

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 66 years in the making.



HEEL & TOE

April 1st 2021

Jared Tallent walks into retirement



Jared Tallent will walk proudly into retirement as Australia's most prolific Olympic male track-and-field medallist.

He can be just as proud of the public stance he took against the scourge of doping in sport — mostly, in his case, the systemic cheating by Russian athletes that robbed him of major titles.

Jared Tallent OAM – a career snapshot:

Three Olympic Games:

2008 – Silver (50km), Bronze (20km)

2012 – Gold (50km), 7th 20km

2016 – Silver (50km)

World Championships:

2009 – 5th 20km, 6th 50km

2011 – Silver (50km)

2013 – Silver (50km)

2015 – Silver (50km)

Commonwealth Games:

2006 – Bronze (20km)

2010 – Gold (20km)

World Race Walking Cup:

2006 – Silver (Men's 20km Team Medal)

2008 – Bronze (Men's 20km Team Medal)

2010 – Bronze (50km)

2012 – Gold (50km)

2014 – Silver (50km)

2016 – Gold (50km)

ABC Report

It's somehow fitting that the crowning moment of Tallent's career, winning the 50km title at the 2012 Olympics, needed almost four years to reach its denouement. Tallent had crossed the line in London in second spot behind Sergey Kiryapkin, only to later discover that the Russian had tested positive for performance-enhancing drugs both before and after the Games. It took until mid-2016 for the Australian to finally have the gold medal draped around his neck at a ceremony in Melbourne. "I've definitely made peace with that," said Tallent, 36, who retired on Friday after a hamstring injury ruled him out of Saturday's national championship race, ending his last chance of qualifying for the Tokyo Olympics. "I know I'm the Olympic champion." Speaking out was a big thing for me because I just wanted the sport to be in a better place going forward, so people didn't have to go through what I went through. "With the whole Russian saga, I was probably caught in the middle of the worst period of it and it really affected my career."

Even so, what a career it was.

On his Olympic debut in 2008, Tallent became the first Australian man since Stan Rowley in 1900 to win multiple athletics medals at the one Games, with silver in the 50km and bronze in the 20km.

"Being Olympic champion in London was definitely the highlight for me," Tallent said. "But I'm also just really proud of the consistency I had, being able to win medals at championships year in and year out.

There was also another Olympic silver in the 50km at the 2016 Rio Games and three successive silver medals at the world championships in 2011, 2013 and 2015. The 2011 silver should really have been a gold too, as he was beaten home by two Russians who later returned positive tests, but only one of them was disqualified.

Despite battling a series of injuries in recent years, Tallent had held out hope of bowing out on his own terms after a fourth Olympics campaign. "I still wanted to win a medal in Tokyo," he said.

"The last few years have been a real struggle; I've had a lot of setbacks with injury and a few things going on in my personal life. "I also had some good periods where I thought everything was going in the right direction and I'd be able to get back to where I was.

Australian Olympic Committee president John Coates paid tribute to Tallent following his announcement.

"Congratulations to Jared on a remarkable career," Mr Coates said. "As Australia's most decorated male track-and-field Olympian, Jared holds a special place in Australia's rich Olympic history.

Athletics Australia report

Australia's most decorated male track and field athlete Jared Tallent OAM has today announced his retirement from competitive race walking.

The London 2012 Olympic gold medallist in the 50km Race Walk ends an 13-year representative career unrivalled by any other Australian able-bodied male track athlete after winning a total of 15 medals at major events, including four Olympic medals, two Commonwealth Games medals (including one gold), three World Championships medals and six World Race Walking Cup medals.

Tallent made history upon his Olympic debut at Beijing 2008 when he completed a rare double by winning medals in both the 20km and 50km walking events. It was the first time a male Australian in Athletics won two medals at a single Olympic Games in more than a century.

After winning gold at the 2010 Commonwealth Games, he returned to the Olympic arena at London 2012 and won gold again in the 50km Walk to become an Olympic champion and an all-time great.

Tallent now steps away from the sport after a run of injuries in the lead up to the Tokyo Games, taking place in just a few months' time.

“I had planned for Tokyo to be my swansong but I’ve had a number of setbacks from an injury to my hamstring, with the latest one putting a halt to my final preparations for the Australian 50km Race Walking Championships this weekend,” Tallent said.

“Unfortunately, that was the last chance for me to qualify for Tokyo so it is with mixed emotion that I announce my retirement from elite sport.”

The Olympic record holder in the 50km Walk said while he leaves athletics earlier than he had anticipated, he looks back on his career with pride. “I’m incredibly proud of what I’ve achieved. The medals I’ve won at the Olympics are by far my highlight as they were beyond my wildest dreams when I started race walking all those years ago,” he said.

“To go to an Olympics is an achievement, and then to go on to win three medals in a row in one event is something I’ll never forget. “I’ve made long lasting connections and friendships through athletics and I’m grateful to take them away with me. In particular, I’d like to thank my family and friends for their support and also my coaches over my career, Daryl Biggin, Brent Vallance and Adam Didyk for the support and guidance they’ve provided me along the way. I also want to thank Professor Louise Burke at the Australian Institute of Sport. Much of the my success in London is because of the knowledge she shared with me. I really couldn’t do it without that team.”

Athletics Australia Chief Executive Darren Gocher congratulated Tallent on his record-breaking career and his place in Australian track and field history. “It has been a privilege to watch Jared become one of the greats in our sport,” Gocher said. “Jared is an outstanding ambassador for athletics in Australia and what he has achieved in his career makes him a great role model for all athletes. “Since making his international debut at the Beijing 2008 Games, Jared has been a leader of our team. He has shown commitment and determination to one of our most gruelling disciplines and his performances and success have no doubt been a contributing factor to the increasing profile of our sport at the elite level. “While we are saddened to lose him from our team, I want to thank and congratulate Jared on a wonderful career.”

Oceania & Australian 20km Race Walking Championships
Saturday March 27th
Fawkner Park, Melbourne

Tokyo-bound Jemima Montag (VIC) and Rio 2016 Olympian Rhydian Cowley (VIC) have been crowned the Oceania and Australian 20km Race Walking Champions for 2021 at Melbourne’s Fawkner Park this morning.

In perfect conditions, Montag (Brent Vallance) recorded the fastest time on home soil by an Australian when she crossed the line in 1:28.50, ahead of Katie Hayward (QLD, Steve Langley) and Rebecca Henderson (VIC, Simon Baker) who placed second and third respectively.

Montag’s performance was a personal best by two minutes, and sets the tone for her Olympic debut in Tokyo later this year. “It’s really exciting to take this win,” she said. “I knew this would be the fast hit out for the season because Tokyo will be humid and will probably come down to tactics, but I’ve waited over a year to do a 20km race and I’m so happy to make the most out of today,” Montag said. Hayward’s time of 1:30.41 dips below the Olympic qualifying standard. While Henderson missed the qualifier with 1:32.12, it was a strong result for her 20km debut.



Gabriella & Katie in action in Melbourne on Saturday

All photos courtesy of Robyn Wales

In the men's race, it was a battle between eventual winner and race walking veteran Cowley, who clocked 1:22.28, and up and comer Declan Tingay (WA, Steve Tingay). In an attempt to stamp his authority on Australian race walking, it was Tingay who crossed 0.01 seconds ahead of Cowley, but the win was not to be. Tingay received a two-minute time deduction following a third red card on his final lap of Fawkner Park, and placed behind Kyle Swan (VIC, Brent Vallance) who won silver. Cowley, who has already notched up a qualifier for the Tokyo 50km event, was still happy to take home his first national 20km title in his lengthy career.

“It was definitely an odd way to finish, but I've been trying to win the National 20km Championship for over a decade so I'll take it in whatever way I can get in that respect,” he said.

“Before the pandemic, I clocked an automatic standard for Tokyo so there was less pressure on me to get the qualifying time today, but I was trying to keep Declan company and push a fast time out of him too and I'm really happy with my time over 20km too.” While Tingay's final result of 1:24.27 placed him behind Kyle Swan (1:24.08, VIC, Brent Vallance) the result was still a two minute personal best.

In other results, Will Thompson (VIC, Brent Vallance) recorded a personal best of 41:34 in the 10km which qualifies him for the World Under 20 Championships, and in the women's 10km event, Alanna Peart (VIC, Wayne Peart) added another World U20 qualifier to her list of results, after clocking 48:04. The Under 18 5km races saw Montag's National Record broken, with Milly Boughton (NSW, Ann Saville) clocking 23:02. In the men's U18 5km event, Fraser Saunder (VIC, Daryl Biggin) won the event in a time of 22:40.



Katie & Gabriella celebrating their race result

Results Results Results

**Australian 20km Race Walking Championships
Men Open 20km**

1. Rhydian Cowley VIC 1:22:28
2. Kyle Swan VIC 1:24:08
3. Declan Tingay WA 1:24:27 Rule TR54.7.4
4. Quentin Rew NZL 1:27:08
5. Carl Gibbons NSW 1:27:24
6. Mitch Baker ACT 1:27:50
7. Tristian Camilleri SA 1:29:55
8. Tim Fraser ACT 1:32:19
9. Dylan Richardson NSW 1:35:01

Women Open 20km

1. Jemima Montag VIC 1:28:50
2. **Katie Hayward QLD 1:30:41**
3. Rebecca Henderson VIC 1:32:12
4. Hannah Mison NSW 1:54:20
5. Bridget Bell NSW 2:02:44

Men 10km Under 20km

1. Will Thompson VIC 41:34
2. Corey Dickson VIC 44:56
3. Jack McGinniskin NSW 50:29

Women 10km Under 20

1. Alanna Peart VIC 48:04
2. Olivia Sandrey SA 48:58
3. **Gabriella Hill QLD 51:23**
4. Charlotte Hay VIC 54:10

Men 5km Under 18

1. Fraser Saunder VIC 22:40
2. Liam Hutchins VIC 25:25

Women 5km Under 18

1. Milly Boughton NSW 23:02 (NR)
2. Ariana Pashutina VIC 25:35
3. Emily Smith VIC 28:2

Well done to former club member Christina on her great result in the 20km at the Balkan Championships representing Greece.

20th Balkan Race Walking Championships

Antalya, Turkey March 27th

- 1 AYŞE TEKDAL TUR 1:30:12
- 2 PANAYOTA TSINOPOULOU GRE 1:32:33
- 3 **CHRISTINA PAPADOPOULOU GRE 1:32:53**

QRWC Winter Road Walk Season

There are no certainties in these times but hopefully the 2021 Winter Road Walk season will kick off on time on Sunday April 11th with a Sign on Day and Annual General Meeting at the Logan River Parklands, Beenleigh.

The cycling Tour de Brisbane is being conducted around Brisbane that morning and there will be a number of road closures. Please check the link below to see if you will be impacted and plan your journey accordingly.

<https://tourdebrisbane.org/roads/>

Sign-On Day /AGM Schedule Sunday April 11th Beenleigh

No points races

8.00am 5km

8.30am 3km

9.00am 2km / 1km

9.30am AGM

Sunday April 18th Aurora Park, North Lakes

Age Races & Handicap #1

8.00am A Grade 10km

8.15am E Grade .5km / F Grade 1km

8.30am B Grade 5km

8.45am C Grade 3km / D Grade 2km

Sunday May 16th Mudgeeraba

Gold Coast Road Walk Championships

GCC Open M/W 10km

Invitation M/W 5km Non-Championship

GCC U20 M/W 5km

GCC U18 M/W 5km

GCC U16 M/W 3km

GCC U14 M/W 2km

GCC U12 M/W 2km

GCC U10 M/W 1km

GCC U8 M/W .5km

All QRWC memberships for 2021/2012 become due on April 1st.

The club has now been changed over to the new season and new payment classes installed.

\$15.00 for students

\$25.00 for non-students

*QRWC fee only, does not include Qld Athletics membership.

Members to go to the page

<https://www.revolutionise.com.au/qldracewalkingclub/registration/> and enter their National ID, Surname and DOB - click RENEW if you have been on RevSport before and the new payment classes will be there to select.

If you have any problems or queries about club membership contact ;

david.brown@qldathletics.org.au or QRWC Registrar Tara Norton tara.norton@bigpond.com

Race Fees

For all \$5

Non Member on the day \$10

**A non member is an athlete who just wants to race on the day without joining the club. A non member who comes along to race but pays the membership fee would only pay \$5.*

As at 01.04.2021 Queensland Government announcement on the wearing of Face Masks

“In all areas of Queensland, you must carry a face mask with you at all times when you leave home, unless you have a lawful reason not to. You must wear a mask in indoor spaces. It is strongly recommended you wear a mask when outdoors if you are unable to stay more than 1.5m distance from other people, such as busy walkways and thoroughfares.”

The **QRWC COVID safe plan** is the same as last season with a reminder to everyone to wash their hands regularly, use hand sanitizer and to socially distance.

Any officials, coaches, parents, spectators or anyone accompanying a competitor and not walking, will also have to register.

If you feel unwell, have any symptoms of a cold or flu – stay at home and get tested. This includes our all volunteers, officials, competitors and spectators.

Please do not congregate in groups before or after your race.

Follow any QRWC signs or other COVID safety markings. These are here for your safety and to ensure we are complying with our COVID-Safe Plan.

The QRWC road walk season usually consist of 10 Handicap road walk meets, a club track and road walk championships, the Gold Coast Road Walking Championships, a Postal (Virtual) Interstate meet and finishing with a relay / lunch and trophy presentation day. In between we also have the Queensland Athletics Road Walk Championships, the Canberra LBG Federation meet and the Australian Winter Road Walk Championships incorporating the 2nd Federation meet.

Handicap Meets and Points – So what does it all mean?

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club **Handicap race meets** during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

Starting points are awarded for starting the event.

Completed points are awarded for finishing the race distance.

The Best Season Performance. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points. To maximise your points for the season it is recommended that an athlete stays in the same grade for the season.

Draft for the first half of the season

April	4	Easter Sunday	
	11	QRWC Sign On Meet /AGM	Beenleigh NO POINTS
	13-17	AA Track Championships - Walks	Sydney
	18	QRWC Handicap Meet 1	North Lakes
Saturday	24	QRWC Handicap Meet 2	Kalinga Park
	25	ANZAC Day	No club competition
May	2	QRWC Handicap Meet 3	Beenleigh
	9	Mother's Day	No club competition
	16	Gold Coast Championships	Mudgeeraba
	23	QRWC Handicap Meet 4	Morningside
	30	QRWC Handicap Meet 5	TBA

June	6	LBG Federation Meet	Mt Stromlo Canberra
NOTICE – ANNUAL GENERAL MEETING Queensland Race Walking Club Inc known as Racewalking Queensland			

Notice is hereby given that the Annual General Meeting of the Queensland Race Walking Club Inc. will be held at Logan River Parklands, Beenleigh on Sunday, 11th April, 2021 commencing at 9.30am. All positions within the club will be declared vacant at the meeting.

Nominations Close Sunday April 4th.

The Business of the meeting will be

- * Meeting The Receiving and Confirmation of the minutes of the 2020 Annual General Meeting
- * The Receiving of the Management Committee Report for 2020
- * The Receiving and Adoption of the Statement of Income and Expenditure, Assets and Liabilities for the financial year
- * The election of the Officers and other members of the Management Committee
- * The Appointment of a Patron
- * The Appointment of a Registrar
- * The Appointment of an Equipment Officer
- * The Appointment of a Canteen Convenor
- * The Appointment of a Newsletter Producer
- * The Appointment of a Handicap/Results Person
- * The Appointment of Publicity/Media Persons
- * Any appropriate General Business

NOMINATIONS are invited for the following positions for 2021

*President	*Vice President	*Secretary	*Treasurer
Registrar	Equipment Officer	Canteen Convenor	
Newsletter Producer	Handicap/ Results	Publicity/Media Persons	

*Not less than one (1) nor more than six (6) other committee members with the number to be decided at the Annual General Meeting

Positions marked with * are members of the Management Committee

All nominations to be forwarded to the Returning Office Noela McKinven at noelanhoda@gmail.com

Athletics Australia Track Championships
Sydney Olympic Park Athletics Centre April 12-19th

Tuesday April 13th

11.55am Women U14 3,000 metres

11.55am Men U14 3,000 metres

2.25pm Men U15 3,000 metres

2.25pm Men U16 3,000 metres

Wednesday April 14th

4.50pm Women U15 3,000 metres

4.50pm Women U16 3,000 metres

Thursday April 15th

6.15pm Women U20 10,000 metres

6.15pm Open 10,000 metres

Friday April 16th

7.00pm Men U20 10,000 metres

7.00pm Open 10,000 metres

Saturday April 17th

12.20pm Women U17 5,000 metres

12.20pm Women U18 5,000 metres

1.55pm Men U17 5,000 metres

1.55pm Men U18 5,000 metres

COMING UP – Track & Road Walks

April 11th QRWC Sign On Day /AGM Logan River Parklands, Beenleigh 8.00am

April 18th QRWC Handicap Meet 1 North Lakes 8.00am

April 12-21st AA Track & Field Championships Sydney

April 24th **Saturday** QRWC Handicap Meet 2 Kalinga Park 8.00am

May 2nd QRWC Handicap Meet 2 Logan River Parklands, Beenleigh 8.00am

May 16th Gold Coast Road Walk Championships Mudgeeraba 8.00am

PAN PACIFIC MASTERS GAMES SET FOR 2021 RETURN



Entries Now Open

The Queensland Race Walking Club has been appointed to deliver the 10km road walks at the 2021 Pan Pacific Masters Games.

Check out the Road Walk page at <https://mastersgames.com.au/ppmg/sports/>

The walks will take place on Sunday November 14th at the Luke Harrop Cycling Circuit at Runaway Bay at 7am

Sport Fee: \$20 per person

Games Fee: Competitor: Early bird \$125 (until 11:59pm AEST 31 August 2021) Standard \$145 (from 1 September 2021)

Entries Close Wednesday 3 November 2021 (11:59pm AEST)

Event Enquiries: Pan Pacific Masters Games Email: info@mastersgames.com.au Phone: +61 7 5668 9888

Racewalking Queensland Management Committee 2020/21

As elected AGM November 21st

Congratulations to the newly elected Management Committee that will take us through until the 2021 AGM scheduled for April.

President: S. Pearson

Secretary: N. McKinven

Vice President: P Bennett

Treasurer: R Hamann

Committee: I. Jimenez, S. Langley, T. Norton, J Stuckey

Patrons: Patrick & Maxine Sela

Registrar: T Norton

Uniforms: J Stuckey

Newsletter Editor: P. Bennett

Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

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

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 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

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 2020/21

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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/>