

Queensland Race Walking Club Inc.

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



HEEL & TOE

February 3rd 2022

Australian and Oceania 20km Race Walk Championships War Memorial Park, Adelaide Sunday February 13th



Starts Lists as of February 1st

Men 20k Race Walk RR Open

- 1 Mitchell Baker Australian Capital Territory
- 2 Mathew Bruniges South Australia
- 3 Tristan Camilleri South Australia
- 4 Rhydian Cowley Victoria
- 5 Corey Dickson Victoria
- 6 Tim Fraser Australian Capital Territory
- 7 Adam Garganis Victoria
- 8 Carl Gibbons New South Wales
- 9 Tyler Jones New South Wales
- 10 Kim Mottrom South Australia
- 11 Quentin Rew New Zealand
- 12 Dylan Richardson New South Wales
- 13 Kyle Swan Victoria
- 14 Will Thompson Victoria
- 15 Declan Tingay Western Australia

Women 20k Race Walk RR Open

- 1 Bridget Bell New South Wales
- 2 Rebecca Henderson Victoria
- 3 Hannah Mison New South Wales
- 4 Jemima Montag Victoria
- 5 Kelly Ruddick Victoria

6 Clara Smith Queensland

Men 10k Race Walk RR Under 20

- 1 Fraser Saunder Victoria
- 2 Marcus Wakim Victoria

Women 10k Race Walk RR Under 20

- 1 Emma Blanch New South Wales
- 2 Hannah Bolton New South Wales
- 3 Milly Boughton New South Wales
- 4 Anika Clarke Queensland**
- 5 Char Hay Victoria

6 Nellie Langford South Australia
7 Elizabeth McMillen New South Wales
8 Summer Millard Queensland

9 Alanna Peart Victoria
10 Allanah Pitcher New South Wales
11 Olivia Sandery South Australia

Men 5k Race Walk RR Under 18

1 Cooper Rech South Australia
2 Sebastian Richards South Australia

Women 5k Race Walk RR Under 18

1 Daisy Braithwaite South Australia
2 Katie De Ruvo South Australia
3 Angelina Legrand South Australia
4 Emily Lynch South Australia

RESULTS RESULTS RESULTS

QA Shield Meet Saturday January 29th

Women 3,000 Metre Race Walk

1 Teahen, Rebecca 15 Toowong Harriers 16:29.15
2 Gannon, Brenda 48 Qld Masters 16:41.02
3 Housden, Lily 16 QRWC 17:06.28
4 Clarke, Makenna 13 Redlands Athletics 17:06.63
5 Chadwick, Phoebe 16 QRWC 17:56.14
6 Bray, Katie 14 Ashgrove Rangers 17:58.65
7 Pickvance-Yee, Destinee 13 CAN 18:21.04
8 Goulding, Lily 15 QRWC 18:23.89
9 McDonald, Mikaela 12 QA 18:41.22
10 Presland, Skye 14 QRWC 18:51.66
11 Brady, Korey 17 QRWC 18:52.14
12 Barron, Maya 13 QRWC 18:56.32

Women 5,000 Metre Race Walk

1 Heap, Ashanti 16 GCA 27:26.89
2 Williams, Lyla 15 New South Wales 27:38.62
3 Clarke, Anika 17 Redlands Athletics 28:18.27
4 Lawson, Piper 16 Redlands Athletics 30:19.49
5 Millard, Summer 17 QA 30:21.98
6 Fisher, Torryn 17 Redlands Athletics 31:35.39
-- Anderson, Jayda 17 GCA DQ

Men 3,000 Metre Race Walk

1 Housden, Bailey 15 QRWC 14:16.04
2 Norton, Kai 17 QA 16:08.36

Men 5,000 Metre Race Walk

1 McCure, Sam 16 QRWC 24:41.31
2 Bradley, Alex 16 QRWC 26:00.77
3 Dale, Kai 14 QRWC 29:32.06
-- Bannister, Jack 16 USC DQ

Queensland Masters Athletics

Saturday January 29th

5,000 Metre Race Walk

Kirwin, Roslyn W33 42:02.41 (42:02.42 47.06%)
Jimenez Solis, Ignacio M56 24:22.07 (20:26.68 87.85%)
Woodward, Erika W55 30:55.01 (26:07.67 75.72%)
Bennett, Peter M66 33:02.43 (25:06.65 71.52%)
McKinven, Noela W79 43:42.62 (28:19.99 69.82%)

Age Graded Times & Percentages in Brackets

This Week

Little Athletics Regional Championships

There are no QA or QMA track meets this weekend as all the young athletes take the stage in the various Queensland Little Athletics Regional Championships. If you are able to make it along to one of the various regional venues please cheer on the walkers.

Met North Regionals 4th & 6th February Host Bracken Ridge LAC Venue McPherson Park, Denham Road, Bracken Ridge

South Coast Regionals 4th & 6th February Host Ashmore LAC Venue 5 Community Drive, Ashmore

Central Coast Regionals 5th & 6th February Host Maryborough LAC Venue Bundaberg Region Facility, Kensington

Downs & South West Regionals 5th & 6th February Host Laidley LAC Venue Faith Lutheran College, 5 Faith Ave, Plainland

Met West Regionals 5th & 6th February Host Souths LAC Venue Ipswich LAC; Bill Paterson Oval, Lion Street, Ipswich

South East Regional Championships 5th & 6th February Host South East Region Venue State Athletics Facility Nathan, Brisbane

Suncoast Regional Championships 5th & 6th February Host University LAC Venue USC, Sippy Downs Drive, Sippy Downs

AA Review – Race Walk Training & Time Trials AIS Canberra

Australia's top race walkers have ignited their 2022 campaigns with a three-week training block funded by Commonwealth Games Australia, crunching the kilometres both on the track and in the laboratory at the Australian Institute of Sport.

Athletics Australia's Event Group Lead for Race Walking, Brent Vallance, emphasised the importance of gathering the nation's elite talent in January ahead of a Championship-heavy year, commencing with the Australian and Oceania 20km Race Walking Championships set to be held in Adelaide next weekend (Feb 13).

"For a number of years now, we've been moving towards a camp space model. So we try and get our talent pool together three or four times a year, with the first taking place in January annually. The idea is that we bring all of our categorised athletes together, along with those who we believe have the potential to make future teams," Vallance said.

"Particularly for the walkers, there's not a critical mass of walkers in areas. It's pretty lonely doing 100-mile weeks on your own, but it's a lot easier to do it in a group environment."

With the likes of Jemima Montag and Declan Tingay leading the charge amongst numerous Tokyo Olympians and emerging stars, the group of 20 hailing from various coaches and states worked in unison, to prepare for the national teams of 2022 – including the World Athletics Team Championships, World Athletics Championships, World Athletics Under 20 Championships and Birmingham 2022 Commonwealth Games, which this year feature a 10,000m race walk on the track.

In the second of two 10,000m hit-outs on the track (mixed race), Tingay stopped the clock in a dazzling 39:01.3 to finish ahead of Kyle Swan in 39:22.0, whilst Montag demonstrated her class with a swift walk of 42:39.2. Victoria's Will Thompson has been flagged as one to watch this year as he crossed the line in 41:00.3, whilst Clara Smith continues to enjoy a resurgence in the sport – clocking 45:36.1.

Oliva Sandery and Alanna Peart registered world junior qualifiers of 46:12.0 and 48:18.9 respectively, whilst Olympians Rhydian Cowley and Bec Henderson laid solid foundations for their seasons.

Vallance was quick to assert that Australia's rich race walking history is a legacy that is set to be continued in the years to come, highlighting the youthfulness of the group and speaking

with sheer optimism about the potential of Australia's healthy race walking stocks. "It's a stacked year for us, but if we look at Commonwealth Games specifically, there's six medals available and I've been on record saying we want to win all six of them. At the recent Olympics, we were second in the men's event in the Commonwealth, both in the 20km and 50km, and we were the year winner in the women's event," Vallance said.

"Historically, if we look at our past very best, so our Olympic and World Championships medals, they've all been at Commonwealth Games. In the men's events, we've won the gold since 1994 and in the women's, we've won all bar one, so it's a very important event for our athletes. It's also probably the best pathway or transition competition from a lot of our juniors making senior teams, and gives them a taste of a multi-sport championship, setting them up for success later in their career."

Part of that preparation for the global scene involved testing at the AIS to examine factors such as exercise economy and technique, with a focus on creating efficient athletes that have a low risk of disqualification on the world stage.

"We are looking for athletes with a big engine, ones with big anaerobic and aerobic thresholds, and good exercise economy. The exercise economy in walking is proving to be the number one predictor of performance, that seems to be our standout measure," Vallance said. The camp placed high priority on generating a high performance environment for race walkers, many of whom are reaping the benefits of enhanced training standards through more frequent and higher quality training in the group.

"We want to make sure everyone is prepared for the Championship. You want to do something that influences daily training environment," Vallance said. "We'd like to thank the CGA for their support of this camp. CGA have been a supporter of the walks events for a long time. They've been supporters of the funding that comes to our athletes mid Olympic cycle, and they also help expand the funding and resources that we can provide throughout the four-year quadrennium cycle."

By Lachlan Moorhouse and Sascha Ryner, Athletics Australia

Queensland Athletics Championships
Thursday March 3rd to Sunday March 6th
State Athletics, QSAC, Brisbane

Race Walk Draft Programme

Saturday March 5th

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 6th

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.

After this point, we will create a final timetable.

There are **NO LATE ENTRIES**.

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

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 1st

1,500m Walk

Saturday 2nd April 2nd

5,000m Walk

Sunday April 3rd

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

2022 Track Race Walks

Saturday 12th February SAC

9.00am 1,500m Walk

Sunday 13th February SAC

8.15am 3,000m Walk

9.30am 800m Walk

Saturday 19th February SAC

8.00am QMA 3,000m Walk Championships

Wednesday 23rd February

8.20pm 3,000m Walk

Wednesday March 2nd Night SAC

7.20pm 1,500m walk

8.25pm 2,000m walk

Wednesday March 9th SAC

8.20pm 3,000m walk

March 19th

Gold Coast Masters Championships

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

7.30am 5,000m Walk

10.45am 1,500 Metre Walk **NOW CONFIRMED**

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

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

March 26th Saturday SAC

8.00 2000m Walk

Qld Athletics Shield Meets

Saturday February 19th

3/5km

QA State Championships

March 3-6th

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.

The usual low contact arrangements will be in place.

1. No need to check in
2. You do not need a bib
3. Go straight to your event site
4. Results will be posted online

Queensland Little Athletics 2022 State Championships



Date 11th - 13th March 2022

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



55th Race Walking Australia LBG Carnival Canberra June 12th

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

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

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 4-5th

Schedule (Local Times)

March 4th

8.00am W 10km

9.10am M 10km

2.00pm W 20km

March 5th

7.00am M 35km

7.00am W 35km

4.00pm M 20km

World University Games

Chengdu, China June 26th July 7th

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 6th

Women's 10,000m Walk Final

Sunday August 7th

Men's 10,000m Walk Final

2022 U20 World Athletics Championships

Cali, Columbia August 2-7th 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 1st 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?



Qld 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 qrwcregistrar@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

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 Membership, coaching or general enquiries about the club
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

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