



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S TOP TEN WOMEN FOR 2017

Last week it was my Top Ten Australian Men for the year. This time it is my Top Ten Australian Women for 2017. 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. I found I had to include 12 women as I was not really able to hone it down to a top 10. And that still left out other talented walkers like Jess Pickles, Rachel Tallent, Philippa Huse and Simone McInnes.



1. Katie Hayward (QLD)

17 year old Katie was the world leading U18 female walker for 2017 and it was only the decision by AA not to send a team to the final IAAF World Youth Championships that robbed her of a potential world gold medal. She dominated the track with wins in the Australian Open 10,000m Track Championship (45:51.09) in March and the Australian U18 5000m at the Australian School Championships in December (22:06.65). She also led the Australian yearly ranking list for 1500m (5:49.93), 3000m (12:46.34) and 5000m (21:50.0) and was 2nd overall in the 10,000m ranking list (45:51.09). And all at age 16/17. A huge talent!



2. Regan Lambie (VIC)

26 year old Regan only race sparsely in 2017 but each of her races was of a high quality. She started off the year with two 10,000m track walks as part of the AIS camp last January (46:33 and 45:29). She then won the Australian Summer 20km championship in Adelaide in a year leading time of 1:29:58. Her next major race was in August when she finished first Australian in the IAAF World Championships in London (22nd with 1:31:30). In September she won the Australian University Games 5000m track title with 22:56. Her final race for the year was another 20km at Fawkner Park in December (4th with 1:35:04).



3. Claire Tallent (SA)

36 year old Claire had 9 races this year, not bad considering that she gave birth to baby Harvey mid year. In fact, her first race was not until June (5km in 24:30). Two months later, she represented Australia in the IAAF World Championships in London (43rd in 1:37:05), a late edition after the withdrawal of Rachel Tallent. She backed up with a win in the Australian Winter 20km Championships (1:37:54) before racing in all 4 days of the Lake Taihu Classic in China, finishing 14th overall. She finished off the year with 2nd in the Fawkner Park 20km (first Australian) with a much improved 1:33:59. What a comeback after a first baby!



4. Allannah Pitcher (NSW)

14 year old Allannah continued on where she left off last year, continuing to set the standard within her age group. She took silver in the Australian U17 5000m Track Championship (24:47) and bronze 4 days later in the Australian U15 3000m Track Championship (14:25) in March. At the annual LBG Carnival in June, she took golds in the U14 2km (9:20) and the U16 3km (25:24). She won the Australian U16 5km Road Championship in August (24:34) and finished second in the Australian Schools U16 3000m Track Championship in December (13:45.78). She also dipped her foot into the longer distances, recording 10km times of 51:31 and then 50:44 in July, while still aged 13. A very talented young walker.



5. Jemima Montag (VIC)

19 year old Jemima had a relatively low key year but it did have its highlights. She won the Victorian Open 5000m track title in February (23:11) and the Victorian 15km road title in May (a huge PB of 1:13:37). She won the LBG Carnival U20 10km roadwalk championship in Canberra in June (46:43) and finished the year in fine style, finishing 3rd (2nd Australian) in the Fawkner Park 20km in December (1:34:18). This last time should qualify as an Australian U20 Record. With that walk, Jemima has put herself into contention for both Commonwealth Games and World Team Championships.



6. Rebecca Henderson (VIC)

16 year old Rebecca has had an excellent year that started with gold in the Victorian U17 5000m track championship (23:31) and gold in the Australian U17 5000m Track Championship (24:05). A bronze in the Victorian Open 15km Road Championship in May (1:18:52) confirmed her potential over the longer distances (she was aged 15 at that stage). She won the Australian U18 5km Road Championship in August (24:19) to sweep the pool nationally. She is also an excellent swimmer and triathlete so has a lot on her plate. A very promising athlete on many fronts. It remains to be seen which sport will win out!



7. Clara Smith (QLD)

19 year old Clara started the year strongly with wins in the Oceania U20 10km Championship in Adelaide (47:48) and in the Australian U20 10,000m Championship in Brisbane (49:17.99). She did not reappear until September when she walked two of the legs in the 4 Day Lake Taihu Classic in China (including an inaugural 20km time of 1:39:44. She then improved her 20km PB to 1:37:06 in finishing 5th in the Fawkner Park races in December.



8. Gwen Steed (VIC)

75 year old Gwen has been amongst our top Masters walkers for many years, regularly competing for medals in the various World Masters Championships. But this year has seen a surge in performances coinciding with her 75th birthday in July. Since then, she has bettered W75 World and/or Australian Records on 11 separate occasions, with W75 best times now set at 20:04.5 (3000m), 35:49 (5km) and 1:13:33 (10km).



9. Emma Blanch (NSW)

14 year old Emma has had some great battles with Allannah Pitcher this year, both girls being in the same U15 National age group. Emma won out in the Australian U15 3000m Track Championship in March (14:10) and in the Australian Schools U16 3000m in December (31:41.78) and generally little separated the 2 girls. However, Allannah won the head to head competition 8 to 2 so must be ranked higher. Both girls deserve to be in my top 10 for the year.



10. Beki Smith (NSW)

31 year old Beki finished 3rd (2nd Australian) in the Australian Summer 20km Championship in Adelaide (1:31:23), thus gaining selection for the IAAF World Championships. There she finished as the second Australian (38th with 1:35:31). Her racing year finished with the Lake Taihu 4 Day Classic in China, walking in 3 of the 4 stages and finishing 30th overall. A sparse racing year but one that shows her ongoing excellence.



11. Elizabeth McMillen (NSW)

13 year old Elizabeth has been our top U14 female walker this year, with silver in the Australian U14 3000m Track Walk in March (15:02) and golds in the Australian U14 3km Road Championship in August (14:53) and in the Australian Schools U14 3000m Track Walk in December (14:40).



12. Heather Carr (VIC)

68 year old Heather continued to dominate her W65 age group on the world stage this year. In March, she won dual golds in the WMA World Indoor Championships in Daegu (3000m and 10km), setting a W65 World Record for the 3000m Indoor (16:57.96) in the first of the two wins. She then won 3 walk golds at the 2017 World Masters Games in Auckland in April (3000m, 5000m and 1500m). She then won dual golds in the Australian Masters T&F Championship in Darwin (1500m and 5000m). With her goals for the year completed, she went under the surgeon's knife for a full hip replacement operation in late June. By October, she was back on the track, competing in the Victorian Shield and VRWC competitions each week and gradually getting her times back down again. What an amazing walker!

You can check out this year's and all past year's Top Ten's at <http://www.vrwc.org.au/TopTen.shtml>.

WHAT'S COMING UP

Our well earned Christmas break is coming to a finish, with **AV Shield** resuming this **Saturday 6th January**. Metropolitan walkers can contest 3000m at **Aberfeldie**, while all country venues (**Bendigo, Ballarat and Geelong**) will also host walks. Pre-entries close tomorrow, with online entries via AV website. As always, check out the AV website for the latest details and timetables.

Looking further ahead, the following Victorian races are coming up.

- Jan 10 (Wed), 2018 AV/VRWC Track Races, Clifton Hill, Mentone
- Jan 12 (Fri), 2018 AV Shield Round 11 – 3000m/1500m walks at Lakeside Stadium (twilight)
- Jan 20 (Sat), 2018 AV Shield Round 12: (P1 & P2) – no walks as far as I know at this stage
- Jan 21 (Sun), 2018 VRWC Road Races, Middle Park
- Jan 26-28, 2018 Victorian Country T&F Championships, Ballarat
- Jan 31 (Wed), 2018 AV Teams 5000m Championships & VRWC races, Mentone
- Feb 10 (Sat), 2018 AV Shield Final (P1), Lakeside Stadium – 2000m Walk

And a final reminder that entries are now open for the **2018 Australian 10,000m Race Walk Championships** which will be held at the AIS track in Canberra on **Sunday 14th January**. AA advises the timetable will be released shortly. **Entries close on Monday 8th January**. Register at <https://10000mwalk.eventdesq.com/>.

VALE BRIAN WILLIAMS

I was saddened to hear yesterday that former VRWC racewalking judge Brian Williams had passed away on Monday 1st January. Brian was a VRWC judge for many years up until around 2012. Even though we saw little of him at Middle Park in the last few years, he did continue to contribute as an Athletics Victoria official and, in 2014, his many years of officiating were recognised by AV with a 35 Years of Service Award. Brian is remembered by us for his fairness as a judge, for his passion for the sport and for his unwillingness to compromise on doing things properly in administering the sport for the benefit of all athletes. He will be sadly missed.

When I hear news of the funeral, it will be posted on our VRWC facebook page.

THE FIRST WALK MEET, HONG KONG MONDAY 1ST JANUARY

As usual, the international racewalking year kicked off with the **Hong Kong 50km Roadwalk Meet**, always billed as the First Walk Meet of the Year. This year, I am pleased to include a report by USA's Paul DeMeester's who participated. Thanks Paul!

GOOD MORNING 50K AND HAPPY NEW YEAR ... By Paul F. DeMeester

If 2017 turned unexpectedly into the Year of the Women's 50K, what better way to ring in the New Year than with a 50km race where the women competitors outnumbered the male race walkers. And what a venue! Stonecutter's Island sits west of Kowloon and serves as Hong Kong's container seaport. The outbound half of the 1km circuit on the west end of the island

gave the walkers spectacular views of giant container ships being guided into position by tugboats. The weather was race perfect. Cool 50s and low 60s (Fahrenheit) with overcast skies and, for Hong Kong, low humidity at 78%.

The 50km race shared the bill with a 6 Hour race, a 20km, and junior 10 and 5km races. This story only covers the 50K. I figured the best way to report on it was to be in it, even though I became the first drop-out at the half-way mark.

Echo Young has lit a spark under Hong Kong race walking. Race day was well organized, training days dot the weekly schedule, and her organizing efforts have opened the sport to those who are not chasing international entry standards. The 50K was a case in point. With plenty of judges of international caliber, including Khoo Chong Beng of Malaysia, a veteran of many Olympic and World Championships, the race offered a generous 7-hour time limit. And for those for whom the 50K was too big a bite, there was the 6 Hour contest.

It was the third consecutive New Year's Day that the 50K race was held here for both men and women, affording gender equality prior to the emergence of the women's 50km race as a hot legal topic in 2017. Hats off to the Hong Kong Racewalking Association and Echo Young.

In the men's race, **Walker Wong** took the early lead in the first 2km, only to have to share it with **Peter James Back** of Singapore for the next 10km. Back was on his own after that, except when he lapped his closest pursuer, who stayed with Back for a couple of laps. Back then kept the margin between one-and-a-half to two laps; settled into a comfortable rhythm and took honors in 5:54:27. A tender moment was provided when Back was joined on course by his daughter Maelen, who was competing in the junior 5km. Each of the Backs was more concerned about how the other was doing. **Chan Wai-on**, a finisher in all three editions, came in third, besting his personal meet record in the process.

On the women's side, **Billie Kwok** provided similar consistency in establishing a new meet record and going for her third straight win. She settled in behind the Wong-Back duo from the start and walked a steady pace to the finish line. She was joined on the podium by newcomers **Wendy Choi** and **Linda Fung**.

A special treat was the presence of **So Kam Tong**, who represented Hong Kong at the men's 50km race at the 1964 Tokyo Olympics, where he placed 31st in 5:07:53.2, a national record that was broken at last year's First Walk when Ken Cheung won in 5:03:23. Unofficial 50km results read as follows

Men's 50km

| | | | |
|----|-------------------|-----|------------|
| 1. | Peter James Back | SIN | 5:54:27 |
| 2. | Walker Wong | HKG | 6:03:51 |
| 3. | Chan Wai-on | HKG | 6:22:25 |
| | Paul F. DeMeester | USA | DNF (25km) |

Women's 50km

| | | | |
|----|-------------|-----|------------|
| 1. | Billie Kwok | HKG | 6:14:06 |
| 2. | Wendy Choi | HKG | 6:24:18 |
| 3. | Linda Fung | HKG | 6:28:31 |
| | Irene Tai | HKG | DNF (44km) |
| | Edith Leung | HKG | DNF (30km) |



Hong Kong 50km - Linda Fung, Wendy Choi, Peter James Back, Walker Wong, Paul DeMeester, Irene Tai, Chan Wai on, Billie Kwok, Edith Leung and international judge Khoo Chong Beng



And they are off and walking



Winners Peter Back and Billie Kwok (photos Paul DeMeester)

NEW YEAR'S DAY RACEWALKS, TOKYO, JAPAN, MONDAY 1 JANUARY

MarciaDalmondo reports (see http://www.marciaalmondo.com/eng/dettagli_news.aspx?id=3024) on the 66th annual New Year Race Walking Meet, held in Tokyo yesterday morning near the new Olympic Stadium that is currently under construction. The program included 20km for men and 10km for women, plus a few side races over smaller distances. And this time around, it stole the thunder from the Hong Kong walks meet as the First Walks Meet of the Year - by 30 minutes!

In the men's 20km, an impressive 94 walkers started, with 74 completing the race (15 DQs and 4 DNF). Overall winner was 22 year old **Daisuke Matsunaga** (1:20:12), very fast but well outside his Nomi PB of 1:18:53 (March 2016). Minor placings to **Kazuki Takahashi** (1:23:45) and **Hayato Sakakibara** (1:25:03). The women's 20km saw 38 starters, with all completing the race. Overall victory to **Nami Kumagai** (46.24) ahead of Hong Kong walker **Sunga Ching** (46.55) and **Chiaki Asada** (47:12). Full results at http://www.marciaalmondo.com/admin/pdf/risultati/01012018797Tokyo_2018_Jan_1.pdf (but in Japanese). And a great short video of the start of the men's 20km at <https://www.facebook.com/RacewalkingRippo/videos/2042712235947685/>.

20km Walk Men (94 starters, 74 finishers)

| | | | | |
|----|--------------------|-----|---------|-----|
| 1. | Matsunaga, Daisuke | JPN | 1:20:12 | NGR |
| 2. | Takahashi, Kazuki | JPN | 1:23:45 | |
| 3. | Sakakibara, Hayato | JPN | 1:25:03 | |
| 4. | Onoue, Yuki | JPN | 1:25:16 | |

| | | | |
|----|------------------|-----|---------|
| 5. | Warita, Hitoshi | JPN | 1:25:24 |
| 6. | Murayama, Yutaro | JPN | 1:25:27 |
| 7. | Dairaku, Kyohei | JPN | 1:25:35 |
| 8. | Suganami, Yuya | JPN | 1:25:41 |

20km Walk Women (38 starters, all finished)

| | | | |
|----|-------------------|-----|-------|
| 1. | Kumagai, Nami | JPN | 46:24 |
| 2. | Ching, Sunga | HKG | 46:55 |
| 3. | Asada, Chiaki | JPN | 47:12 |
| 4. | Yoshizumi, Yuki | JPN | 47:13 |
| 5. | Mizoguchi, Yukiho | JPN | 48:01 |
| 6. | Kurahara, Natsumi | JPN | 48:05 |
| 7. | Kurihara, Miyabi | JPN | 48:13 |
| 8. | Matsumoto, Sae | JPN | 48:40 |

USA INDOOR 5000M WALK CHAMPIONSHIPS, ROCHESTER, NY, SATURDAY 30 DECEMBER

To New York State for the USA Indoor 5000m Open and Junior Championships, held on the 200m track at the Rochester Institute of Technology in Rochester. Wins to **Miranda Melville** (23:04.85) and **A.J. Gruttadauro** (22:01.65). Fastest overall went to Canadian visitor **Mathieu Bilodeau** (20:51.65). In the associated 10,000m walks, **Miranda Melville** set a new USA Indoor record with her time of 46:03.08. Race video at <https://www.facebook.com/AJGruttadauroRaceWalker/videos/2152093111684928/>.

USA 5000m Walk Championship - Open Women

| | | | | |
|-----|---------------------|----|-----------------------------------|----------|
| 1. | Miranda Melville | 28 | Sketchers Performance/New York AC | 23:04.85 |
| 2. | Erin Taylor-Talcott | 39 | Shore Athletic Club | 25:29.96 |
| 3. | Chelsea Conway | 28 | Shore Athletic Club | 26:06.50 |
| 4. | Katie Miale | 20 | Marist College | 26:11.15 |
| 5. | Kayla Allen | 18 | LA Racewalkers | 26:25.88 |
| 6. | Kayla Shapiro | 18 | Walk USA | 26:44.22 |
| 7. | Rachel Zoyhofski | 26 | Unattached | 27:32.41 |
| 8. | Marianne Martino | 67 | High Altitude Racewalk Team | 32:02.67 |
| 9. | Amanda Schneider | 28 | Guest - Ontario Racewalkers | 34:05.16 |
| 10. | Olivia Harbol | 20 | Buffalo State University | 35:08.24 |
| 11. | Nicky Slovitt | 57 | Guest - Ontario Racewalkers | 35:17.86 |

USA 5000m Walk Championship - Open Men

| | | | | |
|-----|-------------------|----|-----------------------------|----------|
| 1. | Mathieu Bilodeau | 34 | Guest - AA Sketchers | 20:51.65 |
| 2. | A.J. Gruttadauro | 20 | Shore Athletic Club | 22:01.79 |
| 3. | David Swarts | 52 | Pegasus Athletic Club | 23:48.78 |
| 4. | Logan Roberts | 17 | Thriller Track & Field | 25:47.62 |
| 5. | Dan O'Brien | 52 | Pegasus Athletic Club | 26:51.42 |
| 6. | Dave Talcott | 57 | Shore Athletic Club | 28:17.88 |
| 7. | Benjamin Young | 26 | Guest - Rochester, NY | 29:42.42 |
| 8. | Vince Peters | 63 | Chicago Walkers | 31:41.53 |
| 9. | Thoreau Kilbourne | 17 | Unattached - North Carolina | 31:45.67 |
| 10. | Joel Dubow | 74 | Atlanta Track Club | 34:49.67 |

Youth 1,000m Walk

| | | | | |
|----|-----------------|----|--------------------------|---------|
| 1. | Desilets Dubois | 11 | Rochester Running Rebels | 5:23.08 |
| 2. | Kyra Pellegrino | 13 | Unattached | 6:23.13 |

Men 10,000m Walk

| | | | | |
|----|------------------|----|---------------------|----------|
| 1. | A.J. Gruttadauro | 20 | Shore Athletic Club | 45:50.16 |
|----|------------------|----|---------------------|----------|

Women 10,000m Walk

| | | | | | |
|----|------------------|----|-----------------------------------|----------|-------------|
| 1. | Miranda Melville | 28 | Sketchers Performance/New York AC | 46:03.08 | US Open Rec |
|----|------------------|----|-----------------------------------|----------|-------------|

They weren't the only USA walkers in action over the last few days. First to South Huntington where **Maria Michta-Coffee** walked 13:38.1 for 3000m indoor on Sunday 30th December.

Long Island 3000m Indoor Walk, St. Anthony's High School, South Huntington, NY, Sunday 31 December

| | | | | |
|----|---------------------|----|---------------------|---------|
| 1. | Maria Michta-Coffee | 31 | WalkUSA-Oiselle | 13:38.1 |
| 2. | Lauren Harris | 18 | Marist/WalkUSA | 14:54.7 |
| 3. | Katie Michta | 21 | Molloy/WalkUSA | 15:18.5 |
| 4. | Kayla Torres | 18 | WalkUSA | 16:44.1 |
| 5. | Tara Mandel | 18 | una-Farmingdale, NY | 17:47.6 |
| 6. | Sophie Riegel | 16 | una-Hewlett, NY | 18:00.3 |

And further south, where **Nick Christie** (PB 41:13.46) and **Robyn Stevens** (46:07.28) won the 10,000m track walks at the first ever Bi-National Racewalk event, held at the Centro de Alto Rendimiento (CAR) in Tijuana, Mexico, on Saturday December 30th. It was a meet between USA and Mexican racewalkers who had attended a training camp at the venue. There were a variety of races on offer, with the main one being the 10,000m. All I could get in the way of results was a low quality scan so I have typed it out. I think I have the countries correct.

10,000m Walk, BiNational Racewalk Meet, Tijuana, Mexico, Saturday 30 December

| | | | | |
|-----|-------------------------|-----|------|------------|
| 1. | Nick Christie | USA | 1991 | 41:13.46 |
| 2. | Alex Bellavance | USA | 1997 | 44:49.76 |
| 3. | Robyn Stevens (F) | USA | 1983 | 46:07.28 |
| 4. | Ariel albarran Roa | MEX | 1995 | 51:16.31 |
| 5. | Mario De Los Rios Banda | MEX | | 52:16.98 |
| 6. | Eduardo Urias | MEX | 1999 | 52:45.71 |
| 7. | Giovanni Cisneros | USA | 2001 | 52:54.46 |
| 8. | Molly Josephs (F) | USA | 1994 | 53:33.20 |
| 9. | Anali Cisneros (F) | USA | 1997 | 54:28.81 |
| 10. | Jadon Davis | USA | 2001 | 58:34.93 |
| 11. | Zoi Betties (F) | USA | 2002 | 1:01:15.00 |
| 12. | Jose Ayala Altamirano | MEX | 1998 | 1:01:31.00 |
| 13. | Jonathan Andersen | USA | 1997 | 1:01:33.00 |

INDIAN POLICE CHAMPIONSHIPS, DEHRADUN, INDIA, 26-30 DECEMBER

To India where the men's and women's walks at the Indian Police Championships were held last Wednesday 27th December.

Men 20,000m Race Walk

| | | | | |
|-----|-----------------|-----|----|-----------|
| 1. | Manish SINGH | IND | 91 | 1:25:37.0 |
| 2. | Kulwant SINGH | IND | | 1:26:43.0 |
| 3. | Jai BHAGWAN | IND | | 1:27:39.0 |
| 4. | Surinder SINGH | IND | 88 | 1:27:46.0 |
| 5. | Baljinder SINGH | IND | 89 | 1:30:51.0 |
| 6. | Mahendra KUMAR | IND | 94 | 1:31:01.0 |
| 7. | Anil KUMAR | IND | 84 | 1:31:05.0 |
| 8. | Sandip NALAGE | IND | 86 | 1:32:35.0 |
| 9. | Ikrar AHMED | IND | 92 | 1:35:10.0 |
| 10. | Sharma NEERAJ | IND | 94 | 1:37:59.0 |
| 11. | Amit MISHRA | IND | | 1:45:28.0 |

Women 10,000m Race Walk

| | | | | |
|----|----------------|-----|----|---------|
| 1. | Khushbir KAUR | IND | 93 | 44:33.5 |
| 2. | B. SOUMYA | IND | 90 | 46:22.4 |
| 3. | MP RAJNI | IND | | 49:23.1 |
| 4. | Sonu RAWAT | IND | | 49:38.8 |
| 5. | Meenu YADAV | IND | 94 | 51:31.5 |
| 6. | L.Sarda DEVI | IND | | 52:00.1 |
| 7. | Ranjana GUPTA | IND | 86 | 52:48.7 |
| 8. | K.Bibicha DEVI | IND | | 54:33.0 |
| 9. | . ANUPI | IND | | 58:00.5 |

OUT AND ABOUT

- This is a very disturbing article. Sporting bodies have failed to address Russia's continued retaliation against Grigory Rodchenkov because it would be easier for them if he was killed, his lawyer Jim Walden claimed last Tuesday as he accused the IOC of a cowardly response. In a statement, Walden said he was told "point blank" by the IOC that they would take no action against Russia for their prolonged campaign against the former Moscow Laboratory director turned whistleblower. Walden was responding to Russian President Vladimir Putin, who used his annual press conference to accuse United States security forces of drugging Rodchenkov to persuade him to reveal details of alleged institutional doping in the country. See <https://www.insidethegames.biz/articles/1059507/ioc-accused-of-cowardice-for-failing-to-address-russian-retaliation-against-rodchenkov#.WkKWeHgXCMs.twitter>.
- Further, IOC President Thomas Bach has been urged to resign by the Jim Waldon, the lawyer of whistleblower Grigory Rodchenkov, who described his leadership as "pathetic" and accused him of "kowtowing to powerful Russia". See <https://www.insidethegames.biz/articles/1059607/bach-urged-to-resign-as-ioc-president-after-being-accused-of-kowtowing-to-powerful-russia-by-rodchenkov-lawyer/>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 4 press releases this week

- Mon 1 Jan - Daisuke Matsunaga starts the year with a bang - Japanese roadwalk results
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3024
- Mon 1 Jan - Johann Diniz celebrates his 40th birthday today
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3023
- Sun 31 Dec - The Hong Kong 50km will be the first racewalk in 2018
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3022
- Wed 27 Dec - 2017 end of year review: race walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3021

and Omarchador has 8 press releases

- Mon 1 Jan - Johann Diniz turns 40 years of age
<http://omarchador.blogspot.com.au/2018/01/nos-40-anos-de-yohann-diniz.html>
- Mon 1 Jan - Happy New Year
<http://omarchador.blogspot.com.au/2018/01/feliz-2018.html>
- Sun 31 Dec - Discussing the inclusion of the women's 50km in the 2017 International program
<http://omarchador.blogspot.com.au/2017/12/50-km-femininos-acontecimento.html>
- Sat 30 Dec - The Portuguese Athletics Federation cops some flack
<http://omarchador.blogspot.com.au/2017/12/desleixo-federativo-acontecimento.html>
- Fri 29 Dec - Focus on Eider Arévalo of Colombia
<http://omarchador.blogspot.com.au/2017/12/eider-arevalo-figura-internacional-de.html>
- Thu 28 Dec - Profile of Ines Henriques of Portugal
<http://omarchador.blogspot.com.au/2017/12/ines-henriques-figura-nacional-de-2017.html>
- Wed 27 Dec - Questions over the women's 50km qualification standard to be announced by Portugal
<http://omarchador.blogspot.com.au/2017/12/fpa-nao-anunciou-marca-de-qualificacao.html>
- Tue 26 Dec - The resurgence of Portuguese walking
<http://omarchador.blogspot.com.au/2017/12/o-ressurgimento-da-marcha-atletica-em.html>

YOHAN DINIZ TURNS 40

It's not often that you get to celebrate the 40th birthday of a reigning IAAF World Athletics Champion but that is what happened on New Year's Day 2018, when World 50km and World 50,000m record holder Yohann Diniz celebrated the milestone. As usual, it was comprehensively reported by marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3023) and omarchador (<http://omarchador.blogspot.com.au/2018/01/nos-40-anos-de-yohann-diniz.html>) and I felt it should also be publicised in our newsletter.

The following stats are taken from his profile on www.all-athletics.com.

- 1 x World champion
- 1 x World Championships Silver medallist
- 3 x European champion
- 1 x In Top 8 at Olympic Games
- 2 x European Cup Race Walking winner
- 1 x European Cup Race Walking Bronze medallist
- 8 x National champion
- 2 x National Indoor champion
- 2 x Current World Record holder - 50,000m Walk, 50km Walk
- 3 x Current European Record holder - 20km Walk, 50,000m Walk, 50km Walk
- 3 x World Records in career

His list of major International Representations makes for fascinating reading: He won his first major championship in 2006 – the European 50km Championship – with 3:41:39, aged 28. Definitely a late developer. He won this year’s IAAF World Championship 50km in a much faster 3:33:12, aged 39!

| | | | | | |
|-------------------|----------|---|-------------------------|------------------|----------------|
| 2003.05.18 | 40 | European Race Walking Cup | Cheboksary (RUS) | 20km Walk | 1:31:45 |
| 2004.05.02 | 40 | IAAF World Race Walking Cup | Naumburg (GER) | 20km Walk | 1:24:28 |
| 2005.05.21 | 4 | European Race Walking Cup | Miskolc (HUN) | 50km Walk | 3:45:17 |
| 2005.08.12 | - | IAAF World Championships | Helsinki (FIN) | 50km Walk | DQ |
| 2006.08.10 | 1 | European Championships | Göteborg (SWE) | 50km Walk | 3:41:39 |
| 2007.05.20 | 1 | European Cup Race Walking | Leamington (GBR) | 20km Walk | 1:18:58 |
| 2007.09.01 | 2 | IAAF World Championships | Osaka (JPN) | 50km Walk | 3:44:22 |
| 2008.08.22 | - | Olympic Games | Beijing (CHN) | 50km Walk | DNF |
| 2009.05.24 | 8 | European Cup Race Walking | Metz (FRA) | 20km Walk | 1:26:59 |
| 2009.08.21 | 11 | IAAF World Championships | Berlin (GER) | 50km Walk | 3:49:03 |
| 2010.05.16 | - | IAAF World Race Walking Cup | Chihuahua (MEX) | 20km Walk | DNF |
| 2010.07.30 | 1 | European Championships | Barcelona (ESP) | 50km Walk | 3:40:37 |
| 2011.09.03 | - | IAAF World Championships | Daegu (KOR) | 50km Walk | DQ |
| 2012.08.11 | - | Olympic Games | London (GBR) | 50km Walk | DQ |
| 2013.05.19 | 1 | European Race Walking Cup | Dudince (SVK) | 50km Walk | 3:41:07 |
| 2013.08.14 | 10 | IAAF World Championships | Moskva (RUS) | 50km Walk | 3:45:18 |
| 2014.08.15 | 1 | European Championships | Zürich (SUI) | 50km Walk | 3:32:33 |
| 2015.05.17 | 3 | European Cup Race Walking | Murcia (ESP) | 20km Walk | 1:20:37 |
| 2016.08.19 | 8 | Olympic Games | Rio de Janeiro (BRA) | 50km Walk | 3:46:43 |
| 2017.08.13 | 1 | IAAF World Championships in Ath. | London (GBR) | 50km Walk | 3:33:12 |

His PBs show excellence over all distances. Yohann is a real all rounder.

| | | | |
|-------------------|-------------------|-------------------------|---------------|
| 3000m Walk | 11:14.16 | Angers (FRA) | 09.09.2017 |
| 5000m Walk | 18:18.01 | Villeneuve d'Ascq (FRA) | 27.06.2008 |
| 5000m Walk Indoor | 18:16.76 | Reims (FRA) | 07.12.2014 |
| 10,000m Walk | 38:08.13 | Reims (FRA) | 12.07.2014 |
| 10km Walk | 38:46 | Kraków (POL) | 30.05.2009 |
| 20,000m Walk | 1:19:42.0h | Bogny-sur-Meuse (FRA) | 25.05.2014 |
| 20km Walk | 1:17:02 | Arles (FRA) | 08.03.2015 |
| 50,000m Walk | 3:35:27.2h | Reims (FRA) | 12.03.2011 WR |
| 50km Walk | 3:32:33 | Zürich (SUI) | 15.08.2014 WR |

Happy birthday Yohann!



*Left: Diniz's first major victory in the 2006 European 50km Championship
Right: Diniz's latest major victory in the 2017 IAAF 50km World Championship*

FOCUS ON INÊS HENRIQUES

On January 7, Porto de Mós in Portugal will again host the 35km and 50km National Roadwalk Championships. A year ago in this race, Inês Henriques won the 50km with an inaugural world record. She then went on to win the inaugural IAAF Women's 50km World Championship with an even faster world record.

This year she will be racing in Porto de Mós again and will be chasing the Portuguese 35km women's record this time around. With the World Racewalking Team Championships 50km in May and with the European Championships 50km in July, she has opted for the shorter distance to spare her legs for the really big races to come.

It promises to be another wonderful year for the 37 year old Portuguese walker. Having just finished discussing Yohann Diniz, it is worth while pointing out that Henriques will turn 38 on 1st May, just before the first of her two 50km championship races. Our top two 50km exponents are "old" in age but both have lots of walking left in their legs.

It has been a long career for Henriques and it shows no signs of slowing any time soon. She started racewalking at age 12 and has now amassed appearances at 3 Olympic Games, 8 IAAF World Championship, 4 European Championships and 8 IAAF World Team Championships. She started her international career with dual appearances at the IAAF World Junior Championships (1996 and 1998) but real success was a long time in coming. It was not until 2007 that she nudged inside the top 10 (7th in the European Racewalking Cup and the IAAF World Champs) and it was not until 2010 that she medalled (3rd in the IAAF Racewalking Team Championships). And it is only now that the 50km discipline has gone live that she can truly excel in a distance for which she is perfectly made.

First to her international career which is long and illustrious

| | | | | | |
|-------------------|----------|--|------------------------|------------------|----------------|
| 1996.08.24 | 22 | IAAF World Junior Championships | Sydney (AUS) | 5000m Walk | 25:17.2 |
| 1998.08.01 | 24 | IAAF World Junior Championships | Annecey (FRA) | 5000m Walk | 23:54.5 |
| 2000.06.17 | 42 | European Race Walking Cup | Eisenhüttenstadt (GER) | 20km Walk | 1:41:19 |
| 2001.08.04 | - | IAAF World Championships | Edmonton (CAN) | 20km Walk | DQ |
| 2002.10.12 | 23 | IAAF World Race Walking Cup | Torino (ITA) | 20km Walk | 1:35:28 |
| 2003.05.18 | 32 | European Race Walking Cup | Cheboksary (RUS) | 20km Walk | 1:36:03 |
| 2004.05.02 | 34 | IAAF World Race Walking Cup | Naumburg (GER) | 20km Walk | 1:32:32 |
| 2004.08.23 | 25 | Olympic Games | Athina (GRE) | 20km Walk | 1:33:53 |
| 2005.05.21 | 17 | European Race Walking Cup | Miskolc (HUN) | 20km Walk | 1:35:12 |
| 2005.08.07 | 27 | IAAF World Championships | Helsinki (FIN) | 20km Walk | 1:35:44 |
| 2006.05.13 | 13 | IAAF World Race Walking Cup | La Coruna (ESP) | 20km Walk | 1:30:28 |
| 2006.08.09 | 12 | European Championships | Göteborg (SWE) | 20km Walk | 1:31:58 |
| 2007.05.20 | 7 | European Cup Race Walking | Leamington (GBR) | 20km Walk | 1:30:24 |
| 2007.08.31 | 7 | IAAF World Championships | Osaka (JPN) | 20km Walk | 1:33:06 |
| 2008.05.11 | 19 | IAAF World Race Walking Cup | Cheboksary (RUS) | 20km Walk | 1:32:35 |
| 2009.05.24 | - | European Cup Race Walking | Metz (FRA) | 20km Walk | DQ |
| 2009.08.16 | 10 | IAAF World Championships | Berlin (GER) | 20km Walk | 1:32:51 |
| 2010.05.15 | 3 | IAAF World Race Walking Cup | Chihuahua (MEX) | 20km Walk | 1:33:28 |
| 2010.07.28 | 8 | European Championships | Barcelona (ESP) | 20km Walk | 1:32:26 |
| 2011.05.21 | 13 | European Cup Race Walking | Olhao (POR) | 20km Walk | 1:34:11 |
| 2011.08.31 | 9 | IAAF World Championships | Daegu (KOR) | 20km Walk | 1:32:06 |
| 2012.05.13 | 9 | IAAF World Race Walking Cup | Saransk (RUS) | 20km Walk | 1:31:43 |
| 2012.08.11 | 14 | Olympic Games | London (GBR) | 20km Walk | 1:29:54 |
| 2013.05.19 | 8 | European Race Walking Cup | Dudince (SVK) | 20km Walk | 1:32:39 |
| 2013.08.13 | 11 | IAAF World Championships | Moskva (RUS) | 20km Walk | 1:30:28 |
| 2014.05.03 | 22 | IAAF World Race Walking Cup | Taicang (CHN) | 20km Walk | 1:29:33 |
| 2014.08.14 | 13 | European Championships | Zürich (SUI) | 20km Walk | 1:31:32 |
| 2015.05.17 | 16 | European Cup Race Walking | Murcia (ESP) | 20km Walk | 1:30:44 |
| 2015.08.28 | 23 | IAAF World Championships | Beijing (CHN) | 20km Walk | 1:34:47 |
| 2016.05.07 | 8 | IAAF World Race Walking Team Champs | Roma (ITA) | 20km Walk | 1:29:00 |
| 2016.08.19 | 12 | Olympic Games | Rio de Janeiro (BRA) | 20km Walk | 1:31:28 |
| 2017.05.21 | - | European Race Walking Cup | Podebrady (CZE) | 20km Walk | DQ |
| 2017.08.13 | 1 | IAAF World Championships in Athletics | London (GBR) | 50km Walk | 4:05:56 |

Her PBs, as per all-athletics.com, also show her to be a very versatile walker, with quality times over all distances

| | | | |
|-----------------|----------|----------------|------------|
| Half Marathon | 1:24:02 | Nazaré (POR) | 12.11.2006 |
| 3000m Walk | 12:56.20 | Abrantes (POR) | 29.05.2010 |
| 3000m Walk ind. | 12:25.36 | Pombal (POR) | 16.02.2013 |
| 5000m Walk | 21:32.08 | Abrantes (POR) | 10.06.2014 |
| 5km Walk | 22:11 | Lisboa (POR) | 28.07.2007 |
| 10,000m Walk | 43:31.29 | Leiria (POR) | 27.07.2013 |
| 10km Walk | 43:09 | Beijing (CHN) | 18.09.2010 |

| | | | | |
|-----------|---------|--------------|------------|----|
| 20km Walk | 1:29:00 | Roma (ITA) | 07.05.2016 | |
| 50km Walk | 4:05:56 | London (GBR) | 13.08.2017 | WR |

I look forward to following her 2018 year.



*Left: Inês Henriques takes bronze in the 2010 IAAF Race Walking World Cup (photo Jeff Salvage)
Right: Inês Henriques leads out in the inaugural IAAF World Championship 50km in London last year*

2017 RANKING LIST – 5000M WALK WOMEN

Since I have published above my top female walkers for the year, I will also publish one of our Australian female ranking lists for 2017. Not everyone walks 5000m track or 5km road nowadays so the list is not truly inclusive, but it contains the yearly best performance for most of our walkers. Here are the 86 women who have walked faster than 30:00 this year, as per the ranking lists on <http://racewalkaustralia.com>. There might be one or two of the most recent performances missing as I have an issue with the website that is currently under review.

| | | | | | |
|-----|------------------------|------|-------|-----|------------|
| 1. | Katie Hayward | U18W | 21:50 | QLD | 15/10/2017 |
| 2. | Jessica Pickles | SW | 22:24 | QLD | 11/02/2017 |
| 3. | Claire Tallent | W35 | 22:28 | SA | 29/10/2017 |
| 4. | Clara Smith | U20W | 22:41 | QLD | 29/10/2017 |
| 5. | Regan Lambie | SW | 22:56 | VIC | 26/09/2017 |
| 6. | Simone McInnes | SW | 23:08 | VIC | 26/11/2017 |
| 7. | Jemima Montag | U20W | 23:11 | VIC | 24/02/2017 |
| 8. | Rebecca Henderson | U16W | 23:31 | VIC | 24/02/2017 |
| 9. | Philippa Huse | U18W | 23:56 | VIC | 24/02/2017 |
| 10. | Christina Papadopoulos | U23W | 24:03 | QLD | 29/10/2017 |
| 11. | Jemma Peart | U17W | 24:12 | VIC | 08/12/2017 |
| 12. | Samantha Findlay | U20W | 24:24 | SA | 17/02/2017 |
| 13. | Alice Randall | U18W | 24:26 | TAS | 08/12/2017 |
| 14. | Kelly Ruddick | W40 | 24:28 | VIC | 26/01/2017 |
| 15. | Gabby Hunt | U17W | 24:31 | ACT | 27/08/2017 |
| 16. | Allanah Pitcher | U14W | 24:34 | NSW | 27/08/2017 |
| 17. | Caitlin Hannigan | U16W | 24:37 | QLD | 29/10/2017 |
| 18. | Tayla-Paige Billington | U23W | 24:45 | NSW | 25/11/2017 |
| 19. | Cheryl Webb | W40 | 24:48 | NSW | 18/06/2017 |
| 20. | Alanna Peart | U15W | 24:54 | VIC | 17/12/2017 |
| 21. | Emma Blanch | U15W | 25:01 | NSW | 27/08/2017 |
| 22. | Olivia Sandery | U15W | 25:15 | SA | 29/07/2017 |
| 23. | Kristie Goznic | SW | 25:19 | SA | 28/10/2017 |
| 24. | Hannah Bolton | U14W | 25:35 | NSW | 24/02/2017 |
| 25. | Rhiannon Lovegrove | U17W | 25:41 | SA | 19/02/2017 |
| 26. | Marley Berntsen | U20W | 25:44 | VIC | 26/09/2017 |
| 27. | Chelsea Goodhew | U18W | 25:48 | NSW | 24/02/2017 |

| | | | | | |
|-----|----------------------|------|-------|-----|------------|
| 28. | Lucy Francis | | 25:50 | NSW | 24/02/2017 |
| 29. | Anna Blackwell | U17W | 25:53 | TAS | 08/12/2017 |
| 30. | Zahra Hayes | U16W | 25:56 | VIC | 26/01/2017 |
| 31. | Samantha Brown | U17W | 26:01 | NSW | 11/06/2017 |
| 32. | Bethany Cross | U17W | 26:04 | SA | 19/02/2017 |
| 33. | Katya Martin | U23W | 26:09 | QLD | 26/09/2017 |
| 34. | Shanae Norton | | 26:12 | NSW | 05/02/2017 |
| 35. | Victoria Upton | U15W | 26:18 | SA | 28/10/2017 |
| 36. | Lucinda Francis | U18W | 26:19 | NSW | 05/02/2017 |
| 37. | Molly O'Neill | U18W | 26:23 | NSW | 08/12/2017 |
| 38. | Teegan Pengilly | U17W | 26:27 | NSW | 15/10/2017 |
| 39. | Jasmin Hass | U16W | 26:33 | VIC | 17/12/2017 |
| 40. | Camryn Novinetz | | 26:48 | QLD | 29/10/2017 |
| 41. | Amanda Heard | U23W | 26:49 | VIC | 26/09/2017 |
| 42. | Charlotte Hay | U15W | 26:50 | VIC | 17/12/2017 |
| 43. | Chloe Karagiorgos | U16W | 26:51 | VIC | 05/08/2017 |
| 44. | Hannah Mison | U16W | 26:54 | NSW | 15/10/2017 |
| 45. | Jasmyn McDonald | U18W | 26:55 | NSW | 05/02/2017 |
| 46. | Emily Hamilton | U20W | 26:57 | VIC | 03/03/2017 |
| 47. | Amanda Barendregt | U23W | 26:58 | NSW | 24/02/2017 |
| 48. | Hannah Manning | U15W | 26:59 | ACT | 22/07/2017 |
| 49. | Pam Tindal | W55 | 27:13 | VIC | 19/02/2017 |
| 50. | Mackayla Davison | U17W | 27:17 | VIC | 04/11/2017 |
| 51. | Sandra Geisler | W35 | 27:20 | VIC | 14/05/2017 |
| 52. | Michelle Laufer | W45 | 27:22 | VIC | 19/02/2017 |
| 53. | Jayda Anderson | U13W | 27:26 | QLD | 29/10/2017 |
| 54. | Izabelle Dunne | U12W | 27:29 | NSW | 23/07/2017 |
| 55. | Gabriella Hill | U14W | 27:40 | QLD | 27/08/2017 |
| 56. | Paige De Lisen | U20W | 27:42 | VIC | 19/08/2017 |
| 57. | Janaya Lee | U16W | 27:44 | NSW | 21/05/2017 |
| 58. | Anika Clarke | U12W | 28:00 | QLD | 29/10/2017 |
| 59. | Isabella Tolardo | U20W | 28:02 | WA | 06/01/2017 |
| 60. | Ann Staunton-Jugovic | W50 | 28:11 | ACT | 16/03/2017 |
| 61. | Clancy Smith | U18W | 28:18 | QLD | 24/02/2017 |
| 62. | Elizabeth Henderson | U17W | 28:22 | ACT | 08/12/2017 |
| 63. | Stephanie Grujoski | U20W | 28:25 | NSW | 24/02/2017 |
| 64. | Milla Rowbotham | | 28:30 | QLD | 08/12/2017 |
| 65. | Chloe Upton | U15W | 28:30 | SA | 17/02/2017 |
| 66. | Diana Adams | | 28:31 | SA | 29/10/2017 |
| 67. | Karyn Tolardo | W50 | 28:33 | WA | 28/05/2017 |
| 68. | Heather Carr | W65 | 28:34 | VIC | 19/02/2017 |
| 69. | Cassandra Knight | U23W | 28:35 | VIC | 27/05/2017 |
| 70. | Claire Samanna | SW | 28:38 | VIC | 16/12/2017 |
| 71. | Emma Thomas | U13W | 28:44 | NSW | 23/07/2017 |
| 72. | Renee Hardy | U15W | 28:45 | NSW | 11/06/2017 |
| 73. | Hayley Jackson | U20W | 28:45 | WA | 28/05/2017 |
| 74. | Brenda Gannon | W40 | 29:00 | QLD | 29/10/2017 |
| 75. | Brittany Robertson | U15W | 29:05 | NSW | 24/02/2017 |
| 76. | Kathleen OMahony | U16W | 29:05 | VIC | 11/06/2017 |
| 77. | Anne Weekes | W55 | 29:10 | NSW | 24/10/2017 |
| 78. | Nyle Sunderland | W50 | 29:11 | QLD | 26/03/2017 |
| 79. | Kate Black | W50 | 29:13 | ACT | 11/06/2017 |
| 80. | Wendy Muldoon | W45 | 29:17 | VIC | 26/11/2017 |
| 81. | Amelia Schofield | U14W | 29:18 | QLD | 24/02/2017 |
| 82. | Emily Noonan | U17W | 29:32 | VIC | 24/02/2017 |
| 83. | Kitarni Upton | U13W | 29:33 | SA | 29/07/2017 |
| 84. | Sophia Dagher | | 29:47 | NSW | 23/07/2017 |
| 85. | Madeleine Feain | U20W | 29:52 | VIC | 01/11/2017 |
| 86. | Kym Osmand | W35 | 29:56 | VIC | 10/12/2017 |

And as an addendum to these 5000m ranking lists, a quick word on the Park Run concept which has taken the world by storm. Go to any Saturday morning 5km park run anywhere in the world and you are likely to see walkers in action. I am a regular walker at the Maribyrnong Park Run in Melbourne and lots of our other Melbourne based walkers are active in other local park runs.

Thanks to RobynWales for pointing out the following post in the Brightwater Park Fun facebook page from last Saturday 30th December (Brightwater Park is on the Sunshine Coast in Queensland, not far from Brisbane).

WOW! What an AWESOME end for 2017!

5 people ran under course record today with Nick Dewar as first finisher. The first 20 under 20 minutes and **Dane Bird-Smith** (2016 Olympic Bronze 20km Walk) completed his first parkrun coming in at 13th walking!

Hong Kong Triathlon team joined us today which made for a very fast run this morning.

Commonwealth Games Triathlon representative for Gold Coast next year Gillian Backhouse was first female.

For the record, Dane walked **19:14**. Not too shabby at all. And overall winner Nick Dewar is a former racewalker and training partner to Dane. Talk about walkers to the fore!

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.

Australian/Victorian Key Dates – 2017/2018 Summer Season

| | |
|---------------------|--|
| Jan 6 (Sat), 2018 | AV Shield Round 10 – 3000m/1500m walks at Aberfeldie |
| Jan 10 (Wed), 2018 | AV/VRWC Track Races, Clifton Hill, Mentone |
| Jan 12 (Fri), 2018 | AV Shield Round 11 – 3000m/1500m walks at Lakeside Stadium (twilight) |
| Jan 14 (Sun) 2018 | Australian 10,000m Track Walk Champs, Canberra, ACT. See https://10000mwalk.eventdesq.com/ |
| Jan 20 (Sat), 2018 | AV Shield Round 12: (P1 & P2) – no walks as far as I know at this stage |
| Jan 21 (Sun), 2018 | VRWC Road Races, Middle Park |
| Jan 26-28, 2018 | Victorian Country T&F Championships, Ballarat |
| Jan 31 (Wed), 2018 | AV Teams 5000m Championships & VRWC races, Mentone |
| Feb 10 (Sat), 2018 | AV Shield Final (P1), Lakeside Stadium – 2000m Walk |
| Feb 11 (Sun), 2018 | Australian 20km Road Walking Championships, Adelaide, SA |
| Feb 15-18, 2018 | Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (no walks) |
| Feb 23-25, 2018 | AV Junior & Para Championships, Lakeside Stadium, Melbourne, VIC |
| Mar 2-4, 2018 | AV Open & Para Championships, Lakeside Stadium, Melbourne, VIC |
| Mar 14-18, 2018 | Australian Junior Athletics Championships, Sydney, NSW |
| Mar 24-25, 2018 | AV Masters Championships, Doncaster/Nunawading, VIC |
| Apr 1 (Sun), 2018 | Easter Sunday |
| Apr 4-11, 2018 | Commonwealth Games, Gold Coast, QLD |
| Apr 21-22, 2018 | Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC |
| Apr 28-29, 2018 | Australian Little Athletics Championships, Gold Coast, QLD |
| Apr 26-29, 2018 | Australian Masters T&F Championships, Perth, WA. See http://www.mastersathleticswa.org/perth2018/ |
| June 10 (Sun), 2018 | Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT |
| Aug 5 (Sun), 2018 | Australian Masters 20km Championships, Adelaide, SA |
| Aug 26 (Sun), 2018 | Australian Roadwalk Championships, Sunshine Coast, QLD (TBC) |

2018 IAAF Racewalking Challenge Events

| | | |
|-----------------|-------|--|
| Feb 24-25, 2018 | Cat B | Memorial Jerzy Hausleber, Monterrey, MEX |
| Apr 7, 2018 | Cat B | 27th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, POR |
| May 5-6, 2018 | Cat A | IAAF World Race Walking Team Championships, Taicang, CHN |
| May 26, 2018 | Cat B | XXXII Gran Premio Cantones de La Coruña, La Coruña, ESP |
| Sep 23-26, 2018 | Cat B | Around Taihu International Race Walking 2018, Wuzhong, CHN |

International Dates – 2018 and onwards

| | |
|-----------------------|--|
| Jan 1 (Mon), 2018 | Hong Kong Championships – 20km, 50km, 6 Hours |
| Jan 20-27, 2018 | Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com |
| Jan 20 (Sat), 2018 | USA 50km Championships, San Diego, California |
| Mar 11 (Sun), 2018 | Lugano International Racewalks, Lugano, Switzerland (20km) |
| Mar 24 (Sat), 2018 | Dudince International Racewalks, Dudince, Slovakia (20km and 50km for men and women) |
| Apr 4-15, 2018 | XXI Commonwealth Games , Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April |
| May 5-6, 2018 | 28th IAAF World Race Walking Team Championships , Taicang, China |
| July 10-15, 2018 | 16th World Junior T&F Championships , Tampere, Finland |
| Aug 7-12, 2018 | European Athletics Championships , Berlin, Germany |
| Sept 4-16, 2018 | 22nd World Masters Athletics T&F Championships , Malaga, Spain |
| Mar 24-30, 2019 | World Masters Indoors T&F Championships , Torun, Poland |
| July 3-14, 2019 | 30th Summer Universiade , Naples Italy |
| Sept 28 – Oct 6, 2019 | 17th IAAF World Championships in Athletics , Doha, Qatar |

May, 2020 **29th IAAF World Race Walking Team Championships**, Minsk, Belarrus
July 24 – Aug 9, 2020 **32nd Olympic Games**, Tokyo
July 20 – Aug 1, 2020 **23rd World Masters T&F Championships**, Toronto, Canada
Aug 6-15, 2021 (TBC) **18th IAAF World Championships in Athletics**, Eugene, USA
July 18-30, 2022 **XXII Commonwealth Games**, TBA
On 13th March 2017, Durban announced that it would not host the Games, due to financial constraints.

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)