

**Queensland Race Walking Club Inc.**

*Building on a fine tradition of race walking, 63 years in the making.*



# HEEL & TOE

November 29<sup>th</sup> 2018

## **Australian 50km Race Walking Championships**

**Sunday December 2<sup>nd</sup> Fawkner Park, Melbourne**

### **AA Preview for Sunday**

This Sunday Melbourne will host the historic inaugural women's 50km walking championship of Australia at Fawkner Park, in South Yarra. The program will also see the return to competition for London Olympic champion Jared Tallent.

The women's 50km walk received international status when it was first held at the 2017 World Championships in London. At its second major event, the 2018 IAAF World Race Walking Teams Championships, in May in China, Australia's Claire Tallent finished on the podium, claiming bronze in an Australian record of 4:09.33.

On Sunday, a field of four line up in the inaugural Australian women's title over this challenging distance. Favourite will be Claire Tallent (SA) and joining her on the start line will be Victorian's Tracy Feiner and Kelly Ruddick. However, the main competition for Tallent is expected to come from Croatian, Ivana Renic, 21, who has over the last few months recorded personal bests of 1:38.33 (20km walk) and 4:35.39 (50km walk).

After nearly two years out of competition, largely with a hamstring injury, Jared Tallent makes his return to the roads in the men's 50km walk. Still not at full fitness, wisely Tallent will ease into his return, as he builds up towards a race in Slovakia in March.

Favourite for the race is Brazilian 3:47 athlete Caio Bonfim, who was top-10 in his home Olympics in Rio, while WA's Andrew Duncan, who has a 20km walk PB of 1:33, makes his 50km debut.

The support events have quality lines-up worthy of spectating. In the women's 20km walk, Commonwealth Games gold medallist Jemima Montag (Vic) is an unbackable favourite.

The men's 20km walk has a most intriguing line up, with clearly the next generation of very talented walkers in one of Australia's most successful Olympic disciplines.

The field includes three of our 2018 IAAF World Race Walking Teams Championships representatives Rhydian Cowley (Vic), Brendon Reading (ACT) and the 21-year-old Adam Garganis (Vic). Also, just out of juniors and ready to make a senior team is Tyler Jones (NSW), 20. Pushing these guys will be our two outstanding teenagers, Kyle Swan (Vic) and Declan Tingay (WA). Their personal bests of 1:38.52 and 1:36.26, respectively, are ready for revision as they graduate to the senior distance. At the IAAF World U20 Championships, they both placed an outstanding top-6 with Tingay breaking the Australian under-20 record in fourth place.

## **Programme**

7:00am - Men's Australian 50km Race Walk Championships

7:00am - Women's Australian 50km Race Walk Championship

8:00am - Men's Open Invitational 20km Race Walk

8:00am - Women's Open Invitational 20km Race Walk

9:00am - Men's Under 20 Invitational 10km Race Walk

9:00am - Women's Under 20 Invitational 10km Race Walk

10:00am - Men's Under 18 Invitational 5km Race Walk

10:00am - Women's Under 18 Invitational 5km Race Walk

## **Entries**

### **Men 50km AA Race Walking Championships**

Bonfim Caio / Duncan Andrew / Tallent Jared

### **Women 50km AA Race Walking Championships**

Feiner Tracy / Renic Ivana / Ruddick Kelly / Tallent Claire

### **20km Men Invitation**

Cowley Rhydian / Garganis Adam / Gibbons Carl

Hess Albin / Jones Tyler / Kozica Jason

Mottrom Kim / Prasad Pramesh / Reading Brendon

Richardson Dylan / Swan Kyle / Tingay Declan

### **20km Women Invitation**

Montag Jemima / Ventris Lynette

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

Fraser Timothy / Frew Connor / McGinniskin Jack

Tebbutt Oscar

### **U20 10km Women Invitation**

Goodhew Chelsea / Hill Gabriella / Peart Alanna

### **U18 5km Women Invitation**

Hay Charlotte / Peart Jemma

## **This Week**

This “main event” this weekend is the Athletics Australia Men & Women’s 50 km Championships & 20km Invite events being held at Fawkner Park, Melbourne on Sunday morning.

Locally, Qld Masters have 5,000 metres walk at the SAC on Saturday starting at 8.00am. The QA Shield Meet on Saturday evening has a 3,000/5,000 metres walk at the SAC starting **8.10pm**

### **Start List - QA Shield Meet**

#### **3,000 Metre Race Walk**

Millard, Summer	13 U14-Queensland R
Heap, Ashanti	12 U13-Gold Coast C
Clarke, Anika	13 U14-Redlands
Novinetz, Camryn	15 U16-Ipswich & Di
Anderson, Jayda	13 U14-Gold Coast C
Williams, Lyla	11 U13-Gold Coast V

#### **5,000 Metre Race Walk**

Hannigan, Caitlin	16 U17-Uqac
McCutcheon, Nelson	16 U17-Qeii Track C
Stewart, Ryan	16 U17-Ipswich & Di

## **Australian All Schools Track & Field Championships**

**Barlow Park, Cairns, Friday December 7<sup>th</sup>**

### **Queensland Team**

#### **U14 3,000m Walk**

Kai Norton, Seth Wasson  
Jayda Anderson, Anika Clarke

#### **U16 3,000m Walk**

Kris Hayward, Jonathan Wearne  
Camryn Novinetz, Larissa Vickers, Bridie Sullivan, Mackenzie Ofield

#### **U18 5,000m Walk**

Nelson McCutcheon, Ryan Stewart  
Milla Rowbotham, Charlotte Hamann, Caitlin Hannigan

#### **Friday December 7<sup>th</sup>**

6:00 PM 3,000 metres Walk Under 16 Boys  
6:20 PM 3,000 metres Walk Under 16 Girls  
6:45 PM 3,000 metres Walk Under 14 Girls  
6:45 PM 3,000 metres Walk Under 14 Boys  
7:55 PM 5,000 metres Walk Under 18 Girls  
7:55 PM 5,000 metres Walk Under 18 Boys

## RESULTS RESULTS RESULTS

No official results from race walks held in the last week but Brenda Gannon walked the 3km (16:40) at the Gold Coast last Sunday morning. On a hot, wild and windy Wednesday night Peter, Noela and Brenda lining up alongside a large field of runners for a 10,000 metres race at the SAC. Noela & Peter completed the 10km with Brenda retiring at 5km.

### Pan Pacific Masters Games Sport Convenors Luncheon

QRWC Co-Patron, Pat Sela On behalf of Events Management Queensland represented the club at the PPMG Sport Convenor Thank You Luncheon at The Island in Surfers Paradise last Thursday .

Pat accepted an award for the club for planning and delivering a successful road walk event at the Games. The award is picture frame containing the 3 medals from the Games - Gold, Silver and Bronze. Thank you once again to all our club volunteers that helped make this event such a success.

### Laura Rathgeber is Moving On

Many of our club volunteers will know Laura from the Commonwealth Games road events, the Gold Coast Marathon and the Pan Pacific Masters Games. Laura announced today that she is moving on from Events Management Queensland, where she was the Sports Services Manager, to take on an opportunity at Arafura Games, Darwin. While we will miss Laura for her organisational skills it is a great opportunity for her to be chasing new challenges and growing her skills. From everyone at the QRWC we wish Laura all the best in her new role and no doubt some of our members will pop up at the Arafura Games in the future.



### Walk or Run Sunday December 9<sup>th</sup>

The **50km, 30km, 15km and 5km** events that make up the Gold Coast 50 Run Festival use the footpaths and roads adjacent to the Gold Coast beachfront. Running from Kurrawa to Coolangatta & return, in the 50km event, the course provides athletes with spectacular views, regular water stops and aid stations. Don't miss out on running this stunningly beautiful run course. A favourite event for some of our race walkers.

For more information and entry details go to : <https://www.gc50runfestival.com.au/>

## 2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY

<http://athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>

### Race Walk Programme

Sunday September 1<sup>st</sup> 10km road walk

Tuesday September 3<sup>rd</sup> 5km track walk

Friday September 6<sup>th</sup> 3km track walk

### Event Registration & Fees

Registrations are taken online on the event website. Refer to the website for closing dates.

OMA Registration Fee AU\$40.00 / Administration Fee AU\$50.00

**Total Registration Fee AU\$90.00**

Entry Fee per Event AU\$10.00

### Beginners race walk judging course

AA have developed an on-line Level 1 race walk judging course.

<http://athletics.com.au/Officials/Level-1-Important-Information>

Once you have completed this course ask to stand with one of our qualified judges at a road walk meet to learn practical side of judging.

### Coming Up .....

December 1<sup>st</sup> Qld Masters Athletics 5,000 metres SAC 8.00am

December 1<sup>st</sup> QA Shield Meet 3,000/5,000 metres SAC 8.10pm

December 2<sup>nd</sup> AA 50 km Championships & 20km Invite events Melbourne.

December 7<sup>th</sup> Australian All Schools Track Championships Cairns

December 8<sup>th</sup> Qld Masters Athletics 3,000 metres SAC Memorial Day 8.00am

December 9<sup>th</sup> GC50 5/15/30/50km Broadbeach

### 2019

January 13<sup>th</sup> Ashmore Little Athletics Walks Day

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

February 10<sup>th</sup> Oceania & Australian 20km Race Walking Championship Adelaide

February 16<sup>th</sup> QA Shield Meet 3,000/5,000 metres SAC

March 7-10<sup>th</sup> Queensland Athletics Championships (U14-Open) QSAC

March 30<sup>th</sup> – April 7<sup>th</sup> Australian Athletics Championships (U14-Open) Sydney

April 13-14<sup>th</sup> Queensland Masters Athletics Championships State Athletics Facility SAC

April 26-29<sup>th</sup> Australian Masters Athletics Championships Melbourne Lakeside Stadium

May 25<sup>th</sup> Great Barrier Reef Masters Games

June 9<sup>th</sup> LBG Federation Carnival Mt Stromlo Canberra

July 3-14<sup>th</sup> 30th Summer Universiade, Naples Italy

August 31<sup>st</sup> Oceania Masters Games Mackay

Sept 28<sup>th</sup> - Oct 6<sup>th</sup> IAAF World Championships Doha, Qatar

## Queensland Athletics Registration 2018/19

Registrations with Queensland Athletics for the 2018/19 season become due on October 1<sup>st</sup>. The portal is now live and will accept membership applications. Click on the QRWC as your club. To avoid the problems some members have previously experienced the options on the portal are for QA registration only. No QRWC club fee as it is recognized that our members are already financial with the club up until April 1<sup>st</sup> 2019. If you are not a current financial member of QRWC please contact the club at [qrwcregistrar@outlook.com](mailto:qrwcregistrar@outlook.com)

Base members may only compete in a maximum of 3 track and field competitions during the summer season, including QA Shield Meets, other QA Track & Fields Meets and QLD Track & Field Championships. Base members are not eligible to compete at the 2019 Australian Athletics Championships (U14-Open).

Minimum Ages: Track & Field: 12 years as at 31 December 2019 (born 2007). Younger athletes may join as a Base Member for club training and for access to cross country and walks competitions. Cross Country / Road Walking: 6 years as at 31 December 2019 (born 2013).

**You can now Register with Queensland Athletics via the portal on the front page of the QRWC website <http://www.qrwc.com.au>**

**ALL QRWC NON-COMPETING MEMBERS, VOLUNTEERS, COMMITTEE MEMBERS, OFFICIALS AND COACHES ARE REQUESTED TO TAKE ADVANTAGE OF THE \$ 0 FEE AND REGISTER WITH QA TO ENSURE YOU ARE COVERED BY THE AA/QA INSURANCE POLICY**

### *Racewalking Queensland*

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

#### **Racewalking Queensland Management Committee 2018/19**

**President:** S. Pearson

**Secretary:** N. McKinven

**Vice President.** P Bennett

**Treasurer** R Hamann

**Committee.** C Goulding, I. Jimenez, S. Langley J. Pickles, R. Wales, J. Westlin.

**Patrons:** Patrick & Maxine Sela

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

**Equipment Officers:** A. Wearne

**Registrar:** A. Wearne

**Canteen Committee:** M. Sela, S. Wearne, J. Westlin.

**Handicapper/Results:** N. McKinven

**Selectors:** S. Langley/I. Jimenez

**Social Media/Publicity:** J. Pickles

**Director of Coaching:** D. Smith

**Trophy Officer:** N. McKinven

**Newsletter Editor:** P. Bennett

**Webmaster:** A. Wearne

**Club Captains.** J Pickles, P. Lindenberg

## **QRWC Annual Subscriptions 2018/19**

### **Registration Fees**

Family \$40

Students & Officials \$15

Others \$25

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 \$ 4 / Others \$6

Club Championships: Road \$8 / Track \$10

**Season Ticket** \$60/\$30 (for students) per athlete

**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

**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/>