

**Queensland Race Walking Club Inc.**  
*Building on a fine tradition of race walking, 62 years in the making.*



## HEEL & TOE

January 18<sup>th</sup> 2018

### Australian 10,000m Walk Championships World Junior Qualifier for Katie Hayward

The Australian Track 10,000 metres walk championships were held at the AIS track in Canberra on Sunday morning resulting in National titles going to Beki Smith from Nsw and West Australian Declan Tingay. While Beki (45:56.08) was the outright winner of the women's race Perseus Karlstrom from Sweden (39:22.41) was first home in the men's race.

This year saw large fields in both races and while the number of Queenslanders racing was down on last year we still had three excellent performances from our representatives. Considering all three had participated in a heavy week at the Canberra training camp this made the results even more meritorious.

Katie Hayward secured a qualifying time for the World Juniors track championships in Finland in July finishing in 47:05. In the process Katie also went way under the qualifying time for the U20 World Race Walking Teams Championships being held in Taicang, China in May. Jessica Pickles was 9<sup>th</sup> overall (7<sup>th</sup> Australian) with a time of Queensland 47:44.15. In the men's race Luke McCutcheon walked a time of 45:31.25. In a very big field Luke was 19<sup>th</sup> across the line but was the 6<sup>th</sup> Australian to finish.

#### **Report from Athletics Australia**

*Beki Smith (NSW) and Declan Tingay (WA) have been crowned Australia's 10,000m race walking champions for 2018 in Canberra on Sunday morning. Tingay was promoted to first position following a 60-second time penalty to rival Rhydian Cowley (Vic) who had received a third penalty from the judges late in the race, so the chief judge had little option but to serve the West Australian with the relegation with the 25 laps complete. Adam Garganis (Vic) was the third Australian across the finish line in 43:05.62*

*Tingay, last year's Australian Under-20 10,000m champion, admitted that it was an "awkward" way to win. "After five kilometres in, Rhydian had picked up two reports, so he was kind of on edge going into that final stretch," he explained. "I wasn't even planning on coming second, I didn't think that was going to happen Beki Smith (NSW) and Declan Tingay (WA) have been crowned Australia's 10,000m race walking*

*champions for 2018 in Canberra on Sunday morning. Rhydian crossed the finish line about 50 seconds ahead of me and I was quite happy to come in after him, my time was still really good. I'm just disappointed for him. He worked quite hard to pull away from me early on in the race. It's disappointing for both of us.*

*"I was talking to him as soon as we finished – I didn't know that he had the time penalty," Tingay continued. "I was congratulating him and about five minutes later, someone told me he had the time penalty". The West Australian's time of 41:07.88 was comfortably within the qualifying standard for the Under-20 IAAF World Championships later this year in Tampere, Finland. Tingay will attempt to break the Australian Under-20 5000m record at the ACT state champs in two weeks.*



*Last March, Tingay clocked 20:08.10 for the 5000m walk, just missing the Australian under-18 record of 20:06.9 held by Troy Sundstrom (NSW) set in 1998. "It's something to do," he laughs. I had a few shots at the Under-18 5000m record last year and just came up short, I was within seconds of the record."*

*Earlier, Smith stormed home over the final lap of the 25 circuits around the AIS Track & Field Stadium to be first woman over the line in a time of 45:56.08. New Zealand's Alana Barber was next best in 46:03.24, with Claire Tallent (SA) following in 46:06.59. Jemima Montag (Vic) was the third Australian in 46:18.42.*

*"It's been quite hot but there was a bit of relief this morning although it's a bit windy so that makes it a bit tougher," said Smith who represented Australia at the London*

*Olympic Games. "For us, the cooler the better and I guess that showed towards the end of the race today."*

*The women's race stayed together for the most part for the first 10 laps before a split occurred. "It was quite a slow start – a few of the girls have had a big couple of weeks so I think I was expecting that," said Smith. "It was just nice to ease into the race and then kick home at the end. "I haven't raced since August last year at the world championships, so I was just testing it out. I was happy that I could come home strong for the in today. I knew it was going to be a tough race given the quality of the field, so it gives me a lot of confidence coming into nationals."*

*Smith will target the Australian 20km Race Walking Championships in Adelaide on February 11 in the hope of securing a spot on the Australian team for Gold Coast 2018. "I'm so excited," said Smith of the prospect of a home Commonwealth Games. "It's the thing that kept me in the sport after the Olympics in Rio... It's going to be amazing. Fingers crossed I get on that team."*

## **RESULTS RESULTS RESULTS**

### **2018 Australian 10,000 Metres Track Championships**

#### **Canberra Sunday January 14<sup>th</sup>**

##### **Women 10,000 Meter Race Walk Open**

- 1 Beki Smith New South Wales 45:56.08
- 2 Alana Barber New Zealand 46:03.24
- 3 Claire Tallent South Australia 46:06.59
- 4 Jemima Montag Victoria 46:18.42
- 5 Brigita Virbalyt Lithuania 47:01.08
- 6 Katie Hayward Queensland 47:05.36
- 7 Regan Lamble Victoria 47:25.63
- 8 Simone McInnes Victoria 47:37.51
- 9 Jessica Pickles Queensland 47:44.15
- 10 Allanah Pitcher New South Wales 50:50.75
- 11 Philippa Huse Victoria 51:02.40
- 12 Teegan Pengilley New South Wales 54:58.75
- 13 Molly O'Neill New South Wales 56:31.75
- 14 Chelsea Goodhew New South Wales 56:35.62
- Natalie Myers Great Britain DNF



*2018 10,000 metre Champion Beki Smith*

**Men 10,000 Meter Race Walk Open**

- 1 Perseus Karlstrom Sweden 39:22.41
- 2 Evan Dunfee Canada 40:11.80
- 3 Marius Ziukas Lithuania 40:43.17
- 4 Yerko Ignacio Ara Chile 40:48.94
- 5 Quentin Rew New Zealand 40:51.55
- 6 Declan Tingay Western Australia 41:07.88
- 7 Rhydian Cowley Victoria 41:59.33 1 min - R: 230.7C
- 8 Rafal Augustyn Poland 42:51.07
- 9 Anders Hansson Sweden 42:54.95
- 10 Adam Garganis Victoria 43:05.62
- 11 Rafal Fedaczynski Poland 43:12.43
- 12 Damian Blocki Poland 43:40.31
- 13 Brendon Reading Australian C 44:09.48
- 14 Jakub Jelonek Poland 44:17.57
- 15 Yamamoto Toru Japan 44:46.53
- 16 Artur Brzozowski Poland 44:51.01
- 17 Tadas Suskevicius Lithuania 45:07.98
- 18 Carl Gibbons New South Wales 45:14.20
- 19 Luke McCutcheon Queensland 45:31.25
- 20 Edward Ignacio Ar Chile 45:36.29
- 21 Mitchell Baker Australian C 45:37.73
- 22 Oscar Tebbutt New South Wales 46:09.92
- 23 Dylan Richardson New South Wales 46:18.95
- 24 Kyle Swan Victoria 46:19.11
- 25 Connor Frew New South Wales 47:20.78
- 26 Remo Karlström Sweden 47:46.84
- 27 Timothy Fraser Australian C 47:54.26
- 28 Ryan Thomson New South Wales 50:15.01
- 29 Jack McGinniskin New South Wales 50:15.23
- 30 Callum Burns Australian C 50:55.47

## **Old Masters Athletics SAF Nathan Saturday January 13<sup>th</sup>**

### **5,000 Meter Race Walk**

Mark Carlile M44 39:25.38 (37:26.41 47.97%)

Ignacio Jimenez M52 26:19.02 (23:03.07 77.91%)

Peter Bennett M62 28:54.08 (23:08.31 77.62%)

-- Russell Grigg M90 DNF

*Age Graded Times & Percentages in Brackets*

## **Campaign Get Set for the Games Launch**

The Get Set for the Games media campaign was officially launched on Monday at the Broadwater Parklands in Southport and the club played an integral part in the success of the programme. Very well done to our walkers Caitlin and Anika who were wonderful ambassadors for the sport and the club. Our President, Shane played a key role on the day and deserves congratulations to his commitment and enthusiasm.

The club has received lots of positive feedback since the launch especially from the organizers: *"I just wanted to extend a huge thank you to Racewalking Queensland for your involvement in our media launch on Monday. The race walking was an absolute highlight and got some great media coverage!"*

Sarah Quinn - Senior Advisor (Media) Commonwealth Games.

We had great success with the Currumbin walks in October and now the media launch. Next is the actual Commonwealth Games where will be represented by Dane in his quest for Gold and we are hoping he is not the only club member who makes the Games team.

A large number of club members have been selected as volunteers for the Games in a variety of roles. Official confirmation has not made as yet but we hope that the club will have a presence at the Currumbin venue on race day. For this to be a success we will need the support of members who are not involved as official Games volunteers. So please stay tuned for the official announcement.



*Anika and Caitlin lead the way in a race walk demonstration at Southport on Monday*

## **Redlands Athletics Club Carnival**

**Sunday 28th January Sheldon College**

The Redlands LA's carnival, featuring race walks, will be conducted on the recently laid IAAF approved tartan track at Sheldon College on Sunday, January 28<sup>th</sup>.

Walks events on offer include U9 – 700m, U10 to U11 1,100m and U12 to U17 1,500m. and will commence at 8.00am. Carnival entry is \$15 for 5 events PLUS walks for U7 athletes and above. Please direct any enquiries to [info@redlandsathletics.org.au](mailto:info@redlandsathletics.org.au)

### **CHANGE OF VENUE NOTICE**

The venue for the **Ipswich LA's Twilight carnival** this Saturday has been changed due to the disrepair of the track at the original venue. The carnival will now be held at the Evan Marginson Oval at Goodna. The walks are scheduled for 1.30pm for U9-U17. Robyn Wales reports that there are over 70 entries for the walks.

### **This Week**

This Saturday, January 20<sup>th</sup>, at Qld Masters in Brisbane there is a 3,000 metres walk at the SAF starting at 8.00am. On Sunday morning Gold Coast Masters has a 3,000 metres at the Runaway Bay track with a 7.30am start.

Still with Masters, the Oceania Masters Championships start this Saturday in Dunedin New Zealand.

# Gold Coast Masters Championships

Runaway Bay Sports Centre February 4<sup>th</sup>

## Walk Championships Programme

7.30am 5,000 metre walk Men & Women

10.30am 1,500 metre walk Men & Women

Medals will be presented to 1st, 2nd and 3rd places for every event in every age division.

No online entries at this stage. Entry forms can be downloaded from the website

<https://www.goldcoastmasters.com/>

Entries can be handed in at the track on the 7th or 21st of January.

Contact: Karen Lakin Email to [karenlakin@outlook.com.au](mailto:karenlakin@outlook.com.au)

## Australian 20km Race Walking Championships

Inc. Oceania Championships

Sunday 11th February 2018

War Memorial Drive, Adelaide, South Australia

### Timetable

7:00am: Australian 20km Race Walking Championships

8:00am: Oceania Under 20 10km Race Walking Championship

8:00am: Invitational Under 18 5km Race Walking Championships

Entry \$30.00 per event **Entries Close** Monday 5th February 2018

<http://www.athletics.com.au/Compete/Events/2018-oceania-australian-20km-race-walking-championships-1>



**ENTRIES ARE NOW OPEN**

The QRWC is the host organisation for Athletics - Road Race Walks for the 2018 Pan Pacific Masters Games. The road walks will take place on the Luke Harrop Criterium Circuit next to the Sports Super Centre at Runaway Bay on Sunday November 11th 2018.

Every entry in the 10km road walk will benefit the club so please spread the word amongst your Masters friends.

<https://mastersgames.com.au/ppmg/sports/athletics-road-race-walk/>

## **Canberra Federation Carnival Mt Stromlo Canberra Sunday June 10<sup>th</sup>**

This annual Carnival is held each June in Canberra and brings together races walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the AFRWC and has a strong team emphasis. The carnival is over 50 years of age and involves over 300 walkers of all ages. This is a chance for EVERY member of the club to represent your State. Besides competing against your peers from around Australia you will have a lot of fun and meet people who will become lifelong friends. Besides all that there is the opportunity to win individual, team and handicap awards.

So, start looking at accommodation and flights. If you see any super sales prices on flights please let us know so that we can share the deals with your team mates.

### **Canberra Programme – There is an event for everyone**

1. Open 20 Miles 8.00am
2. Fitness 20 Miles 8.00am
3. Men & Women ACTA 30km C/Ship 8.00am
4. Open & Vet Women 10 Miles 8.00am
5. Open & Vet Men 10 Miles 8.00am
6. Fitness 10 Miles 8.00am
7. Fitness 5 Miles 9.00am
8. Men 10,000 Metres 10.30am
9. Men U20 ACTA 10km C/Ship 10.30am
10. Women U20 10,000 Metres 10.30am
11. Open (over 20 years) 10km 10.30am
12. Boys U10 1,000 Metres 11.40am
13. Girls U10 1,000 Metres 11.40am
14. Boys U12 2,000 Metres 11.50am
15. Girls U12 2,000 Metres 11.50am
16. Boys U14 2,000 Metres 12.10pm
17. Girls U14 2,000 Metres 12.30pm
18. Boys U16 3,000 Metres 12.50pm
19. Girls U16 3,000 Metres 1.15pm
20. Boys U18 5,000 Metres 1.40pm
21. Girls U18 5,000 Metres 1.40pm
22. Women's Open 5,000 Metres 2.20pm



Events 1, 4, 8, 12-22 are Racewalking Australia individual and team events.  
Events 4 & 5 incorporate Racewalking Australia Masters men's & women's individual competition only

## ***Racewalking Queensland***

### **QRWC Annual Subscriptions**

Family \$25.00

Students & Officials \$10.00

Others \$15.00

To register with Queensland Athletics, you must use their On-Line Registration.

Go to [www.qldathletics.org.au](http://www.qldathletics.org.au)

### **Race Day Fees**

Students \$3.00 / Others \$5.00

Club/Track Championships \$8.00

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

### **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.

[qrwcregistrar@outlook.com](mailto:qrwcregistrar@outlook.com) Club membership enquiries and information

## **Racewalking Queensland Management Committee 2017/18**

**President:** S Pearson

**Secretary:** N. McKinven

**Vice President:** P. Bennett

**Treasurer** J. Heylen

**Committee:** I Jimenez, A Wearne, R Wales, R Hamann, J Pickles, S Langley

**Patron:** Patrick & Maxine Sela    **Registrar:** A Wearne, S Wearne

**Delegates to QA:** R Wales, S Pearson

**Equipment Officers:** N McKinven, I Jimenez, P Bennett, S Pearson

**Handicapper:** N McKinven

**Trophy Officer:** N McKinven

**Results:** N McKinven

**Canteen Convenor:** G Jimenez

**Publicity Officer:** J Pickles

**Blue Card Co-ordinator:** J Haig

## **Coming Up .....**

January 20<sup>th</sup> QMA 3,000 metres SAF 8.00am

January 21<sup>st</sup> Gold Coast Masters 3,000 metres Runaway Bay 7.30am

January 20-27<sup>th</sup> Oceania Masters Championships, Dunedin NZ

January 26<sup>th</sup> QA Meet 3,000 / 5,000 metres SAF

January 28<sup>th</sup> **Sunday** QMA 5,000 metres SAF 8.00am

February 2-4<sup>th</sup> QA Open Track Championships 10km U20/Open

February 4<sup>th</sup> GC Masters Championships Runaway Bay 5km 7.30am / 1.5km 10.30am

February 7<sup>th</sup> **Wednesday** QMA 10,000 metres Championships SAF 7.00pm

February 10<sup>th</sup> QMA 3,000 metres SAF 8.00am

February 11<sup>th</sup> AA 20km Road Walk Championships Adelaide

February 15-18<sup>th</sup> AA Open Track Championships Gold Coast

February 17<sup>th</sup> QMA 5,000 metres SAF 8.00am  
February 22-25<sup>th</sup> QA Junior Track Championships  
February 24<sup>th</sup> QMA 3,000 metres 8.00am / 1,500 metres 9.40am Main Stadium QE11

### Looking Further Ahead .....

March 3<sup>rd</sup> QMA 3,000 metres Championships SAF 8.00am/1 Mile 9.30am  
March 3<sup>rd</sup> QA Meet 3,000 / 5,000 metres SAF  
March 10<sup>th</sup> QMA 5,000 metres SAF or Main 8.00am  
March 14-18<sup>th</sup> AA Junior Track Championship Sydney  
March 17<sup>th</sup> March 3<sup>rd</sup> QMA 3,000 metres SAF 8.00am  
April 8<sup>th</sup> Commonwealth Games 20km Road Walks Currumbin  
April 11<sup>th</sup> **Wednesday** QMA 10,000 metres SAF 7.00pm  
April 14<sup>th</sup> QMA 3,000 metres SAF 8.15 am  
April 21<sup>st</sup> QMA Track & Field Championships SAF 5,000 metres TBA  
April 26-29 AMA Track & Field Championships Perth WA  
April 28-29<sup>th</sup> Australian Little A's Championships Gold Coast  
May 5-6<sup>th</sup> World Race Walking Team Championships Taicang, China  
June 10<sup>th</sup> LBG Federation Carnival Mt Stromlo Canberra  
June 17<sup>th</sup> Gold Coast Road Walk Championships Mudgeeraba 8.00am  
July 10-15<sup>th</sup> IAAF World Juniors Track Championships Finland  
August 5<sup>th</sup> QA Road Walk Championships / QMA Short Walk C/Ships **TBA**  
August 26<sup>th</sup> AA/Federation Road Walk Championships Sunshine Coast **TBA**  
September 1-16<sup>th</sup> World Masters Athletics Championships Malaga, Spain  
November 11<sup>th</sup> PPMG 10km Road Walk Runaway Bay 7.00am

## ***Racewalking Queensland***

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

### **QRWC Annual Subscriptions**

Family \$25.00

Students & Officials \$10.00 Others \$15.00

### **Race Day Fees**

Students \$3.00

Others \$5.00

Club/Track Championships \$8.00

Track Championships – Non-Member \$ 15.00.

To register with Queensland Athletics, you must use their On-Line Registration.

Go to [www.qldathletics.org.au](http://www.qldathletics.org.au)

### **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/>