

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 64 years in the making.



HEEL & TOE

December 19th 2019



January 12th, 2020

Join us for our annual Walks day, jointly hosted with Race Walking Queensland. This is a great opportunity to gain valuable feedback from Judges and also a great chance to register an official time prior to Regional Championships. All athletes from U/9 to U/17 are encouraged to participate.

Where: Brian Johnston Athletics Track, Currumburra Road, Ashmore

Cost: \$5 on the day, no prior nominations required

Time: 8:30am (Registration) – 9am Start

Events: 700m Walk – U/9

1100m Walk – U/10 & U/11

1500m Walk – U/12 – U/17

Ashmore Little Athletics, Currumburra Rd, Ashmore

ashmorelittleathletics@gmail.com

2019 All Schools Championships – Perth WA.

Race Walk events report by Rodney Clarke

Perth welcomed walkers with perfect conditions Friday night at the WA Athletics Centre which in turn delivered some amazing results from our QLD athletes. With four races on the Friday night program and entry lists packed with the countries best junior racewalkers spectators were set to witness our next generation racewalkers first hand.

The first race was the combined U14 Boys & Girls 3,000m event with QLD well represented by Alexander Bradley & Sam McCure in the boy's race and Ashanti Heap and Amber Norton in the girl's race. At the sound of the starters gun the pace was on from the outset which quickly separated the field and lead to a small group at the front. As the race progressed walkers began to make their moves. Both Alex Bradley and Amber Norton raced very smart races finishing 2nd (14:54 min) and 3rd (14:48 min) respectively in the events. Alex was under pressure in the final few laps from a fast finishing WA & Victorian athlete to hold on for second place and a new PB of over 1 minute. For Amber a well-timed race saw her move through the field as the laps counted down moving into second place with less than 2 laps to go before getting caught in the finishing straight by a very fast finishing NSW athlete. Despite this, her performance was a 45 second PB.

For those walkers that did not meet their own expectations the fact you were out there is proof enough you are good enough. It's not an easy pathway to this event and as we all know with sport, there are days where it all work and there are days where for some strange reason it just doesn't fall into place. This doesn't mean you are any less an athlete, it means you are human. It's what you do next that matters.

The Girls U16 3,000m was a race that had to be seen to be believed. Our very own Jayda Anderson was threatened at the start and one could have been mistaken they were watching a 100m sprint final as walkers shot out of the blocks at a pace that likened just that. At the end of the first lap the field had settled as athletes established their rhythms however out front Jayda was making light work of her opponents establishing a lead that continued to grow and grow and was at one stage on track to break both the National and Meet record with 1km splits of 4:15 and 4:06 through 2,000m. Despite not achieving this feat her race was one to witness and thoroughly deserving of her national title finishing in a time of 13:58 min). Anika Clarke raced a smart race by not reacting to the initial burst of energy at the start of the race and settled quickly before moving through the field also as the laps counted down moving into fourth with 700m to go before comfortably finishing the race in that position with a PB time of 15:01 min, also a new PB. Mackenzie Oldfield started strongly and was with the leading group before settling into her race rhythm. With such a brutal pace at the start of the race it started to take its toll by 2,000m but did not stop Mackenzie from recording a new PB of 15:45 min and a top 10 placing. Vivian Milosevic fought out a great race between herself and two other athletes from WA and SA before finishing with a new PB in a time of 17:28 mins in what was a gutsy performance.

The boys U16 3,000m delivered QLD walkers their second gold medal and fourth medal of the championships with Lachlan McCure taking 30 seconds of his PB to take gold in a time of 14:21 from two NSW athletes. QLD took another fourth place with Kai Norton (14:41 min) also recording a new PB. Like all other races the pace was on from the outset with four athletes establishing a lead group out front that included our own Kai Norton. As the laps ticked over the leading group reduced to three then two as Kai gallantly stayed in touch. The big move came with 1,000m to go when Lachlan moved around Kai and dragged him along until 800m to go before moving into the lead with 700m to go. A superior stride length saw Lachlan establish a lead that would not be overcome. Kai held on for a strong fourth place.

Our other QLD walker Seth Wasson continued his development in the event with a strong performance and becoming another walker to record a new PB. Seth walked well and consistently in taking over 90 seconds from his previous best to record a time of 15:28 mins. On Saturday very hot & windy conditions greeted athletes for the men's & women's combined 5,000m. QLD did not have any entrants in the men's event with three athletes Jasmine-Rose McRoberts (QLD), Elliot Bow (QLD) and Gabrielle Hill (NSW) all competing in the women's event. Jasmine recorded a PB of 30.28 mins along with Elliot Bow with a time of 30:49 mins.

Australian Schools Track & Field Champs- Perth

Race walk review by Shane Pearson

I travelled to Perth to watch the Queensland walkers from my squad and all our athletes compete at these championships. One thing that I truly love about race walking is that everybody supports each other, all the athletes from all the states.

Yes it's hard fought competition on the track but there's a genuine support and friendship for each other afterwards.

That again was evident in Perth. I'm so proud of how the Queenslanders were there together in spirit and as a team supporting everybody again at this event.

The coaches, parents, supporters and athletes there united, communicating, cheering, congratulating and all having a great time together.

As for our athletes, every single one of them tried the very best they could and performed with confidence and determination to set new personal best times and be at the pointy end of the field across the finish line.

My personal view of how our Queensland athletes performed.

14 girls 3000m

Amber Norton: 3rd. PB 14:48:43. She raced a very controlled and well executed race. Holding back early on and staying away from the very fast start, she went through 400m almost 10 seconds behind the leaders. As athletes in front of her started to slow down she moved her way through the field to be in 2nd with a lap to go but was unable to hold on and was overtaken near the finish. Huge Pb taking 45 seconds off her previous best and gaining a medal. Got to be very happy with that. Awesome Amber.

Ashanti Heap: 4th. 15:21:21. As usual Ashanti went hard at the start trying to stay with Millie from NSW who also wants to lead from the start. Through 400m in 1:43. this pace was always going to be hard to hold onto. But I like the aggressive way she races. She will never die wondering and always put herself into a strong position. Sometimes she holds on and can be there at the end. Unfortunately this time the early fast pace I think was the difference of her just missing out on a medal. Don't be disheartened. It was a fantastic effort.

14 Boys 3000m:

Alex Bradley: 2nd. PB 14:54:44. This was the break out performance for Alex. He has been sitting in behind Sam for awhile, but this time it all clicked and fell into place. From the start he wanted to be part of the action up front, sitting just in behind the leaders for the first few laps. Around half way as others were slowing he maintained his momentum to hold his position and come home in a huge best time and his first individual national medal. Outstanding performance.

Sam McCure: 5th. 15:29:31. Sam is a champion athlete. Always gives his all. Always races hard no matter what. Always fights to the finish. This race was no different. He went out with the leaders, right up at the pointy end. Setting up for another race the way we have seen him before. Unfortunately Sam was not at his best. Around mid way he just seemed to be just off the boil. But his gritty determination had him keep fighting till the end. It just wasn't enough

to be at his best this time. Be proud of your result Sam. You did a great job. Always exciting and a pleasure watching you race.

16 Girls 3000m:

Jayda Anderson: 1st. 13:57:95. This race started suicidal fast. Jayda always wanting the lead from the start was dragged by 2 others through 400m in 1:31. That was always going to hurt by the end of the race. The thing I really like about Jayda. Is she hits the front and won't let anybody get past. She's a bulldog racer that takes it by the teeth and will strangle the field till she's the only one left in front. She's a fighter and with this attitude she is going to be someone in the future to look out for internationally. I'm pretty sure she was after the National record of 12:43 but I feel the early speed is what stopped her from getting the time in this race. I'm not sure if it was her best time but never the less still extremely fast. Congratulations Jayda on another national title.

Anika Clarke: 4th. PB 15:01:74. This was by far one of the best races I've ever seen Anika perform. For many years I've watched her have highs and lows in races. This is a definite high. She snuck under her previous personal best. She raced an extremely controlled and focused race. Let the leaders go early and she held back. She knew her goal times and stuck to them lap after lap. As in the other races, athletes would slow form the early speed, more the fact was she was maintaining her speed as the others slowed and they fell behind her. She did a sensational race. It was one of my favourite performances at the meet.

Mackenzie Ofield: 8th. PB 15:45:16. I really enjoyed watching this race. Macca put in an amazing race. It was the Mackenzie of old. I haven't seen her put this much effort into her races for awhile. She went solid at the start, finding a rhythm and pace that she looked comfortable with. Technically it was the best I've seen her. She started strong and stayed strong, focused on doing the very best she could. She is a beautiful walker to watch and I was so excited for how she competed. Looking forward to see what she can do in the future. Congratulation Mackenzie. Awesome effort.

Vivian Milosevic: 11th. PB 17:28:63. She is relatively new to race walking, I don't know much about Vivian, however I saw a young athlete have a crack go out and give everything she had, tried extremely hard and did an awesome race. She went out and didn't disappoint at any level. She had an outstanding race finishing in a new massive personal best, that's all you can ask for in any race, but can be hard at your first nationals. Well done and hope to see you in more races soon.

16 Boys 3000m:

Lachlan McCure: 1st. PB 14:21:41. What an outstanding performance. This was a great race to watch. Lachlan got into his work early on. He had a goal, he had a plan and I believe he stuck to it. I felt Coach Robyn was feeling very confident going into this event and so she should. He has been putting some consistent performances on to board lately and again he raced the right race at the right time. That's exactly how the race played out. He timed his final moves to perfection and hit the lead as they came through the bell lap and stayed strong to win with a new best time. Congratulation Lachlan on your first National title.

Kai Norton: 4th. PB 14:41:19. Kai raced hard. He went with the leaders. 3 boys from NSW made Kai work extremely hard in the early laps. He was walking wide for the first 4 laps, couldn't find his way into the inside till he decided to kick to the lead. This early battle I think hindered the final result for Kai. He gave everything he had. When he came down the back straight with 600m to go, he was just off the back of 3rd but looked uncomfortable. He fought hard to stay in 4th but just didn't quite have the kick to get back into the medals at the end. PB by 31 seconds. Be proud of yourself Kai. Onwards and upwards. Great race.

Seth Wasson: 6th PB 15:28:61. This was a massive best time for Seth. He did an outstanding race. He got himself into his work from the start. He got into a position at the back of the lead pack and held on. He walked a gutsy race and gave everything he had right to the finish. You should be so proud of your performance, it was great to watch. Congratulations.

18 Girls 5000m:

Gabriella Hill: 7th. 30:26:42. The sometimes QLD, sometimes NSW athlete, this time in blue. She is coached by Robyn so we gave her our attention as well. She did a great race. Only stepping up to the 5000m recently she would have learnt a lot from this in Perth. I felt she tried extremely hard and stayed strong throughout the event holding on to 7th just in front of a fast finishing Qlder. Congratulations Gabriella, Awesome effort.

Jasmine McRoberts. 8th. PB 30:28:36. This is by far the very best race I have ever seen Jas do, a massive PB by 1:17. You can't be disappointed at all. Usually Jas will try and go with the leaders, but this time she stayed in her zone. Raced intelligently held her technique and stayed focused on the job at hand. She tried some surges and past a few athletes along the way. Be proud of your race, sensational effort. More improvements are coming as you get stronger and fitter.

Elliot Bow: 10th. PB. 30:49:77. This was Elliot's first ever national champs, she was extremely nervous and overwhelmed. When the race started she found a rhythm she was comfortable with. It was well on her PB pace which is all her goal was. At times she tried to make moves and make her way through the field, but other athletes trying to hold their position would make this difficult. Experience will come with more races at this level. You have the ability to do well, you just have to believe in yourself. Sensational walk, massive PB by 1:16. Awesome result.

We didn't have any starters in the 18 Boys, 5000m.....Maybe next year.

To our athletes. Congratulations to you all. Sensational performances.

To our coaches. Well done, it's not easy getting all the athletes onto the start line 100% ready. Congratulations.

To our supporters. Thank you. I hope you are all proud of the achievements and success of our athletes.

And to everybody. Merry Christmas. Have a safe and relaxing Festive Season.

See you in 2020.

Shane.

THIS WEEK

It is Memorial Day at the Qld Masters meet this Saturday at QSAC. The Andrew Ludwig 3,000 metres walk will start at 8.00am. Awards are based on age graded times. This is the final chance for a walk this year.

Athlete Funding Opportunities

Emerging Athlete Pathways aims to foster the development of young athletes and support elite athlete pathways by providing financial assistance to help alleviate the costs associated with attending championship events. The subsidy provides financial assistance through three event tiers and supports attendance at specific state, national and international events.

- Successful applicants may receive up to \$200 for state, \$400 for national and \$600 for International events every two years.
- Athletes can apply under each category.
- Applications are for reimbursement AFTER travelling to the event.
- Claim must be completed within six months of travelling.

www.qld.gov.au/recreation/sports/funding/athletes/emerging-athlete-pathways/

Local Sporting Champions is a Sport Australia (Federal Government) program providing financial support to young sportspeople aged 12-18 years. If successful, applicants will receive between \$500 and \$750 towards the cost of attending state, national or international sporting competitions recognised by the Sport Australia.

www.sportaus.gov.au/grants_and_funding/local_sporting_champions



April 10-13th 2020

REGISTRATIONS NOW OPEN

<http://www.brisbane2020nationals.com.au/register/>

There are track races over 5,000 metres and 1,500 metres and a 10km road race which will be conducted by the QRWC at Riverside Drive, West End.

QMA CALLING FOR VOLUNTEERS BRISBANE 2020

QMA is hosting the Australian Masters Athletics Championships at Easter 10-13 April 2020. The road walking events will be held at West End by the QRWC on Easter Monday. Volunteer helpers are needed to assist with the smooth running of this event. (There will be a separate call for qualified Officials).

If interested please email me at peter.bennett@live.com and include your polo shirt size.

Pan Pacific Masters Games November 6-15th 2020 Gold Coast

PLAY IT, LIVE IT, LOVE IT!

ENTRIES NOW OPEN

<https://entermastersgames.com>

QRWC is the host club for the Pan Pacs 10km road walk

Queensland Athletics 2019/20 Registration

- Queensland Athletics registrations are due from October 1st. All athletes wishing to compete during the track season must register on line. For information regarding registering with Queensland Athletics, visit
- <http://www.qldathletics.org.au/Membership/Membership-Information>

- To renew your QA registration as a member of QRWC go to
- <https://www.revolutionise.com.au/qldracewalkingclub/registration>
-
- Current financial club memberships are due to expire 31st March 2020. Click on the required Existing QRWC member option if you paid your club membership during the winter road walk season. If you are not a financial member of the QRWC you are required to select the option that includes club membership. All club officials, coaches, volunteers and Committee Members should register. This is a \$ 0 options and ensures that you are covered by insurance.
- **QA / QRWC Registration Fees Structure**
- QA Base Membership / Existing QRWC member \$ 12
- QA Platinum Membership / Existing QRWC member \$ 232
- QA Young Athlete Platinum / Existing QRWC member \$ 182
- QA Seniors Athlete Platinum / Existing QRWC member \$182
- Club Coach, Officials, Volunteers / Existing QRWC member \$ 0

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: Dave Smith, Steve Langley, Noela McKinven, Shane Pearson, Robyn Wales. 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>

Still to Come 2019

December 21st Qld Masters SAC 3,000 metres Andrew Ludwig Memorial 8.00am

Looking further ahead 2020

January 18th Qld Athletics SAC 3,000/5,000 metres

February 22nd Qld Athletics SAC 3,000/5,000 metres

February 9th Australian 20km Road Walk Championships, Adelaide

March 21-29th Australian Open and Junior Track Championships, Sydney

April 10th Australian Masters Championships 1,500 metres QSAC

April 11^h Australian Masters Championships 5,000 metres QSAC

April 12th Australian Masters Championships 10km Road Walk West End

April 18-19th Australian Little Athletics Track Championships, Canberra

May 2-3rd IAAF World Race Walking Team Championships, Minsk, Belarus

June 5th Qld Masters State Championships Townsville

July 17-20th World U20 Track Championships, Nairobi, Kenya

July 24th-Aug 9th Olympic Games, Tokyo, Japan

July 20th-Aug 1st World Masters Track Championships, Toronto, Canada

August 30th Australian Masters 20km Championships Adelaide

Racewalking Queensland

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

Racewalking Queensland Management Committee 2019/20

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

2019/20 Registration Fees

Family \$40

Students & Officials \$15

Others \$25

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

Go to 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 (for entry to all QRWC events for the season including track and road championships. Does not cover QA, AA or RWA championship and other events organised by those organisations). Recommended if you intend doing all the races during the season and it saves the hassle of trying to find coins to pay your race fees each Sunday.

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>

BlueCard: The club recommends that all volunteers and athletes over 18 apply for a Queensland Government BlueCard. Please read the requirements on who needs a card at the following website. <https://www.bluecard.qld.gov.au/volunteers/howdoiapply.html>
An application form can be printed off from this site.

Play by the Rules

Lots of good resources and on-line training here.

<https://www.playbytherules.net.au>

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.

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/>