

# Queensland Race Walking Club Inc.

*Building on a fine tradition of race walking, 67 years in the making.*



## HEEL & TOE

February 17<sup>th</sup> 2022

### **National 20km Record broken by Jemima Montag winning the Australian Championship**

Jemima Montag broke Jane Saville's 20km record with a time of 1:27:27 to win the Australian title on Sunday in Adelaide. The race saw a wonderful effort by Clara Smith to finish in a huge pb time of 1:33:37 to take the bronze medal. Well done also to our two young ladies in the U20 10km event: Anika Clarke with 57:58 and Summer Millard finishing in 59:49.

#### **AA report**

*An 18-year-old national record has been decimated, as Tokyo Olympian Jemima Montag wins the Oceania & Australian 20km Race Walking Championship in Adelaide on Sunday. Walking at record pace within the first 5km, Montag finished the walk in 1:27:27 - 13 seconds ahead of Jane Saville's long-standing record from 2004. The win is the third consecutive national championship for Montag in the event, and together with her swift time, the title secures her automatic selection for the World Athletics Championships in Oregon in July.*

*"It feels surreal at the moment, that national record is something I have been thinking about for a few years, but we've had the pandemic and cancelled races. Often at times it hasn't been the right weather or right conditions, it wasn't what I had in mind but I could feel it was on in the first 5km," Montag said. "Sometimes you have that fear of success where your coach is yelling out that the record is on today, which is scary because you have the feeling of not wanting to let anyone down."*

*"It feels exciting to lock that spot in for Oregon, qualifying early and now we've got the next four or five months to put our heads down and train smart. I've started an intense medical post-graduate course, so being efficient with times and qualifying is important. It feels good to do the three-peat and to have so many of the emerging senior boys to walk with was really lucky."*

*Montag won the event more than four minutes ahead of Tokyo teammate Rebecca Henderson (1:31:44) and six minutes before 2016 World Under 20 representative, Clara Smith, (1:33:37) who took charge of her first ever 20km event as part of her resurgence in the sport.*

*Regarded as prodigious talent as a junior, Declan Tingay won his maiden 20km title in 1:20:44, also meeting the World Championship qualifying standard to secure his spot on the team for Oregon. Tingay, who placed 17th in Tokyo, was strategic in his approach, walking behind Kyle Swan for the first 15km, but asserted his dominance to finish with a 3 minute, 20 second personal best and almost a minute ahead of Swan's 1:21:39. Olympic 20km race walker Rhydian Cowley ( 1:23:29) crossed the line behind New Zealand's Quentin Rew (1:22.23) but won the bronze medal at the Championships.*

*"I didn't really plan on walking that fast this morning, I had planned on qualifying for World Champs via the points system. To find a few extra gears today and knock the time out this early in the season is awesome," Tingay said.*

*"It might mean I try to walk a bit quicker come World Championships and World come, and it might mean a trip to Europe sometime soon to see if I can lower that time again." Tingay's result has also secured the automatic selection spot for the World Athletics Race Walking Team Championships, with the discretionary selections taking place this week.*

*Another notable performance of the day was by Will Thompson who placed sixth in the men's event. Still only 19, Thompson's walk was his first 20km event, and his time of 1:24:40 makes his result the fastest ever Australian debut.*

*The Oceania & Athletics 20km Race Walking Championships also featured a 10km and 5km event for the country's up and coming junior talent. Olivia Sandery coached by both Australia's most decorated track and field athlete Jared Tallent and Bob Cruise, took the women's 10km time in 46:35, just behind men's 10km winner Marcus Wakim (45:56). Both registered World Under 20 Championship qualifiers.*

## **AA announces team for World Athletics Race Walking Team Championships Muscat, Oman**

Congratulations to QRWC member Clara Smith on being selected in the Australian team to race the 20km at the World Athletics Race Walking Team Championships in Oman at the beginning of March. A reward for her outstanding effort at the Nationals last Sunday. Congratulations are also in order for Noela who has mentored, managed and coached Clara through many ups and down since she was a junior.

### **AA Report**

*Australia has a rich history at the World Athletics Race Walking Team Championships, having won medals at every edition of the Championships since 2004, and this year, the athletes selected are ready to extend upon the country's success.*

*The 20km men's team will be led by 2022 Australian Champion Declan Tingay, with Tokyo Olympians Rhydan Cowley and Kyle Swan joining him. 2016 World Under 20 representative Tyler Jones and 19-year-old Will Thompson will round out the team to make their senior team debut in Muscat.*

*Australia will also have a sole female athlete competing, with 2016 World Under 20 representative Clara Smith making her international 20km debut, and one competitor in the 35km individual event as Carl Gibbons dons the green and gold for the second time. Five junior athletes including Australian 10km race walking champions Olivia Sandery and Marcus Wakim, as well as Alanna Peart, Allanah Pitcher and Fraser Saunter have also been selected, highlighting that the strong tradition of Australian race walking is in good hands.*

*General Manager, High Performance Andrew Faichney noted the significance of the Championships as part of a major year for Australia's race walkers. "This is one of the bigger championships for our race walkers as it boasts a larger and more competitive field with five athletes per country in each event. The World Athletics Championships in Oregon and the Commonwealth Games are the main priorities for our race walkers this year, however these Championships will give them an indication of where each of them are sitting against their competitors, and give them an opportunity to lay their foundations down for the year," Faichney said.*

*"We're extremely proud to announce these 12 athletes onto our first Australian team for 2022, and we look forward to seeing them thrive amongst the world's best once again."*

*Athletics Australia also announced the two team coaches for Championships; Athletics Australia Event Group Lead Brent Vallance, and Olympic gold medallist Jared Tallent, who was last year selected to participate in AA's Athlete to Coach Pathway Program.*

*Vallance said he was most looking forward to seeing the men's team in action, as well as Smith and Jones competing internationally for the first time since 2016 after finding their way back to the sport. "While we won't have a complete women's team this year due to clashes with our domestic season, our men's 20km team is certainly the strongest we've fielded since before the London Olympic Games. I'm really excited by what our men can do in this team, not only at this Championships but as we look ahead to the Paris Olympics in two years' time," Vallance said. "We're thrilled to have Clara and Tyler back in the fold; both of them are walking PBs and adding to the depth of our talent pool as we look to Paris, but we also have a very capable junior female athlete, with one of our standouts being Olivia Sandery. "We've won medals in that junior female event before, and this year's team are comparable to those. Olivia too is capable of bringing home a medal, and we view this as a great stepping-stone before athletes make their transition to senior teams."*

*Tingay, Swan and Olympic 50km walker Cowley all finished their Tokyo campaigns with career-best performances, and for Tingay, a 17th place finish upon his Olympic debut has given him the confidence of his ability to succeed in Muscat.*

*"It's a real privilege to be selected and a really exciting opportunity to be going to Oman with the team. I made my international debut at the World Athletics Race Walking Team Championships, and last time I was there with Kyle, we came away with a bronze medal in the junior team competition," Tingay said. "Our team this year is good. We have lots of depth, including four of us returning to this competition. I'm personally aiming to finish within the top 20 for the individual event or extend myself to finish in the top 16 to do better than Tokyo, and as a team we are aiming to finish on the podium."*

*The World Athletics Race Walking Team Championships will take place from March 4-5<sup>th</sup>.*

Event	Name	State	Coach	Club
<b>OPEN - MEN</b>				
35km Walk	Carl Gibbons	NSW	Frank Overton	Westlakes Athletic Club
20km Walk	Declan Tingay	WA	Steven Tingay	UWA Athletics Club
20km Walk	Kyle Swan	VIC	Brent Vallance	Athletics Nunawading
20km Walk	Rhydian Cowley	VIC	Brent Vallance	Glenhuntly Athletic Club
20km Walk	Tyler Jones	NSW	Frank Overton	Mingara Athletics Club
20km Walk	Will Thompson	VIC	Brent Vallance	Mornington Peninsula Athletic Club
<b>UNDER 20 - MEN</b>				
10km Walk	Marcus Wakim	VIC	Adam Garganis	Collingwood Harriers Athletic Club
10km Walk	Fraser Saunder	VIC	Daryl Biggin	Ballarat YCW Harriers Athletic Club
<b>OPEN - WOMEN</b>				
20km Walk	Clara Smith	QLD	Noela McKiven / Nicole Fagan	QLD Race Walking Club
<b>UNDER 20 - WOMEN</b>				
10km Walk	Olivia Sandery	SA	Bob Cruise / Jared Tallent	Pembroke Athletic Club
10km Walk	Alanna Peart	VIC	Jared Tallent	Ballarat YCW Harriers Athletic Club
10km Walk	Allanah Pitcher	NSW	Frank Overton	Mingara Athletics Club

## RESULTS RESULTS RESULTS



### Australian and Oceania 20km Race Walk Championships Sunday February 13<sup>th</sup> War Memorial Park, Adelaide

#### Men 20k Race Walk RR Open

- 1 # 3 Declan Tingay 99 Western Australia 1:20:44
- 2 # 1 Kyle Swan 99 Victoria 1:21:39
- 3 # 4 Quentin Rew 84 New Zealand 1:22:23
- 4 # 2 Rhydian Cowley 91 Victoria 1:23:29
- 5 # 5 Tyler Jones 98 New South Wales 1:24:10
- 6 # 15 Will Thompson 02 Victoria 1:24:40
- 7 # 7 Carl Gibbons 96 New South Wales 1:26:30
- 8 # 10 Tim Fraser 00 ACT 1:27:19
- 9 # 8 Mitchell Baker 01 ACT 1:30:30
- 10 # 12 Dylan Richardson 00 New South Wales 1:31:16
- 11 # 11 Kim Mottrom 84 South Australia 1:31:32
- 12 # 6 Adam Garganis 97 Victoria 1:41:14
- 13 # 13 Mathew Bruniges 01 South Australia 1:49:34
- # 9 Tristan Camilleri 01 South Australia DQ

#### Women 20k Race Walk RR Open

- 1 # 16 Jemima Montag 98 Victoria 1:27:27N
- 2 # 17 Rebecca Henderson 01 Victoria 1:31:44
- 3 # 18 Clara Smith 98 Queensland 1:33:37

4 # 19 Kelly Ruddick 73 Victoria 1:36:58  
5 # 20 Hannah Mison 01 New South Wales 1:44:32

**Men 10k Race Walk RR Under 20**

1 # 23 Marcus Wakim 06 Victoria 45:56  
2 # 22 Fraser Saunder 04 Victoria 46:04

**Women 10k Race Walk RR Under 20**

1 # 24 Olivia Sandery 03 South Australia 46:35  
2 # 25 Alanna Peart 03 Victoria 48:30  
3 # 27 Allanah Pitcher 03 New South Wales 49:40  
4 # 29 Emma Blanch 03 New South Wales 51:52  
5 # 26 Elizabeth McMille 04 New South Wales 52:11  
6 # 30 Milly Boughton 06 New South Wales 52:18  
7 # 32 Hannah Bolton 03 New South Wales 52:31  
8 # 28 Char Hay 03 Victoria 53:25  
9 # 31 Nellie Langford 05 South Australia 54:43

10 # 33 Anika Clarke 05 Queensland 57:58

11 # 34 Summer Millard 05 Queensland 59:49

**Men 5k Race Walk RR Under 18**

1 # 35 Sebastian Richard 08 South Australia 25:58  
2 # 36 Cooper Rech 07 South Australia 28:09

**Women 5k Race Walk RR Under 18**

1 # 39 Daisy Braithwaite 06 South Australia 27:21  
2 # 37 Emily Lynch 07 South Australia 27:24  
3 # 38 Angelina Legrand 08 South Australia 28:45  
-- # 40 Katie De Ruvo 07 South Australia DNF

**QMA Meet SAC February 12<sup>th</sup>**

**Junior 1,500 Meter Race Walk**

Sibenalek, Hunter M10 10:42.28 (10:42.29 48.11%)  
Teahen, Rebecca W14 7:34.06 (7:34.07 74.22%)

**Masters 1,500 Meter Race Walk**

Woodward, Erika W55 8:34.32 (7:17.18 77.09%)  
McKinven, Noela W79 12:51.13 (8:39.67 64.85%)  
Sela, Patrick M82 12:11.55 (7:36.05 67.76%)

**QMA Meet SAC February 13<sup>th</sup>**

**Junior 3,000 Metre Race Walk**

Davey, Caterina W13 21:04.18 (21:04.19 54.98%)

**Masters 3,000 Metre Race Walk**

Woodward, Erika W55 18:02.79 (15:18.43 75.67%)  
McKinven, Noela W79 26:35.93 (17:33.64 65.96%)

**800 Metre Race Walk**

McKinven, Noela W79 7:05.36

*Age Graded Times & Percentages in Brackets*

This week we bring you the walk results from the South East, Sun Coast, Downs & South West and the Central Coast QLAA regional championships.

**South East Regional Championships, SAF**

**Girls U9 700m Race Walk**

1 Kanages, Asha Mt Gravatt 4:43.45  
2 Fisher, Tully Redlands 4:45.02  
3 Buckby, Grace Redlands 5:26.39  
--- Patterson, Summer-Leigh Springwood DQ  
--- Scott, Olivia Balmoral DQ  
--- Korade, Aarya Mt Gravatt DQ  
--- Ferguson, Zara Balmoral DQ

**Girls U10 1,100m Race Walk**

- 1 Welch, Isabella Springwood 6:36.37
- 2 Lucas, Teegan Redlands 7:00.46
- 3 Gilchrist, Drew Springwood 7:27.31
- 4 Larsen, Emma Springwood 8:30.47

**Girls U11 1,100m Race Walk**

- 1 Kratzmann, Keilani Redlands 6:41.63

**Girls U12 1,500m Race Walk**

- 1 Fisher, Siaan Redlands 9:56.94
- 2 Anderson, Pippa Redlands 10:30.28
- 3 McLean, Lilly Redlands 10:32.55
- 4 Lucas, Rihanna Redlands 10:35.97
- 5 Dowling, Jordyn Beenleigh 10:44.81
- 6 Athousis, Georgina Algester 12:09.54

**Girls U13 1,500m Race Walk**

- 1 Clarke, Makenna Redlands 7:30.77
- 2 Pickvance-Yee, Destinee Springwood 7:53.42
- 3 Gaviglio, Zara Algester 8:36.86
- 4 Mackay, Phoenix Algester 10:05.33

**Girls U15 1,500m Race Walk**

- 1 Lucas, Hayley Redlands 9:28.61
- 2 Bridge, Tahni Springwood 9:59.17
- 3 Thomasson, Aleksia Mt Gravatt 10:18.41

**Girls U16 1,500m Race Walk**

- 1 Lawson, Piper Redlands 7:54.66

**Girls U17 1,500m Race Walk**

- 1 Anika Redlands 7:30.10
- 2 Fisher, Torryn Redlands 8:18.95
- 3 Heath, Lauren Algester 8:22.26

**Boys U9 700m Race Walk**

- 1 Moore, Dylan Redlands 5:26.47
- Suckling, Max Jimboomba DQ

**Boys U10 1,100m Race Walk**

- 1 Hodgson, Nicholas Mt Gravatt 6:41.63
- 2 Burrows, Grayson Springwood 8:01.65
- 3 Buncuga, Luka Balmoral 8:01.65
- 4 Byrn, Lachlan Wynnum Manly 8:03.92
- Hamilton, Chase Jimboomba DQ

**Boys U11 1,100m Race Walk**

- 1 Moore, Lachlan Redlands 6:11.98
- 2 Robertson, Payten Mt Gravatt 6:36.37
- 3 Sibenaler, Hunter Algester 7:00.47

**Boys U12 1,500m Race Walk**

- 1 Burrows, Hayden Springwood 10:15.17
- 2 Vagne, Aidan Max Mt Gravatt 11:09.28

**Boys U13 1,500m Race Walk**

- 1 Athousis, Costa Algester 10:17.32
- 2 Kopittke, Joshua Algester 10:55.08
- Thomasson, Christophe Mt Gravatt DQ
- Eassie, Ryan Algester DQ

**Boys U14 1,500m Race Walk**

- 1 Lucas, Jaydon Redlands 9:39.81

**SunCoast Regional Championships, University****Girls U9 700m Race Walk**

- 1 Niehus, Indi Caloundra 5:00.83
- 2 Small, Alice Bli Bli 5:13.60

3 Holloway, Charlotte Bribie Dist 5:14.99  
4 McGregor, Lucy University 5:19.27  
5 Thomas, Olivia Deception Bay 5:23.49

**Girls U10 1,100m Race Walk**

1 Dunleavy, Savannah Deception Bay 7:16.91  
2 Pallentine, Ruby Bribie Dist 7:21.76  
3 Robinson, Tahlia Glasshouse 7:31.67  
4 Hermus, Eliana Noosa 7:39.24  
5 Schindler, Makayla Caloundra 8:04.94  
6 Gallaher, Evie Bribie Dist 8:09.94  
7 Rankine, Harper Caloundra 8:19.36

**Girls U11 1,100m Race Walk**

1 Procter, Ella Caloundra 6:19.43  
2 Waterman, Kiara Deception Bay 7:06.22  
3 Stewart, Sian Caloundra 7:32.29  
4 Harrison, Skye Deception Bay 8:04.99  
5 Wasson, Estella Caboolture 8:35.72  
6 Harknett, Kyla University 10:06.30  
--- Lobley, Isola Wamuran DQ

**Girls U12 1,500m Race Walk**

1 Rutten, Olivia Deception Bay 9:37.57  
2 Lavell, Michaela Caboolture 11:56.98  
3 McDonald, Madison Maroochy 11:57.29

**Girls U13 1,500m Race Walk**

1 Stewart, Mia Caloundra 9:15.24  
2 White, Alison Caloundra 10:29.70  
3 Cordwell, Shylah Nambour 10:55.92

**Girls U14 1,500m Race Walk**

1 Tudor, Anna Noosa 9:09.78  
2 Wasson, Ava Caboolture 9:42.51  
3 Wallin, Jasmine Bribie Dist 11:29.26

**Girls U16 1,500m Race Walk**

1 Searle, Bridget South Burnett 10:53.44

**Boys U9 700m Race Walk**

1 O'Neill, Declan Maroochy 5:14.68  
2 Thomas, Isaac Deception Bay 6:24.53  
3 Whittle, Cruz Caloundra 6:36.06  
4 Blake, Alexander Deception Bay 6:52.89

**Boys U10 1,100m Race Walk**

1 O'Neill, Leylan Caloundra 7:04.42

**Boys U11 1,100m Race Walk**

1 Clark, Hudson Caloundra 6:47.46  
2 Wepener, Adriaan Maroochy 7:42.48  
3 Smith, Hayden University 8:29.19  
--- Smith, Braxton Bribie Dist DQ  
--- Norman, Joseph Bribie Dist DQ

**Boys U12 1,500m Race Walk**

1 Melinz, Eli University 10:28.64  
2 Little, Austin Bli Bli 10:37.00  
3 Hermus, Linden Noosa 10:55.36

**Boys U13 1,500m Race Walk**

1 Alcott, Harrison Caloundra 10:27.13

**Boys U15 1,500m Race Walk**

1 Lavell, Nicholas Caboolture 9:49.78

**Boys U16 1,500m Race Walk**

1 Leech, Eugene Bribie Dist 10:13.38



**Boys U17 1,500m Race Walk**

1 Wasson, Seth Caboolture 6:45.96  
2 Downie, Aidan Deception Bay 10:05.94

**Downs & South West Regional Championships, Laidley****Girls U10 1,100m Race Walk**

1 Pitt, Kya Laidley 11:42.41

**Girls U11 1,100m Race Walk**

1 Covey, Payton Laidley 10:48.31

**Girls U12 1,500m Race Walk**

1 Moore-Kirkland, Bethany Warwick 11:02.16  
--- Navybox, Jasmine Granite Belt DQ  
--- Cavanaugh, Penelope Toowoomba DQ

**Boys U9 700m Race Walk**

1 Talbot, Dominic Toowoomba 5:55.38  
2 Montgomery, Noah Toowoomba 6:00.39  
3 Nuttridge, Robert Laidley 6:01.48

**Boys U13 1,500m Race Walk**

1 Jenner, Joshua Warwick 11:35.01

**Boys U16 1,500m Race Walk**

1 Bradley, Alex Laidley 7:27.24

**Central Coast Sport Regional Championships, Bundaberg Region Athletics Facility****Girls U10 1,100m Race Walk**

1 Skoric, Maryella West Bundaberg 9:07.85  
2 Downman, Jorja Maryborough 9:10.67

**Girls U11 1,100m Race Walk**

1 McCoombes, Jada West Bundaberg 6:56.83  
2 Habermann, Lakeisha West Bundaberg 8:42.28

**Girls U13 1,500m Race Walk**

1 Kororiko, Awhena Gayndah 9:02.61

**Girls U14 1,500m Race Walk**

1 Sharpe, Milly Gladstone 7:56.50

**Girls U16 1,500m Race Walk**

1 Lourigan, Daniella Maryborough 9:08.86

**Boys U12 1,500m Race Walk**

1 Irvine, Koby West Bundaberg 11:32.34

**Boys U13 1,500m Race Walk**

1 Blair, Xavier Bundaberg 9:16.02

**Boys U14 1,500m Race Walk**

1 Ellis, Ryan Maryborough 11:05.49

## **THIS WEEK**

This Saturday morning, February 19th at the SAC the Qld Masters State 3,000m Walk Championships will be held starting at 8.00am. Note: *Visitors are welcome to participate but only QMA members are eligible for medals.*

In the evening there are two walk events at the Qld Athletics Shield Meet:

At 5.50pm the 3,000 metres will be held and the 5,000 metres starts at 6.20pm

Next Wednesday February 23<sup>rd</sup> QMA have a night meets with the 3,000 metres starting at 8.20pm

**Queensland Athletics Championships  
Thursday March 3<sup>rd</sup> to Sunday March 6<sup>th</sup>  
State Athletics, QSAC, Brisbane**



## Race Walk Draft Programme

### Saturday March 5<sup>th</sup>

8.30am 3,000 metres U14/U15/U16 Female

8.30am 3,000 metres U14/U15/U16 Male

8.55am 5,000 metres U17/U18 Female

8.55am 5,000 metres U17/U18 Male

### Sunday March 6<sup>th</sup>

8.00am 10,000 metres U20/Open

8.00am 10,000 metres U20/Open

Entries will close at 9.00am on **Tuesday the 22nd of February**. There are **NO LATE ENTRIES**.

After this point, we will create a final timetable.

**Entries Now Open** [Queensland Athletics \(qldathletics.org.au\)](http://qldathletics.org.au)

## AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS 2022



Brisbane, Queensland  
1 April to 4 April 2022

[National Masters Events Calendar](#) | [Qld Masters Athletics](#) | [QMA](#)

## Early-bird Entries Closing Monday February 21<sup>st</sup>

Registration final closing date for receipt of entries will be 7th March 2022. At this stage the intent is to maintain the 2020 entry fees, which are \$60 "early-bird" admin fee for those who register by 21st February 2022, else the admin fee will be \$110. In addition, entry fees will be \$20 per event.

### Draft Program

#### Friday April 1<sup>st</sup>

1,500m Walk

#### Saturday 2nd April 2<sup>nd</sup>

5,000m Walk

#### Sunday April 3<sup>rd</sup>

10km Road Walk Davies Park, Riverside Drive, West End

## 2022 Track Race Walks

### Wednesday March 2<sup>nd</sup> Night SAC

7.20pm 1,500m walk

8.25pm 2,000m walk

### Wednesday March 9<sup>th</sup> SAC

8.20pm 3,000m walk

### March 19<sup>th</sup>

### Gold Coast Masters Championships

State Athletics Centre, Brisbane (note the location and venue)

7.30am 5,000m Walk

10.45am 1,500 Metre Walk

Online entries open from Thursday 24<sup>th</sup> February and close 8.00pm on Saturday 12th March

Gold Coast Administration Fee \$20.00 and \$7.00 per event

### March 26<sup>th</sup> Saturday SAC

8.00 2000m Walk

## **Important Update COVID Safe Rules for Queensland Athletics Competitions 13/1/2022**

Queensland Athletics has received detailed information from the Queensland Government on conducting COVID safe event in the current environment.

COVID 19 transmission is now widespread in the Queensland community. You should assume that others you have contact with may have asymptomatic COVID 19. If we are to continue to deliver athletics competitions while there are significant numbers of COVID infections, we must all work together to ensure as safe an environment as possible. It is a high priority to ensure the safety of our volunteer officials and staff, without this group we cannot continue to deliver the sport.

Please abide by these simple rules.

1. If you have even the mildest symptoms do not attend.
2. If you believe you may have been exposed to COVID in a close contact situation, please do not attend until you have a negative test.
3. Please attend the competition for the shortest time possible
4. Other than when competing, masks should be worn at all times while at the venue
5. Please no physical greetings, hand shaking, hugs
6. Please avoid physical contact with other competitors and officials
7. At field events maintain social distancing with others in particular officials
8. The Control room is not to be entered other than for a few designated officials under any circumstances, your results will be posted online.

## **Queensland Little Athletics 2022 State Championships**



**Date** 11th - 13th March 2022

**Venue** Queensland Sport & Athletics Centre (QSAC), Nathan, Brisbane.



### **55<sup>th</sup> Race Walking Australia LBG Carnival Canberra June 12<sup>th</sup>**

AA have scheduled their 35km Championships a few weeks before the Canberra Carnival where they missed the opportunity to incorporate the 35km race into the LBG programme.

## **2022 AA Championship dates**

### **Australian Track & Field Championships**

**Date:** Saturday 26th March - Sunday 3rd April

**Location:** Sydney Olympic Park Athletics Centre

**Nominations:** Must be submitted through your State Association.

**Event contact:** [competitions@athletics.org.au](mailto:competitions@athletics.org.au)

**Covid Restrictions:** Athletics Australia advises all attendees to book refundable flights and accommodation where possible.

## Oceania & Australian 35km Race Walking Championships

**Date:** Sunday 15th May

**Location:** Fawkner Park, Melbourne, Victoria

**Entries:** Entries will open on the 14th February and close on Thursday 28th April at 5.00pm AEDT

**Event contact** - [competitions@athletics.org.au](mailto:competitions@athletics.org.au)

**Draft Timetable as of 21.12.2021**

7:00am Oceania & Australian 35km Race Walk Championships

7:00am Invitational Open Men and Women 20km Race Walk

8:30am Invitational Under 20 Men & Women 10km Race Walk

8:30am Invitational Under 18 Men & Women 5km Race Walk

## World Events 2022

### 2022 World Athletics Race Walking Championships

**Muscat, Oman, March 4-5<sup>th</sup>**

Schedule (Local Times)

**March 4<sup>th</sup>**

8.00am W 10km

9.10am M 10km

2.00pm W 20km

**March 5<sup>th</sup>**

7.00am M 35km

7.00am W 35km

4.00pm M 20km

**World University Games**

**Chengdu, China June 26<sup>th</sup> July 7<sup>th</sup>**

### 2022 World Athletics Championships

**Eugene, USA**

The World Athletics Championships will be held in Eugene, USA from 15-24 July, 2022. The World Championships will feature 20km and 35km race walking events for men and women in Oregon.

### 2022 Commonwealth Games

**Birmingham**

**Commonwealth Games Walks**

Automatic Qualifier: Men 39:30.00 / Women 44:30.00

**Saturday August 6<sup>th</sup>**

Women's 10,000m Walk Final

**Sunday August 7<sup>th</sup>**

Men's 10,000m Walk Final

**2022 U20 World Athletics Championships**

**Cali, Columbia August 2-7<sup>th</sup> 2022**



**PAN PACIFIC MASTERS GAMES**  
GOLD COAST, AUSTRALIA 4-13 NOVEMBER 2022

Lets try again (for the third year in a row) to conduct the Pan Pacific Masters Games on the Gold Coast!!

The Games were scheduled for 2020 then 2021 and cancelled on both occasions because of COVID.

Entries open on **Tuesday March 1<sup>st</sup> 2022** for the 12th Pan Pacific Masters Games from 4 – 13 November 2022 on the Gold Coast. There are 3,000 metres and 5,000 metre track races scheduled and a 10km road walk.

## Have you Registered for the Track Season?



Old Racewalking Club is excited to announce that we have opened up our registration portal to members who wish to register with QRWC with a view to representing QRWC at QA meets in the coming year.

Our membership year will now commence in October each year to align with Qld Athletics' (QA) membership year. This will allow athletes wishing to compete at QA events representing QRWC, to take out a combined QRWC/QA membership in or after October each year. Once registered, athletes can represent QRWC at the various QA competitions held throughout the year, including the QA Road Walking Championships, QA Shield Meets and Qld Athletics Championships. Please note that QA offers 3 levels of membership. More information can be found below or at

<https://cdn.revolutionise.com.au/site/qqmoo3oyiea1blrd.pdf>

**Of course, for those athletes not wishing to compete at or represent QRWC at QA events, QRWC will retain the current membership options whereby only the QRWC club fee (ie. \$15 Student/\$25 Non-Student) will apply. This membership can be taken out at any time prior to the start of the QRWC winter season in April 2022.**

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2022 and will cover the traditional QRWC winter racewalking season.

Please do not hesitate to contact QRWC Registrar Jenny Stuckey [qrwc REGISTRAR@gmail.com](mailto:qrwc REGISTRAR@gmail.com) if you have any questions about the membership options or registration/renewal process.

## Racewalking Queensland Management Committee 2021/22

**President:** P Bennett

**Secretary/Treasurer:** N. McKinven

**Vice President.** I Jimenez

**Committee:** J Stuckey, S McCure, J-R McRoberts, S Pearson, D Millard, K Martin

**Patrons:** Patrick & Maxine Sela

**Registrar:** J Stuckey / C Chadwick

**Equipment** J McRoberts

**Uniforms:** J Stuckey

**Publicity / Media** C Chadwick

**Newsletter Editor:** P. Bennett

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

## Race Walk Coaching

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

Noela McKinven Walks Level 4  
Robyn Wales Walks Level 3  
Shane Pearson Walks Level 3  
Steve Langley Walks Level 2  
Jasmine-Rose McRoberts Level 2 Club coach  
Argenis Guevara Level 1

## 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.

### 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/>