

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 65 years in the making.



HEEL & TOE

November 12th 2020

Weekend Walks

There are two good opportunities for our walkers to strut their stuff this coming weekend. On Saturday night is the annual 1,500 metre Classic with the race walk starting at 5.45pm. Earlier in the day Queensland Masters Athletics have a track meet at QSAC with a 5,000 metre walk starting at 8.00am .

1,500 Metre Classic QSAC Saturday November 14th

5.45pm 1,500 metre Walk Male / Female

Old Masters Athletics QSAC Saturday November 14th

8.00am 5,000m Walk

1980 Olympic 50km Race Walk Silver Medalist Llopart dies

The 1980 Moscow Games was where Dave Smith competed in his first Olympics and was where Spain won their first ever Olympic medal in athletics.

World Athletics is deeply saddened to hear that former race walker Jorge Llopart, who won Spain's first ever Olympic medal in athletics, died on Wednesday (11) at the age of 68 after suffering a heart attack. Llopart was European champion in 1978 and Olympic silver medalist in 1980, paving the way for a whole generation of world-beating Spanish race walkers. He represented his country at three Olympic Games, three World Championships and four European Championships.

Born in 1952 in the Catalonian municipality of El Prat de Llobregat, 'Jordi' Llopart took up athletics at the age of 13, initially focusing on cross country and middle-distance events before moving to race walking towards the end of the 1960s.

Coached by his father Moises for most of his career, Llopart made his international debut in 1973, placing 16th over 20km in Gradisca d'Isonzo in the qualifying round for the IAAF World Race Walking Cup. After winning his first national title over 20km in 1976, he moved up in distance and found he was better suited to the 50km event.

Llopart won the 50km race walk at the 1978 European Championships in Prague, becoming the first Spanish athlete to win a European title. His winning time of 3:53:30 was a Spanish record and championship record. He improved in 1979 and clocked a European record of 3:44:33, becoming the second-fastest man in history at that point.

The highlight of his career came at the 1980 Olympic Games in Moscow where he was among the medal hopes, but Mexico's world record-holder Raul Gonzalez was considered the outright favourite. Gonzalez led for the first 20km but then started to fade before eventually dropping out. East Germany's Hartwig Gauder came through to take gold while Llopart finished second, earning Spain's first ever Olympic medal in athletics. "I achieved my goal because I know where my strengths lie," he told Spanish media after the race. "I'm not a Formula 1 car; I'm a diesel engine."

Although Llopart didn't make it on to another major championships podium after 1980, he continued competing at a high level until the age of 40. He finished seventh at the 1984 Olympics and 13th in 1988. He also achieved top-10 finishes at the 1982 and 1986 European Championships.

He wasn't quite so fortunate at the World Championships, though. He finished 28th over 20km at the 1983 World Championships in history and then failed to finish in the 50km. In Rome four years later, he was disqualified just a few kilometres from the finish while in a medal position after being on course to set a lifetime best.

Llopart finished 17th at the 1991 World Championships in Tokyo, aged 39 at the time, in what was his final major championships appearance. He had hoped to bow out on home soil at the 1992 Olympic Games in Barcelona, but narrowly missed out on selection after finishing fourth in Spain's trial race. He still made it to the Games, though, and was one of the Olympic flag bearers at the opening ceremony.

After retiring, Llopart was awarded the Silver Medal of the Royal Order of Sports Merit in 1994 and the Olympic Order in 1999. He was a founding partner and vice president of the Spanish Race Walking Association (AEMA) in 2004, and went on to work as a technical adviser to many national federations, including Mexico, Japan and the US. He was also involved in coaching some of Spain's leading race walkers, including 1993 world champion Jesus Angel Garcia.

Llopart had two daughters with his first wife, Maria del Carmen, and two daughters with his second wife, Lithuanian Olympic race walker Sonata Milusauskaite. Llopart remained active late in life and would walk for 30-45 minutes every morning along the Costa del Maresme in Canet del Mar where he lived. "Everything started with Jordi Llopart," said European silver medalist Diego Garcia Carrera. "He paved the way for Spanish race walkers."



Last weekend should have been the road walk competition at Runaway Bay for the 2020 **Pan Pacific Masters Games** with the QRWC as the meet organiser. Unfortunately, In June the Master Games had to be cancelled because of COVID-19

It has now been announced that the Pan Pacific Masters Games will be held from **Saturday 6 to Sunday 14 November 2021** and return as scheduled in **November 2022**. As a trusted partner Qld Events will be looking to the QRWC to conduct the road walk at both these Games

QRWC 2020 AGM November 21st

The long postponed club Annual General Meeting has been scheduled for **Saturday November 21st**. It will be conducted at the State Athletics Facility, Nathan and commence at 10am.

The meeting will be kept short to enable the financial and management reports to be received and for the election of office bearers namely; President, Vice President, Secretary, Treasurer and up to six Management committee members. We will also appoint a club Patron. As the

2021 AGM will be held in April all members currently in other appointed positions are welcome to retain these roles until that meeting. The AGM official notice and nomination form can be downloaded from the club website at <http://www.qrwc.com.au/>

Results Results Results

1,500 Metre Race Walk

Kirwin, Roslyn 10:05.64 (10:05.65 55.64%)

Woodward, Erik 8:40.68 (7:42.11 72.93%)

Junior 3,000 Metre Race Walk

Gee, Blake M10 20:50.65

Gee, Tamika W13 16:32.01

Gee, Isabella W9 DNF

3,000 Metre Race Walk

Kirwin, Roslyn 22:33.91 (22:33.92 51.33%)

Woodward, Erika 17:41.10 (15:41.73 73.80%)

Age Graded Times & Percentages in Brackets

COMING UP – Track Walks

November 14th QMA SAC 8.00am 5,000m Walk

November 14th UQ Sport 1500 Classic QSAC Walk 5.45pm

November 21st QMA SAC 8.00am 3,000m Walk / 9.45am 1 Mile Walk

December 5th QMA SAC 8.00am 2,000m Walk / 9.25am 1,500m Walk

December Sunday 6th QMA Runaway Bay 8.00am 3,000m Walk

December 11th QA Mid-Week Meet QSAC 3/5km walk

December 19th QMA SAC 8.00am 3,000m Walk

December Sunday 20th QMA Runaway Bay 8.00am 3,000m Walk

January 10th QMA Runaway Bay TBA

January 24th QMA Runaway Bay TBA

February 7th QMA Runaway Bay TBA

February 21st QMA Runaway Bay TBA

*Please adhere to Covid-19 health and safety requirements while competing.
Respect the health and well-being of all fellow competitors, officials, volunteers, spectators,
family, friends, and venue staff.
If you are unwell, stay home.*



Sunday, December 6th Coolangatta

This walk or run festival utilizes the pathways of the Gold Coast beachfront. The new home for the event is at **Queen Elizabeth Park in Coolangatta** (no longer starts/finishes at Kurrawa).

Events to test yourself; 15km ,30km & 50km 30km.

<https://www.gc50runfestival.com.au/>

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

**State championships includes 3000m, 5000m & 10000m Championships, Qld Athletics Championships, Qld Combined Event Championships, Qld Cross Country, Qld Race Walking Championships, Qld Road Running Championships*

***In-stadium state teams includes Australian Athletics Championships, Australian Combined Event Championships, Zatopek 10000m, National 5000m Championships*

****Out of stadia events include Australian Cross-Country Championships, Australian Half Marathon, Australian Marathon, Australian Road Running Championships, Australian Walk(s) Championships*

^all athletes nominating for the National T&F Championship incur the \$150 team levy, regardless of membership.

***NB:** if you have unaffiliated base membership (no club) you are limited to only three shield meets, and you are ineligible for national championship. If you wish to take up this casual membership, click [here](#).*

Qrun - \$12 (access to Qld Athletics distance events only (800m up))

Club Coach, Officials & Volunteers - \$0

If you need clarification on any aspect of membership and benefits please email 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 2019/20

2020 AGM November 21st 10am

President: S. Pearson

Secretary: N. McKinven

Vice President. P Bennett

Treasurer R Hamann

Committee. C Goulding, I. Jimenez, S. Langley, T. Norton, S McCure, J. Westlin.

Patrons: Patrick & Maxine Sela

Registrar: T Norton

Delegates to QA: S Pearson, P Bennett

Handicapper/Results: N. McKinven

Social Media/Publicity: C Goulding

Trophy Officer: N. McKinven

Newsletter Editor: P. Bennett

Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

QRWC Website: 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 Membership, coaching or general enquiries about the club
racewalkqld@outlook.com Articles for the newsletter, to send in results, to join newsletter mailing list.

QRWC race entries 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

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