

## Queensland Race Walking Club Inc.

*Building on a fine tradition of race walking, 66 years in the making.*



## HEEL & TOE

February 11<sup>th</sup> 2021

### **Australian 20km Race Walking Championships Adelaide Postponed**

We were going to bring you an AA preview of the Australian 20km Race Walking Championships being held on Sunday in Adelaide. Unfortunately, these have now been cancelled due to a COVID-19 outbreak in Melbourne and will now be held on Saturday, March 27<sup>th</sup> in Melbourne. This is a great disappointment to the athletes who have trained so hard for these races and have made flight and accommodation arrangements. It is very tough on the athletes that were looking at these Championships to qualify for the Tokyo Olympics.

AA report by Sascha Ryner Media and Communications  
Manager

*In light of the recent news reports of the COVID-19 outbreak in Melbourne and border closures in South Australia, Athletics Australia wishes to advise that the 2021 Australian 20km Race Walking Championships scheduled for this Sunday, 14th February will now be postponed.*

*Athletics Australia CEO Darren Gocher said the decision was based on the health and safety of the Australian athletics community, many of whom were planning to travel from Melbourne to Adelaide compete and attend the Championships.*

*“We understand that this news will be incredibly disappointing to athletes who have been training for the Australian 20km Race Walking Championships, however the welfare of our community must come first,” Gocher said.*

*“The majority of our athletes who are scheduled to compete this Sunday are travelling from Melbourne, as are our staff and technical judges who are also based there. We want our community to be able to get the necessary refunds on travel if they possibly can. “We also want to make sure that everyone who was supposed to be in attendance still gets that experience, so it only makes sense for us to postpone the Championships.”*

*Athletics Australia will now begin executing its contingency plan, which will be to hold the event on Saturday, 27th March in conjunction with the Australian 50km Race Walking Championships in Melbourne. More details are to come.*

**Entry Lists** (that would have been for Sunday)

#### **Open Men 20km**

Fraser, Tim ACT Baker, Mitch ACT Richardson, Dylan NSW Gibbons, Carl NSW Jones, Tyler NSW **Bird - Smith**, Dane QLD Bruniges, Mathew SA Camilleri, Tristan SA Cowley, Rhydian VIC Mann, Bradley WA Prasad, Pramesh FIJI Reid, Benjamin WA Rew, Quentin NZL Swan, Kyle VIC Tallent, Jared SA Tingay, Declan WA

#### **Open Women 20km**

Barber, Alana NZL **Hayward**, Katie QLD Henderson, Rebecca VIC Montag, Jemima VIC

#### **U20 Men 10km**

Dickson, Corey VIC McGinniskin, Jack NSW **McCure**, Lachlan QLD Thompson, Will VIC Young, Gwyllym ACT

## **U20 Women 10km**

Hay, Char VIC **Hill, Gabriella QLD** Peart, Alanna VIC Sandery, Olivia SA

## **U18 Men 5km**

Kamish, Zayden SA **McCure, Sam QLD** Rech, Cooper SA

## **U18 Women 5km**

Braithwaite, Daisy SA De Ruvo, Katie SA Langford, Nellie SA Lynch, Emily SA

### *The reason why they had to be cancelled*

#### **South Australia shuts border to Greater Melbourne**

South Australia has become the first state to close its border to Greater Melbourne after two more cases were linked to Melbourne Airport's Holiday Inn.

Yesterday, the state signalled it was considering blocking entry to travellers who had been in the Greater Melbourne area.

"I am being extra cautious," the state's Chief Health Officer Nicola Spurrier said.

"This UK variant, we know that it's 70 per cent more transmissible. "What we do know with this virus is it's unpredictable."

The SA Government advised South Australians in the region to return home before midnight last night.

A few hours later, the border was essentially closed to people from Greater Melbourne on or after Thursday, February 4 unless they are an Essential Traveller or an exempt person.

Exempt people are:

- returning SA residents
- people relocating to the state
- people fleeing domestic violence

So, they'll be allowed into the state, but they'll need to self-quarantine at a suitable place for 14 days upon arrival.

They'll also have to be tested for COVID-19 on day 1, 5 and 12.

#### **Jemima Montag selected for Young Leaders programme**

*"I want to give back for all that sport has given to me."*

Less than a week after unofficially breaking the Australian 10km race walk all-comers record, Jemima Montag is celebrating another achievement - being selected for the IOC Young Leaders program. Focusing on the power of sport to create positive change, the IOC Young Leaders program selects just 25 people across the globe to develop their own sustainable sports-based social business in response to a local issue.

Each participant receives CHF10,000 seed-funding over four years, and is supported by weekly learning modules and leadership opportunities. Up against 3,000 applicants, Montag's passion for empowering women in sport saw her selected as the only Oceania representative, and she's now looking forward to addressing reasons why so many young women in Australia stop playing sport.

"Growing up as a sporty young girl from an athletic family, I was acutely aware of the problems and struggles that girls face from the onset of puberty and in high school," Montag said. "Bodies start to change, and the changes you see in yourself as a female can be detrimental to sport. Boys get faster and stronger, but I remember wondering why I felt so sluggish, why everything got so hard and so many of my peers started dropping out of sport. It was sad to see, and still is sad to see so many miss out on the social and physical benefits that sport has to offer."

At just 23, Montag said that despite her success from a young age, she's using her own lived-experience and research to come up with new solutions. "I represented Australia at the World

Under 20 Championships when I was in year 11, but the following year I missed out on a few key international events, and I thought I was done,” she said. “In that time, sport made me feel nervous, inadequate and body conscious. “While Montag stepped away from the sport for a year to focus on her year 12 studies, it was a trip to Japan with her family at the end of high school that encouraged her to aim high for the Tokyo Olympics this July. She’s now just one of five athletes from the sport already selected.

“Even having that experience as a young woman at the time, it’s now sparked a passion in me to speak to young school girls, to visit schools through the VIS and to talk about all sorts of different things, including the benefits and power of sport at any level, and particularly the community level.”

Through her own research, Montag has discovered there are three key barriers that are preventing social change.

“The first barrier is being judged, or the fear of being judged; the second is ability – not being good enough or fit enough, or not knowing the rules, and the second is prioritisation,” she said. Judgement comes from the types of uniforms women and girls are expected to wear when competing in sport, she said, while prioritisation often comes down to a social issue. “It’s feeling that they shouldn’t prioritise sport or physical activity when there are other things they feel like they should be doing – like studying at school for instance, or even organizing dinner or taking care of kids.

“I come from a long line of women who are sporty and active. My grandmother is in her 80s and power walks every morning – she says that’s where I got it from – and then it went to my mum and my sisters and me. But we are the lucky ones,” she said.

“I went to Wesley College that gave me opportunities to travel for sport. I’m able-bodied, I’m white, I’m cisgender, but I want every young woman and even older women to have equal opportunity. I’ve been able to see all the benefits – social, emotional and physical and so should they.”

The first year of the program will focus on ideation and research and she’s looking forward to using her growing platform to amplify her discoveries. “Being an athlete is a unique space – sometimes it’s confusing why you have such a platform and why people listen to you, but it’s an opportunity I don’t want to waste,” she said. “Having lived experience and having overcome my own challenges in my career to then make Worlds, Commonwealth Games and now the Olympics, I want to give back for all that sport has given to me.”

Montag will next compete on Sunday, 14th February at the Australian 20km Race Walking Championships where she will look to defend her national title.

*By Sascha Ryner*

## **QRWC Judging Seminar Brisbane Saturday February 20<sup>th</sup>**

Date: Saturday 20 February 2021 Venue: QSAC Sprinters Room, Level 4

We have had a great response to the seminar and we have all but reached the limit of attendees. If you are interested contact Noela ASAP to secure a place [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com)

The seminar is to both prepare for professional development as well as enabling current judges to undertake the current Athletics Australia Racewalk Judging exams.

The seminar will be presented by Zoë Eastwood-Bryson, World Athletics International Race-Walking Judge.

### **AGENDA**

8:45am Registration

9:00am General seminar, all aspects of Race Walk Judging and associated rules.

11:00am Break

11:15am Completing paperwork. Red Cards, Judges Record Sheet, Summary Sheet

12:00 noon Lunch

12:30am Video presentation: Judging Knees

2:00pm Close

3:00pm QA Shield Meet 3/5km walk

## Results Results Results

### Queensland Masters Athletics

#### February 6<sup>th</sup> QSAC

##### 1,500 Metre Race Walk

Gannon, Brenda W46 7:58.68 (7:22.78 76.11%)

Bennett, Peter M65 8:09.15 (6:09.66 83.59%)

McKinven, Noela W78 12:05.55 (8:08.95 68.92%)

*Age Graded Times & Percentages in Brackets*

### Gold Coast Masters Championships

#### February 7<sup>th</sup> Runaway Bay

M80 5000 Metre 1 Sela, Patrick M81 40:08.60

W30 5000 Metre 1 Kirwan, Roslyn W32 34:18.15

W55 5000 Metre 1 Stuckey, Jennifer W55 31:54.35

M80 1500 Metre 1 Sela, Patrick M81 11:37.90

W30 1500 Metre 1 Kirwan, Roslyn W32 9:35.26

W55 1500 Metre 1 Stuckey, Jennifer W55 10:04.13

### QA Meet Wednesday February 10<sup>th</sup>

#### Women 3,000 Metre Race Walk

1 Norton, Amber 15 QA 15:23.13

2 Gee, Tamika 14 GCA 16:15.91

3 Gannon, Brenda 47 QA 16:56.24

4 Chadwick, Phoebe 15 QA 17:25.14

5 Clarke, Makenna 12 Redlands Athletics 17:45.11

6 Hamann, Sophie Charlotte 20 Qut Athletics Club 17:59.22

7 Hingst, Olivia 14 QA 18:01.05

8 Lawson, Piper 15 QA 18:06.61

9 McRoberts, Jasmine-Rose 19 QA 18:23.47

10 Brady, Korey 16 QA 18:52.68

#### Women 5,000 Metre Race Walk

1 Smith, Clara 23 UNQ 23:27.84

2 Clarke, Anika 16 Redlands Athletics 28:00.63

3 Millard, Summer 16 QA 29:22.12

4 Ofield, Mackenzie 17 USC 29:27.12

### COMING UP – Track & Road Walks

February 14<sup>th</sup> AA 20km Championships Adelaide **Postponed**

February 20<sup>th</sup> QMA SAC 8.00am 3,000 metres

February 20<sup>th</sup> QA Shield Meet QSAC 3.00pm 3/5km Walk / Judging Seminar

February 21<sup>st</sup> QMA Runaway Bay 8.00am 3,000 metres

February 24<sup>th</sup> QMA Wednesday night SAC 8.20pm 3,000 metres

March 6-7<sup>th</sup> QMA State Championships QSAC Details TBA

March 11-14<sup>th</sup> QA State Age & Open Track Championships

March 27<sup>th</sup> AA 50km Championships Vic / AA 20km Championships

April 12-21<sup>st</sup> AA Track & Field Championships

April 23-24<sup>th</sup> Australian Little Athletics Championships Vic

**Queensland Athletics State T&F Championships 2021**  
**March 11-14<sup>th</sup>**

QA have announced that the Queensland Athletics State Championships, U14 to Open will be held on the 11<sup>th</sup> to 14<sup>th</sup> March 2021. The 2021 Queensland Track Classic will be a World Athletics Silver Permit Meet and will be held on the evening of Saturday the 27<sup>th</sup> March. The Australian Athletics Championships will be held in Sydney starting on April 12<sup>th</sup>.

**No further information available at this time.**

## **Racewalking Queensland Management Committee 2020/21**

**As elected AGM November 21<sup>st</sup>**

Congratulations to the newly elected Management Committee that will take us through until the 2021 AGM scheduled for April.

**President:** S. Pearson                      **Secretary:** N. McKinven  
**Vice President:** P Bennett              **Treasurer:** R Hamann  
**Committee:** I. Jimenez, S. Langley, T. Norton, J Stuckey  
**Patrons:** Patrick & Maxine Sela  
**Registrar:** T Norton  
**Uniforms:** J Stuckey  
**Newsletter Editor:** P. Bennett  
**Club Captains:** Jasmine-Rose McRoberts / Ignacio Jimenez

## **QA Membership Details South Qld 2020/21 Season**

### **Base Membership - \$12 plus club fee**

During the pandemic we are offering pay-as-you-go membership:

All Shield meets - \$25 per meet

All State Championships\* - \$30 per event

Eligible for in-stadium\*\* state teams & national teams - \$100 fee

Eligible for all out of stadia\*\*\* state teams & national teams

### **Club Coach, Officials & Volunteers - \$0**

**If you need clarification on any aspect of membership and benefits please email**

[info@qldathletics.org.au](mailto:info@qldathletics.org.au)

## **Race Walk Coaching**

If you are looking for coach or would like to be part of a training squad there are a number of qualified coaches in the club:

David Smith Walks Level 5

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 2

To search for a walks coach, see their qualifications, contact details or where & when the coach go to ; <http://icoach.athletics.com.au/at/icoach/Search.aspx>

## ***Racewalking Queensland***

(Trading as the *Queensland Race Walking Club Inc.* ABN 59065512712)

**Racewalking Queensland Management Committee 2020/21**

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**Newsletter Editor:** P. Bennett

**Club Captains:** Jasmine-Rose McRoberts / Ignacio Jimenez

**QRWC Website:** [www.qrwc.com.au](http://www.qrwc.com.au)

## **Queensland Athletics Member Protection Policy**

As a member of Athletics Australia, Queensland Athletics, an affiliated club or an individual member everyone is required to comply with the Queensland Athletics Member Protection Policy. We are committed to the health, safety and general well-being of all of our members and will work to ensure that everyone associated with our organisation complies with this policy. We would encourage all who are involved in athletics to familiarise themselves and comply with this policy.

**You can read the full policy here**

<http://www.qldathletics.org.au/Portals/50/General/QA%20Member%20Protection%20Policy%20-%20July%202015.pdf>

### **Contact emails:**

[qrwc1@optusnet.com.au](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club  
[racewalkqld@outlook.com](mailto:racewalkqld@outlook.com) Articles for the newsletter, to send in results, to join newsletter mailing list.

QRWC race entries [qrwc1955@icloud.com](mailto:qrwc1955@icloud.com)

### **About us ....**

*Racewalking Queensland* conducts its own winter road walk programme from April until September. Thank you to all our contributors of results & reports to this newsletter. We value your input.

For news and information on the Australian Federation of Race Walking (Racewalking Australia) and the member clubs go to [www.rwa.org.au](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>