016
2.	Jared Tallent	SM	1:21:50	SA	1161	23/04/2016
3.	Quentin Rew	SM	1:21:54	NZ/VIC	1159	07/05/2016
4.	Rhydian Cowley	SM	1:22:07	VIC	1155	21/02/2016
5.	Michael Hosking	SM	1:24:42	VIC	1105	21/02/2016

6.	Brendon Reading	SM	1:27:12	ACT	1057	21/02/2016
7.	Nathan Brill	U20M	1:27:14	VIC	1057	21/02/2016
8.	Chris Erickson	SM	1:28:51	VIC	1027	26/06/2016
9.	Tyler Jones	U20M	1:30:12	NSW	1002	11/12/2016
10.	Ian Rayson	SM	1:32:07	NSW	967	21/02/2016
11.	Jay Felton	U23M	1:32:29	NSW	961	11/12/2016
12.	Carl Gibbons	U23M	1:33:28	NSW	943	11/12/2016
13.	Adam Garganis	U20M	1:34:23	VIC	927	21/08/2016
14.	Kim Mottrom	SM	1:35:25	SA	909	21/02/2016
15.	Kyle Swan	U18M	1:38:30	VIC	856	11/09/2016
16.	Steven Washburn	U23M	1:38:55	NSW	849	22/05/2016
17.	Stuart Kollmorgen	M45	1:43:27	VIC	775	11/12/2016
18.	Pramesh Prasad	M40	1:45:20	VIC	745	11/12/2016
19.	Jason Kozica	SM	1:46:32	VIC	726	11/09/2016
20.	Frank Bertei	M50	1:47:27	VIC	712	26/06/2016
21.	Dean Nipperess	M45	1:47:39	QLD	709	11/09/2016
22.	Ignatio Jimenez	M50	1:48:36	QLD	694	11/09/2016
23.	Aaron McDonough	M40	1:48:42	VIC	692	11/09/2016
24.	Peter Bennett	M60	1:49:39	QLD	678	11/09/2016
25.	Colin Heywood	M60	1:51:16	ACT	654	04/11/2016

30km Walk

1.	Chris Erickson	SM	2:10:21	VIC	1131	12/06/2016
2.	Jared Tallent	SM	2:13:07	SA	1103	12/06/2016
3.	Adam Garganis	U20M	2:23:39	VIC	998	07/08/2016
4.	Kim Mottrom	SM	2:39:14	SA	853	06/08/2016
5.	Jay Felton	U23M	2:39:34	NSW	850	24/07/2016
6.	Carl Gibbons	U23M	2:48:48	NSW	769	24/07/2016
7.	Pramesh Prasad	M40	2:55:21	VIC	715	07/08/2016
8.	Peter Bennett	M60	2:55:43	QLD	712	12/06/2016
9.	Argenis Guevara	M45	2:58:00	QLD	693	12/06/2016
10.	Dean Nipperess	M40	3:01:42	QLD	664	24/07/2016
11.	Peter Crump	M55	3:07:26	SA	619	06/08/2016
12.	Simon Evans	M55	3:08:01	VIC	615	07/08/2016
13.	Terry O'Neill	M60	3:20:58	VIC	520	12/06/2016
14.	Clarrie Jack	M70	3:24:52	VIC	494	12/06/2016
15.	Robin Whyte	M70	3:33:32	ACT	436	12/06/2016

50km Walk

1.	Jared Tallent	SM	3:41:16	SA	1222	19/08/2016
2.	Chris Erickson	SM	3:48:40	VIC	1186	19/08/2016
3.	Brendon Reading	SM	4:13:02	ACT	1071	19/08/2016
4.	Steven Washburn	U23M	4:28:20	NSW	1002	08/05/2016
5.	Matthew Griggs	M35	4:36:14	ACT	967	11/12/2016

Reviwing the total list, the top performances of the year work out to be

1.	Jared Tallent	SM	3:41:16	SA	1222	19/08/2016
2.	Dane Bird-Smith	SM	1:19:37	QLD	1204	12/08/2016
3.	Chris Erickson	SM	3:48:40	VIC	1186	19/08/2016
4.	Dane Bird-Smith	SM	38:44	QLD	1165	03/04/2016

DATES...DATES...DATES

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

2016/2017 Australian/Victorian Key Dates

Jan 7, 2017	AV Shield Round 10, various venues, VIC
Jan 26-28, 2017	Victorian Country Track & Field Championships, Casey Fields, Casey, VIC
Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships, Adelaide, SA
Feb 24-26, 2017	Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park, VIC
Mar 3-5, 2017	Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park, VIC
Mar 7, 2017	Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Mar 25-26, 2017	Victorian Masters Championships, Doncaster, VIC
Mar 26 - Apr 2, 2017	Australian Open and Junior T&F Champs, SOPAC, Sydney, NSW
Apr 22-23, 2017	Australian Centurions 24 Hour Walk Championships, Coburg, VIC

Jun 9-12, 2017 Australian Masters T&F Championships, Darwin, NT. See <http://ntmastersathletics.com.au/>
Jun 11, 2017 51st 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 10th World Youth T&F Championships, Niarobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK. See <http://www.london2017athletics.com/>.
August 19-30, 2017 29th 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 28th IAAF World Race Walking Team Championships, Taicang, China
July 2018 16th World Junior T&F Championships, Tampere, Finland
Sept 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
Sept 28 – Oct 6, 2019 17th IAAF World Championships in Athletics, Doha, Qatar
July 2019 30th Summer Universiade, Brasilia, Brazil
2019 World Masters Indoors T&F Championships, Torun, Poland
July 24 – Aug 9, 2020 32nd 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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