

Queensland Race Walking Club Inc.

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



HEEL & TOE

February 13th 2020

Dane wins Australian 20km Road Walking Championships

Dane Bird Smith and Jemima Montag book tickets to Tokyo Olympics

As both had already bettered the automatic qualifying standards (Dane walked 1:20.52 in February 2019 and Jemima walked 1:30.51 in the same race) they secure themselves automatic nominations to the Tokyo 2020 Olympics.

Congratulations to Dane who added to his already impressive record by winning his 8th National 20km road walk title in Adelaide on Sunday. The win (1:23.01) gave Dane automatic selection in the Tokyo Olympic team.

Defending Champion, Katie Hayward was second in 1:34.00 behind Commonwealth Games champion Jemima Montag. Like Dane the win ensured Jemima an automatic Olympic nomination but Katie is still looking good to secure her first Olympic Games berth. In the U20 10km Caitlin Hannigan was second in 49.39 which bettered the qualifying standard of 50:00 for the World Race Walking Team Championships in Minsk, Belarus at the beginning of May. Camryn Novinetz was 4th in 50:03, an agonizing 3 seconds outside the qualifying time. Charlotte Hamann was 11th in 61:17. Well done all the Queenslanders and exciting times ahead.

AA Race Report

Dane Bird-Smith (QLD) and Jemima Montag have won the men's and women's the Oceania and Australian 20km Race Walking Championships (respectively) in Adelaide.

As both already had raced the automatic qualifying time (men -1:21.00, women 1:31.00), Bird-Smith walked 1:20.52 in February 2019 and Montag walked 1:30.51 at the same time, winning the National Championships means they secure themselves an automatic nomination to the Tokyo 2020 Olympics.

Bird-Smith who actually finished in third place with 1:23.01 behind Perseus Karlstrom (Sweden) in 1:21.57 and Evan Dunfee (Canada), in 1:22.32, said:

"Getting the automatic nomination (to Tokyo 2020) was the game plan today, so I just got out there and tried to stick with an even pace, off a kind of curbed training block – so I'm just happy to be able to get the job done and focus on the remainder of the year now,"

Talking about how he is going to prepare for the Tokyo Olympic Games from here:

"It's just going to be basic training blocks, working these two week block for the next few months.

“I’m a little bit behind the 8-ball but I know I can get it done when it counts,” Bird-Smith said.

Jemima Montag won the women’s race in 1:33.15, in second was her team mate and training partner Katie Hayward in 1:34.00 and third Beki Smith with 1:35.06.

After securing a Tokyo 2020 Olympic automatic nomination, Montag said:

“It’s a surreal feeling, a big childhood dream come true, my first Olympics, so a brilliant early birthday present and a huge relief,” Montag said.

“It was warm, much warmer than expected but today was more about position for me rather than time, so the pace was very very conservative – we went off at 4:45, instead of the usual 4:30, which really allowed me to stay calm and focus on staying cool and relaxed and it was all really a mental challenge but toward the end I saw my moment and tried to kick home,” she added.

For 18km of the 20km journey, Montag and Hayward were neck and neck, speaking about they train and race together Montag said:

“We didn’t have a plan as such, we are great team mates and training partners – so we were encouraging each other through the race to stay tough and keep up the pace but the fantastic thing is that there are always two to three spots on the team – so we can push each other to improve, which is really exciting,” Montag said.

The Event also hosted the U20 Oceania and Australian Race Walking Championships, both the men and women’s races were 10km – the men’s was taken out by South Australian Tristan Camilleri in 44:44, in second place was Gwyllym Young (ACT) with 45:01 and in third was Corey Dickson (VIC) with 45:40.

The women’s race was won by Rebecca Henderson (VIC) in 48:23, in second was Caitlin Hannigan (QLD) with 49:39 and in third was Alanna Peart (VIC).

RESULTS RESULTS RESULTS

Open Men 20km - Australian and Oceania Championship

1. Perseus Karlstrom 90 SWE 1.21.57
2. Evan Dunfee 90 CAN 1.22.32
3. **Dane Bird-Smith 92 QLD 1.23.01**
4. Marius Ziukas 85 LTU 1.23.06
5. Rhydian Cowley 91 VIC 1.24.40
6. Kyle Swan 99 VIC 1.27.41
7. Quentin Rew 84 NZL 1:28:18
8. Tyler Jones 98 NSW 1:28:26
9. Carl Gibbons 96 NSW 1:30:26
10. Carlos Mercenario 00 MEX 1:30:38
11. Toru Yamamoto 90 JPN 1:30:40
12. Tadas Suskievicius 85 LTU 1:33:50
13. Jason Kozica 87 VIC 1:35:57
14. Remo Karlstrom 88 SWE 1:36:42
15. Adam Garganis 97 VIC 1:37:31
16. Chung Hung Tse 81 HKR 1:38:32
17. Dylan Richardson 00 NSW 1:38:44
18. Timothy Fraser 00 ACT 1:40:59
19. Alix Harlington 99 SA 1:47:53
20. Bradley Mann 99 WA 1:53:41
- Michael Hosking 85 VIC DNS

Open Women 20km - Australian and Oceania Championship

1. Jemima Montag 98 VIC.1.33.15

2. **Katie Hayward 00 QLD 1.34.00**
3. Beki Smith 86 ACT 1.35.06
4. Alana Barber 87 NZL 1.35.52
5. Simone McInnes 91 VIC 1.37.32
6. Brigita Virbalyte 84 LTU 1.37:40
7. Rachel Tallent 93 VIC 1.40.20
8. Rachelle De Orbeta 01 PUR 1:43:03
9. Anna Cross 99 SA 1:53:11
10. Laura Langley 97 NZL 1:55:36
11. Courtney Ruske 94 NZL 1:58:25
12. Sau Man Ng 80 HKR 2:04:37
- Kelly Ruddick 73 VIC DNF
- Rozie Robinson 90 NZL DNF
- Anedza Drahotova 95 CZE DNS

U20 Men 10km - Oceania Championship

1. Tristan Camilleri 01 SA 44.44
2. Gwyllym Young 02 ACT 45.01
3. Corey Dickson 02 VIC 45.40
4. Mitchell Baker 01 ACT 45.50
5. Will Thompson 02 VIC 45.51
6. Oscar Tebbutt 01 NSW 47:32
7. Jan Moreu 01 PUR 47:33
8. Jack McGinniskin 02 NSW 47:46
9. Benjamin Reid 01 WA 47:52
- Will Robertson 03 TAS DNS

U20 Women 10km - Oceania Championship

1. Rebecca Henderson 01 VIC 48.23
2. **Caitlin Hannigan 02 QLD 49.39**
3. Alanna Peart 03 VIC 49.54
4. **Camryn Novinetz 03 QLD 50:03**
5. Allanah Pitcher 03 NSW 51:43
6. Olivia Sandery 03 SA 52:27
7. Anna Blackwell 01 TAS 53:54
8. Jemma Peart 01 VIC 55:33
9. Hannah Bolton 03 NSW 56:57
10. Charlotte Hay 03 VIC 58:24
11. **Sophie Charlotte Hamann 01 QLD 61:17**

U18 Girls 5km Invitation

1. Darcy Roberts 07 VIC 26.03
2. Kiera Ross 05 SA 29.32 Penalty 30 secs
3. Ruby Langford 04 SA 30.11

Some recent Little Athletics Regional Championship walk results 2020 Nordic Sport South East Regional Championships

Girls Under 9 700m Race Walk

- 1 Kratzmann, Keilani Redlands 4:55.91
- 2 Yates, Grace Mt Gravatt 5:15.99
- 3 Fraser, Kate Sunnybank 5:57.14

Girls Under 10 1100m Race Walk

- 1 Fisher, Siaan Redlands 7:02.97
- 2 Athousis, Georgina Sunnybank 7:26.58
- 3 Lucas, Rihanna Redlands 7:53.63
- 4 Anderson, Pippa Redlands 8:06.02
- 5 Drescher, Ellie Algester 8:16.77

Girls Under 11 1100m Race Walk

- 1 Clarke, Makenna Redlands 6:14.52
- 2 Kruck, Sienna Algester 7:22.23
- 3 Mackay, Phoenix Algester 7:27.44
- Sandilands, Ella Mt Gravatt DQ
- Sandilands, Lily Mt Gravatt DQ

Girls Under 12 1500m Race Walk

- 1 Mangan, Millie Redlands 10:12.00
- 2 Austin, Natalie Algester 10:30.88
- 3 Billings, Briana Balmoral 12:14.71

Girls Under 13 1500m Race Walk

- 1 Gee, Tamika Algester 7:18.34 **RCBP**
- 2 Bridge, Tahni Springwood 9:23.49
- 3 Lucas, Hayley Redlands 10:03.21
- 4 Kopittke, Tiana Algester 10:33.83
- 5 McDonald, Tatum Beenleigh 10:56.49

Girls Under 14 1500m Race Walk

- 1 Lawson, Piper Redlands 9:42.32
- Noy, Taylah Jimboomba DNF
- Billings, Zoe Balmoral DQ

Girls Under 15 1500m Race Walk

- 1 Clarke, Anika Redlands 7:14.96 **RCBP**
- 2 Fisher, Torryn Redlands 9:14.04
- 3 Heath, Lauren Algester 9:35.29

Boys Under 9 700m Race Walk

- 1 Bauer, Jaxon Springwood 4:17.72 **RCBP**
- 2 Robertson, Payten Mt Gravatt 4:23.98
- 3 Sibenaler, Hunter Algester 4:38.55
- 4 Shea, Dominic Balmoral 4:40.80
- 5 Dodge, Archer Jimboomba 5:07.02
- 6 Dale, Temujin Sunnybank 5:56.35

Boys Under 10 1100m Race Walk

- 1 Bingham, Lochie Sunnybank 7:15.15
- 2 Vagne, Aidan Max Mt Gravatt 9:11.82
- Tidd, Jackson Beenleigh DQ
- Hambrook-Smith, Jake Mt Gravatt DQ

Boys Under 11 1100m Race Walk

- 1 Callaghan, Flynn Redlands 6:09.10
- 2 Kopittke, Joshua Algester 7:01.03
- 3 Gee, Blake Algester 7:01.07
- 4 Eassie, Ryan Algester 7:10.21
- 5 Athousis, Constantinos Sunnybank 7:12.52
- 6 Broadrick, Kaleb Springwood 7:25.57

Boys Under 12 1500m Race Walk

- 1 Lucas, Jaydon Redlands 10:22.56
- 2 Epitropakis, Zackary Algester 10:51.09
- 3 Hermiston, Harvey Redlands 11:49.59

Boys Under 13 1500m Race Walk

- 1 Callaghan, Myles Redlands 8:22.95
- 2 Cosford, Sam Springwood 8:49.71

2020 Nordic Sport Met North Regional Championships**Girls Under 9 700m Race Walk**

- 1 Botha, Arabella Strathpine 5:30.10
- 2 Kable, Zoe Strathpine 5:46.70

3 Barry, Violet Arana 6:43.70

--- Leca, Harlow Arana D

Girls Under 10 1100m Race Walk

1 Miller, Imogen Strathpine 7:19.60

2 McDonald, Mikaela Arana 8:05.80

3 Bishop, Layla Strathpine 8:11.80

--- Mancini, Allira Strathpine D

Girls Under 11 1100m Race Walk

1 Toplis, Olivia Arana 7:28.40

2 Graske-Borst, Rhianna The Gap 8:07.40

3 Kriel, Mia Redcliffe 8:33.10

Girls Under 12 1500m Race Walk

1 Gale, Shantel Strathpine 8:53.07

2 Eketone, Taisha Redcliffe 10:06.30

3 Pinna, Madeleine Bracken Ridge 10:32.20

--- Carty, Sophie Strathpine D

Girls Under 13 1500m Race Walk

1 McDonald, Abbie Strathpine 10:15.40

Girls Under 14 1500m Race Walk

1 Norton, Amber Arana 8:00.40

2 Chadwick, Phoebe Bracken Ridge 9:07.10

Girls Under 15 1500m Race Walk

1 Brady, Korey Aspley 8:37.70

2 Sentance, Charlotte Arana 8:50.40

3 Porter, Sophie Aspley 8:50.70

Girls Under 17 1500m Race Walk

1 Frazer, Pyper Strathpine 10:34.20

Boys Under 9 700m Race Walk

1 Mihulka, Leo Arana 6:05.40

Boys Under 10 1100m Race Walk

1 Miller, Brock Strathpine 6:49.70

2 Amorsen, Ned Strathpine 7:06.90

3 Bryant, Callum Arana 10:27.60

Boys Under 11 1100m Race Walk

1 McDonald, Dylan Strathpine 7:26.90

2 Gration, Ethan City North 7:58.50

Boys Under 12 1500m Race Walk

1 Bryant, Miles Arana 13:07.20

--- Nyssen, Aidan City North D

--- Berry, Mahli Redcliffe D

Boys Under 13 1500m Race Walk

1 Housden, Bailey Arana 8:04.40 **RCBP**

2 Higham, Tristan Strathpine 9:55.30

3 Hall, Grant Strathpine 10:18.70

4 Goodwin, Fred The Gap 10:29.90

Boys Under 15 1500m Race Walk

1 Norton, Kai Arana 7:17.60

Caboolture Dusk to Dawn 12 Hours

Held in 91% humidity and intermittent pouring rain at the Caboolture Historical Village on Saturday night. 500 metre crushed gravel circuit with plenty of puddles to keep your focussed !

Peter Bennett 84.6km and winner of Andrew Ludwig Memorial trophy.

QRWC Winter Road Walk Season

The 2020 Winter Road Walk season will kick off on **Sunday April 5th** with a **Sign on Day and Annual General Meeting** at Kalinga Park, Clayfield.

A formal notification of the Annual General Meeting will be released shortly as will the call for nominations for members to be elected to the Management Committee or to be appointed to a number of other important volunteer roles within the club. All positions within the club will become vacant and up for election.

Draft Sign-On Day /AGM Schedule

Sunday April 5th Kalinga Park

8.00am 5km

8.30am 3km

9.00am 2km / 1km

9.15am AGM

Sunday April 19th Logan River Parklands Beenleigh

Handicap Meet 8.00am

A draft schedule of meets up until the Canberra LBG Carnival on June 7th has been added to the calendar of events below.

AUSTRALIAN TRACK & FIELD CHAMPIONSHIPS 2020

Sydney Olympic Park Athletic Centre

Sunday 22nd March

12.10pm U16 Men 3,000m Walk

U15 Men 3,000m Walk

3.45pm U16 Women 3,000m Walk

U15 Women 3000m Walk

Monday 23rd March

9.20am U18 Women 5,000m Walk

U17 Women 5,000m Walk

Tuesday 24th March

9.30am U18 Men 5,000m Walk

U17 Men 5,000m Walk

Thursday 26th March

9.00am U14 Women 3,000m Walk

9.30am U14 Men 3,000m Walk

Friday 27th March

9.00am Open Women 10,000m Walk

U20 Women 10,000m Walk

Sunday 29th March

9.30am Open Men 10,000m Walk

U20 Men 10,000m Walk

This Week

This Sunday morning Gold Coast Masters are at the Runaway Bay track with a 3,000 metres walk starting at 8.00am



**ONLY 8 WEEKS TO GO
REGISTRATIONS NOW OPEN**

Countdown

5 weeks to 1st closing date

7 weeks to 2nd extended closing date

9 weeks to competition

<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.

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

PLAY IT, LIVE IT, LOVE IT!

ENTRIES NOW OPEN

<https://entermastersgames.com>

**The QRWC is the host club for the Games 10km road walk at the
Luke Harrop Cycle Circuit at Runaway Bay**

Coming Up

February 16th Gold Coast Masters Runaway Bay 3,000 metres 8.00am

February 22nd Qld Masters SAC 1,500 metres 9am

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

February 29th Qld Masters SAC 3,000 metres Championship 8.10am

March 1st Gold Coast Masters Runaway Bay 5,000 metres 8.00am

March 4th Qld Masters SAC 10,000 metre Walk Championship Wednesday night

March 7th QA State Championships SAC Age Walks from 9.00am

March 8th QA State Championships SAC 10,000 metres U20/Open 8.00am

March 11th Qld Masters SAC TBA Wednesday night

March 13-15th Qld LA's State Championships QSAC

March 15th Gold Coast Masters Runaway Bay 3,000 metres 8.00am

March 21st Qld Masters SAC TBA

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

March 29th QMA Gold Coast Championships Runaway Bay Sunday

Looking further ahead

April 5th QRWC Sign On Day Kalinga Park 8.00am
April 10th Australian Masters Championships 1,500 metres QSAC
April 11th 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
April 19th QRWC Handicap Meet Beenleigh Logan River Parklands 8.00am
April 26th QRWC Handicap Meet Date & Venue TBC
May 2-3rd IAAF World Race Walking Team Championships, Minsk, Belarus
May 3rd QRWC Handicap Meet Date & Venue TBC
May 17th QRWC Handicap Meet Date & Venue TBC
May 24th QRWC Handicap Meet Date & Venue TBC
May 31st Gold Coast RW Championships Mudgeeraba
June 5th Qld Masters State Championships Townsville
June 7th LBG Federation Meet Mt Stromlo Canberra
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
November 15th Pan Pacific Masters Games 10km Road Walk Runaway Bay Gold Coast

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>

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.

Calling all First Aiders

The club will require a list of qualified (up to date) First Aiders or medical practitioners before the start on the winter road walk season. Please let me know at peter.bennett@live.com if you wish to be on the club list.

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.

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>

Play by the Rules

Lots of good resources and on-line training here.

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

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/>