

**Queensland Race Walking Club Inc.**

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



HEEL & TOE

**December 5<sup>th</sup> 2019**

**Australian All Schools**  
**Track and Field Championships**  
Western Australia Athletics Stadium Perth

All the track and field action this week will be in Perth starting Friday with the holding of the Australian All Schools Championships. There is a strong contingent of Queensland race walkers competing and we wish them all every success. We know they will be great ambassadors for the State and will do us all proud. Go the Queenslanders!!!

**Entry Lists**

**Friday 6th December**

**Amended start times due to hot weather**

- 7.30pm U14 Girls 3000m Walk Final
- 7.30pm U14 Boys 3000m Walk Final
- 7.50pm U16 Girls 3000m Walk Final
- 8.10pm U16 Boys 3000m Walk Final

**Boys 3,000 Meter Race Walk Under 14**

- 1 Isaac Beacroft NSW
- 2 Alexander Bradley QUEENSLAND
- 3 Sam McCure QUEENSLAND
- 4 Oliver Morgan TASMANIA
- 5 John Ronan WA
- 6 Anthony Tana SOUTH AUSTRALIA
- 7 Marcus Wakim VICTORIA
- 8 Jack Wright WA
- 9 Sebastian Young ACT

**Girls 3,000 Meter Race Walk Under 14**

- 1 Milly Boughton NSW
- 2 Ashanti Heap QUEENSLAND
- 3 Lataya Lawrence WA
- 4 Amber Norton QUEENSLAND
- 5 Ashlyn Spence WA
- 6 Jayda Stanley NSW

**Girls 3,000 Meter Race Walk Under 16**

- 1 Jayda Anderson QUEENSLAND
- 2 Anika Clarke QUEENSLAND
- 3 Ellie DeCelis NSW

4 Hannah Doyle WA  
Alexandra Griffin WA  
6 Kaylah Heikkila-Dubowik VICTORIA  
7 Caitlin Hodgkinson WA  
8 Ruby Langford SOUTH AUSTRALIA  
9 Tara Laytham NSW  
10 Elizabeth Mcmillen NSW  
**11 Vivian Milosevic QUEENSLAND**  
12 Brooke Mortimore WA  
**13 Mackenzie Ofield QUEENSLAND**  
14 Emma Thomas NSW  
15 Eliza-Grace Thompson VICTORIA  
**Boys 3,000 Meter Race Walk Under 16**  
1 Owen Costin VICTORIA  
2 Jackson Cramer WA  
3 Adam Dickson NSW  
4 Harry Dundon NSW  
**5 Lachlan McCure QUEENSLAND**  
6 Surya Nayar RIS  
**7 Kai Norton QUEENSLAND**  
8 Jack Robson NSW  
**9 Seth Wasson QUEENSLAND**  
10 Mark Westcott NSW

### **Saturday 7th December**

3.30pm U18 Girls 5000m Walk Final  
3.30pm U18 Boys 5000m Walk Final

### **Girls 5,000 Meter Race Walk Under 18**

1 Emma Blanch NSW  
2 Hannah Bolton NSW  
**3 Elliot Bow QUEENSLAND**  
4 Caitlin Gallagher WA  
5 Ebony Gough WA  
6 Charlotte Hay VICTORIA  
7 Gabriella Hill NSW  
8 Hannah Ireland WA  
9 Hannah Manning ACT  
**10 Jasmine-Rose McRoberts QUEENSLAND**  
11 Richelle Morales WA  
12 Alanna Peart VICTORIA  
13 Allanah Pitcher NSW

### **Boys 5,000 Meter Race Walk Under 18**

1 Heath Beveridge VICTORIA  
2 Corey Dickson VICTORIA  
3 Jack McGinniskin NSW  
4 Calum Murphy WA  
5 William Robertson TASMANIA  
6 James Smit NSW  
7 Will Thompson VICTORIA  
8 Gwyllym Young ACT

## **AUSTRALIAN 50KM RACE WALKING CHAMPIONSHIPS**

### **Rhydian Cowley wins 50km Championship on Debut**

#### **AA Report**

Rhydian who already has a Tokyo 2020 Olympic qualifying time in the 20km Race Walk, which he achieved back in March at the Racewalking Challenge in Japan, won the men's Australian 50km Race Walking Championships.

Rhydian completed the race at Fawkner Park in Melbourne in 3:52.58 with second Dylan Richardson (NSW) - 4:22.24 and third Brendon Reading (ACT) - 4:28.42. The Tokyo 2020 Australian standard for the 50km Race Walk is 3:50.00 but as Rhydian says: "Despite being outside the required time, today's walk was pretty good and I should get some bonus points, so hopefully it will put me in good contention to qualify for the 50km as well (as the 20km) in the Olympics," Cowley said.

The International Olympic Committee (IOC) have altered the timetable and schedule for the Tokyo 2020, which will see the Race Walk's and the Marathon's moved from Tokyo to the city of Sapporo in Japan. "With the changes that the IOC have implemented, I'm not sure if I will have to pick between the 20km and 50km but it would be good to have the choice," Cowley added.

The early pace was set out by race favourite - Perseus Karlstrom from Sweden, who comfortably lead the way through the 40km mark but pulled out just after 41km to leave the Australian's finishing first, second and third. On top of this Australian championship, Rhydian Cowley also won the 20km Winter Race Walking championship in September.

Four-time Olympic medallist, three-time World Championship medallist and the current Olympic record holder in the 50 km walk Jared Tallent, started today's event but withdrew after 10km due to illness.

In the women's Australian 50km Race Walking Championships it was a battle between Tracey Feiner and the clock, as she was the only female in the field and needed to finish under 5:30.00 to be crowned the Australian champion. She finished in 4:59.32 and said after the race: "Before the race, I wanted to go close to 4:40 but after about 30km when I started to get the wobbles it wasn't looking so likely – so just to break 5 hours became the goal," Feiner said.

Other events on the day were the 20km men's and women's invitational races, which were taken out by Tom Bosworth and Beki Smith respectively. All roads in Race Walking lead to the Australian 20km Championships in February, which will act as the Tokyo 2020 Olympic trials.

In the U20 10km Invitation race there was a great performance from Caitlin Hannigan who finished 3<sup>rd</sup> in 50:32.

## **RESULTS RESULTS RESULTS**

### **Australian 50km Road Walking Championships**

#### **Fawkner Park, Melbourne**

#### **Men 50,000 Meter Race Walk Championship Open**

1 Rhydian Cowley 91 Vic 3:52:58.00

2 Dylan Richardson 00 Nsw 4:22:24.00

3 Brendon Reading 89 Act 4:28:42.00

4 Jason Kozica 86 Vic 4:38:07.00

5 Carl Gibbons 96 Nsw 4:44:19.00  
6 Colin Heywood 54 Northern Territory 5:05:34.00  
-- Jared Tallent 84 SA DNF  
-- Perseus Karlstrom 90 Sweden DNF  
-- Christopher Linke 88 Germany DNF  
-- Paul DeMeester 59 United States of DNS  
-- Jafar Mohamed 85 Ethiopia DNS

**Women 50,000 Meter Race Walk Championship Open**

1 Tracy Feiner 77 Vic 4:59:32.00  
-- Kelly Ruddick 74 Vic DNS

**Men 20,000 Meter Race Walk Invitation Open**

1 Tom Bosworth 90 Great Britain 1:22:54.00  
2 Kyle Swan 99 Vic 1:23:54.00  
3 Tyler Jones 98 Nsw 1:25:42.00  
4 Quentin Rew 84 New Zealand 1:28:27.00  
5 Adam Garganis 97 Vic 1:35:40.00  
6 Kim Mottrom 84 SA 1:38:01.00  
-- Michael Hosking 85 Vic DNS

**Women 20,000 Meter Race Walk Invitation Open**

1 Beki Smith 86 Nsw 1:37:07.00  
2 Jemima Montag 98 Vic 1:37:22.00  
3 Rachel Tallent 93 SA 1:37:44.00  
4 Rozie Robinson 90 New Zealand 1:56:41.00  
5 Emily Hamilton 98 Vic 2:00:17.00  
-- Heather Carr 49 Vic DNF  
-- Christina Papadopoulou 96 Queensland DNF  
-- Claire Woods 81 SA DNS  
-- Anna Cross 00 SA DNS  
-- Alana Barber 87 New Zealand DNS

**Women 10,000 Meter Race Walk Invitation Under 20**

1 Rebecca Henderson 01 Vic 48:58.00  
2 Alanna Peart 03 Vic 49:01.00  
3 Caitlin Hannigan 02 Queensland 50:32.00  
4 Allanah Pitcher 03 Nsw 51:37.00  
5 Anna Blackwell 01 Tasmania 52:57.00  
6 Jemma Peart 01 Vic 54:09.00  
7 Molly O'Neill 00 Nsw 54:30.00  
8 Hannah Bolton 03 Nsw 54:45.00  
9 Amy Walker 01 Nsw 1:00:57.00

**Men 10,000 Meter Race Walk Invitation Under 20**

1 Gwyllym Young 02 Act 43:25.00  
1 Tristan Camilleri 01 SA 43:28.00  
3 Mitchell Baker 01 Act 43:47.00  
4 Oscar Tebbutt 01 Nsw 44:11.00  
5 Corey Dickson 02 Vic 44:23.00  
6 Jack McGinniskin 02 Nsw 47:59.00  
7 Tim Fraser 00 Act 48:12.00  
8 Mathew Bruniges 01 SA 48:45.00  
-- Kyle Bedford 00 Nsw DQ

### **Men 5,000 Meter Race Walk Invitation Under 18**

- 1 Will Thompson 02 Vic 21:58.00
- 2 Heath Beveridge 03 Vic 23:04.00
- 3 Fraser Saunders 04 Vic 23:58.00

### **Women 5,000 Meter Race Walk Invitation Under 18**

- 1 Darcey Roberts 07 Vic 24:58.00
- 2 Charlotte Hay 03 Vic 25:16.00
- 3 Ariana Pashutina 07 Vic 27:30.00
- 4 Kathleen O'Mahony 02 Vic 28:07.00

### **Gold Coast Masters**

#### **Sunday September 15<sup>th</sup> Griffith University**

#### **3,000 Meter Race Walk**

Patrick Sela M80 23:10.01

## **THIS WEEK**

At the Australian All Schools Track Championships in Perth the race walking events will be held on Friday evening (3,000 metres) and Saturday afternoon (5,000 metres).

Old Masters are at QSAC on Saturday with a 5,000 metre walk starting at 8.00am. Then on Wednesday night Masters are back at QSAC with a 10,000 metre race starting at 7.00pm.

For those looking for a longer and more scenic walk the Gold Coast 50 is on this Sunday morning. The main event is a 50km along the paths of the Gold Coast beachfront from Kurrawa to Coolangatta and return. Shorter events include the 30km, 15km and 5km events, George "MegaStar" Megas will be in action in the 15km but I don't think the Meter Maids will be there this year George!



**April 10-13<sup>th</sup> 2020**

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.

More Details at <http://www.brisbane2020nationals.com.au/>

## **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. Duties include:

Water station attendants

Setting up and pack up

Marshalling at walks

Assisting with medal presentations

(There will be a separate call for qualified Officials).

If interested please email me at [peter.bennett@live.com](mailto:peter.bennett@live.com) and include your polo shirt size.

## Pan Pacific Masters Games November 6-15<sup>th</sup> 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 1<sup>st</sup>. 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
- QA Base Membership / QRWC Student Membership \$27
- QA Base Membership / QRWC Non-Student Membership \$ 37
- QA Platinum Membership / QRWC Student Membership \$ 247
- QA Platinum Membership / QRWC Non-Student Membership \$ 257
- QA Young Athlete Platinum / QRWC Student Membership \$ 197
- QA Seniors Athlete Platinum / QRWC Non-Student Membership \$207
- Club Coach, Officials, Volunteers / QRWC Non-Student Membership \$ 15

### 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 6-8<sup>th</sup> Australian All Schools Track Championships, Perth

December 7<sup>th</sup> Qld Masters SAC 5,000 metres 8.00am

December 11<sup>th</sup> Qld Masters Wednesday SAC 10,000 metres 7.00pm

December 15<sup>th</sup> Gold Coast Masters Griffith Uni 3/5km 8.00am

December 21<sup>st</sup> Qld Masters SAC TBA 8.00am

## Looking further ahead 2020

January 18<sup>th</sup> Qld Athletics SAC 3,000/5,000 metres  
February 22<sup>nd</sup> Qld Athletics SAC 3,000/5,000 metres  
February 9<sup>th</sup> Australian 20km Road Walk Championships, Adelaide  
March 21-29<sup>th</sup> Australian Open and Junior Track Championships, Sydney  
April 10-13<sup>th</sup> Australian Masters Championships, Brisbane  
April 18-19<sup>th</sup> Australian Little Athletics Track Championships, Canberra  
May 2-3<sup>rd</sup> IAAF World Race Walking Team Championships, Minsk, Belarus  
June 5<sup>th</sup> Qld Masters State Championships Townsville  
July 17-20<sup>th</sup> World U20 Track Championships, Nairobi, Kenya  
July 24<sup>th</sup>-Aug 9<sup>th</sup> Olympic Games, Tokyo, Japan  
July 20<sup>th</sup>-Aug 1<sup>st</sup> World Masters Track Championships, Toronto, Canada

## 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](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 (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](http://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](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.

**QRWC race entries** [qrwc1955@icloud.com](mailto: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](http://www.rwa.org.au)

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