

Queensland Race Walking Club Inc.

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



HEEL & TOE

July 18th 2019

Summer Universiade Games Naples 2019 Double Gold for Katie Hayward

Congratulations to Katie Hayward in winning the gold medal for Australia in the 20km walk at the Summer Universiade in Naples last Friday. What a year she is having in her first season as an open competitor. Australia made it 1-2 with Commonwealth Games gold medalist Jemima Montag taking the silver medal. Katie and Jemima teamed with Victorian Philippa Huse to take gold in the teams event. Awesome work girls.

AA Report

In the women's walk, Katie Hayward's winning time of 1:33:30, was closely followed by her teammate Jemima Montag who finished in 1:33:57, to make it one-two for Australia. Drahotova Anezka of the Czech Republic won bronze.

"This is my first at the Summer Universiade," said Hayward. "I am very satisfied with my result. I was confident going into the competition and I tried my best to pull away from the rest of the field." The 19-year-old also added that she would like to participate in the next three Summer Universiade, Chengdu 2021.



Katie Hayward (Griffith University) and Commonwealth Games champion Jemima Montag (The University of Melbourne) finishing first and second and combining with Philippa Huse (Monash University) to take the team gold in the 20km walk.

Hayward made her move after 40 minutes and was never headed to win in 1:33.30, 27 seconds clear of teammate Montag in second with Anezka Drahotova from Czech Republic third in 1:35.44.

Despite the 7am start time the conditions were tough with the temperature soaring to 34 degrees with no shade along the 2km loop. "It was more of a mental challenge really, from 1k, just going around and around, but we worked together," 18-year-old Gold Coaster Hayward said.

Montag, who won the Oceania title ahead of Hayward last month, was happy to see her young teammate take the win. "It was hot out there, but it's such a pleasure to watch your teammate succeed like that," Montag said. "If I had to be silver behind anyone, I am really happy that it was Katie."

The duo have become close helping each other in the lead up and during the event. "We have been on two camps together this year - one in Canberra at the start of the year and then Cairns after Nationals and just working together and even just contacting each other to see how we are, it's such a great bond I think we have," Hayward said. "Even throughout the race, at the 6-7km mark, Jem was like 'let's go, we can jump these girls.'"

Men 20km Walk:

Gold: IKEDA Koki (JPN) 1:22:49
Silver: AWANO Masatora (JPN) 1:23:20
Bronze: KOGA Yuta (JPN) 1:23:35
TINGAY Declan AUS DQ

Women 20km Walk:

Gold: **HAYWARD Katie AUS 1:33:30**
Silver: **MONTAG Jemima AUS 1:33:57**
Bronze: DRAHOTOVA Anezka CZE 1:35:44
4 WANG Na CHN 1:37:33
5 LIU Yu CHN 1:38:17
6 SOBCHUK Olena UKR 1:38:40
7 FILIUK Mariia UKR 1:38:48
8 ZDZIEBLO Katarzyna POL 1:38:56
9 MYRONCHUK Valentyna UKR 1:40:34
10 GONZALEZ MANJARREZ Nadia MEX 1:40:37
11 RAROUSKAYA Anastasiya BLR 1:40:57
12 VAICIUKEVICIUTE Monika LTU 1:41:28
13 VITIELLO Sara ITA 1:42:17
14 RODZKINA Anastasiya BLR 1:42:37
15 SU Wenxiu CHN 1:44:03
16 **HUSE Philippa AUS 1:44:09**
17 RAVINA IND 1:46:08
18 PONTES Joana POR 1:47:10
19 HNIADZKO Katsiaryna BLR 1:47:53
20 SUKHWAL Sonal IND 1:50:14
21 VEALE Kate IRL 1:54:38
KUIKKA Tiia FIN DNF
BECCHETTI Maria Vittoria ITA DNF
HORNAKOVA Monika SVK

GOLD – Female Racewalk Team

Australia: Katie Hayward, Jemima Montag, Philippa Huse.



THIS WEEK

Sunday July 21st QRWC Track Walk Meet / QMA 10,000 metres Championships University of Queensland, St Lucia

Opportunity to record a qualifying time for Schools championships

This Sunday we are on the track at UQ St Lucia. This track meet will provide athletes with a rare opportunity to record a qualifying time for Schools and QA track championships. There will be races over 1,500, 3,000, 5,000 and 10,000 metres as well as a 1km race for younger athletes. This meet includes the Qld Masters 10,000 metres track championships that were postponed in April.

There are no grades or age groups, athletes choose their event. If you like, you can compete in more than one event. If you are looking to record a qualifying time for Schools championships etc this is the ideal opportunity. QA have confirmed that times from these races will be accepted. Parents, you are most welcome to enter these races especially the 1km if you are thinking of competing in a team on Relay Day.

Programme

8.00am 5,000 metres / 10,000 metres / **QMA 10,000 metres championships**
8.45am 3,000 metres
9.10am 1,500 metres
9.25am 1,000 metres

Race fees for the track meet are:

Students \$ 6 / Others \$8. This higher race fee is to cover UQ track fees.

Masters 10km Walkers \$ 10 (QMA entry fee \$ 7 + track fee \$ 3)

QMA entry fee not covered by QRWC Season Pass.

Reminder: This is NOT the QRWC track Championships. These will be held on Sunday August 25th.

Cash Prize; Our fund-raising raffle from last Sunday will definitely be drawn this Sunday. **Tickets \$ 2** and you are in with a chance to take home some cash for the weekend.

Volunteers: With a number of events being held we will need your assistance with lapscoreing, judging and timekeeping. Please volunteer to assist wherever possible.

Coffee & Bake Sale There will not be a sausage sizzle this Sunday at UQ but will have a canteen in operation. Coffee, tea and cold drinks will be on sale as will a selection of yummy baked treats (all calorie free it has been claimed!). We would welcome your donation of any baked good to be sold on the canteen; cupcakes, muffins, cookies etc.



Trophy Round Up Time

Now is the time to bring in your hard-earned Federation perpetual shields and trophies won at the Nationals Road Walk Championships at Kawana last August. We need to get them engraved to immortalize your names so that they can be taken to Adelaide in September (if you are going to Adelaide and have room for a Shield in your luggage please let us know as we have a swag load to take down).

We would also like winners of QRWC 2018 club championship perpetual trophies to bring them back as well. We will start collecting all perpetuals at club meets starting this Sunday at St Lucia.

QUEENSLAND ROAD WALKING CHAMPIONSHIPS **Incorporating QMA Long Course Road Walk Championships**

Entries Open – Have you entered yet?

Saturday 27th July 27th Ipswich Cycle Park, Churchill (adjacent to the Ipswich Hockey Association grounds- 36 Huxham Street)

The State Road Walk Championships are on next Saturday morning and the QRWC is assisting in the running of this meet. We would appreciate the assistance of our wonderful volunteers in the setting up of the course, lapscoreing, marshalling, time keeping or on the drink station. A “runner” for the judges will be required so we are looking for someone with a bike who like to volunteer for this role.

Programme

- 8:00am 20km Open Men
 - Open Women
 - Masters Men 35+ (30+ for QMA)
- 10km Under 20 Men
 - Under 20 Women
 - Under 18 Boys
 - Masters Women 35+ (30+ for QMA)
- 8:30am 5km Under 18 Girls
 - Under 16 Boys
 - Under 16 Girls
- 9:00am 3km Under 14 Girls
 - Under 14 Boys
- 9:30am 2km Under 12 Girls
 - Under 12 Boys
- 1km Under 10 Girls
 - Under 10 Boys

ENTRY & FEES

Enter online at www.qldathletics.org.au

Entries close 9:00am Friday 26th July 26th

Late entries submitted on the day will incur an additional late fee of \$10.00 per athlete.

Please confirm with QLD Athletics what team you would like to be considered as once start lists are online. No team changes can be made on the day.

Athletes must be a registered member of Queensland Athletics (or ANQ/Interstate) to enter this event. If you are not a current member, you can [register/renew with QA online](#).

STATE CHAMPIONSHIP MEDALS

Queensland State Championship medals will be awarded to the first three individual male and female place getters in each age group.

Queensland Championship medals will also be awarded to the first three placed QA club teams in each age group.

AGE GROUPS

Athletes are permitted to compete in an older age group where appropriate.

Age groups are determined by the athlete's age as on 31 December 2019 (i.e. year born)..

All races and results are conducted as separate male or female events, for each age group listed, with concurrent start times.

The Open age group is open to all ages, as appropriate, although generally for athletes aged 20 year old and above.

The minimum age for these championships is 6 years (born 2013).

For Masters events age is calculated as at the day of competition and will be run in 10 year age groups. (35-44, 45-54, 55-64, 65+)

Certificates will be awarded to QMA registered athletes who enter the Masters Events in the 5 year age groups from 30+.

RESULTS RESULTS RESULTS

2019 Down Under Championships

Women 16-17 5,000 Meter Race Walk Under 18

1 McRoberts, Jasmine-Rose 17 Queensland Race Walking Club 31:12.60

Women 13-15 3,000 Meter Race Walk Under 16

1 Anderson, Jayda 14 GC Central Athletics C 14:47.96

2 Heap, Ashanti 13 GC Central Athletics C 15:27.42

3 Norton, Amber 13 Queensland 15:48.19

4 Clarke, Anika 14 Redlands 18:06.80

5 Sentance, Charlotte 14 Queensland 18:20.18

6 Brady, Korey 14 Queensland Race Walking Club 18:32.37

7 Porter, Sophie 14 Queensland Race Walking Club 18:33.76

8 Bergh, Mia 14 Gold Coast Victory 18:39.15

9 Milosevic, Vivian 15 GC Central Athletics C 19:17.90

10 Fisher, Torryn 14 Queensland Race Walking Club 19:25.53

11 Chopping, Miranda 15 Keppel Coast Athletics 19:41.50

12 Chadwick, Phoebe 13 Queensland Race Walking Club 22:21.40

Millard, Summer 14 Queensland Race Walking Club DQ

Men 13-15 3,000 Meter Race Walk Under 16

1 Norton, Kai 14 Queensland Race Walking Club 15:16.48

2 McCure, Sam 13 Gold Coast Victory 16:02.45

RWA Postal Challenge Logan River Parklands Sunday July 14th

Open/Masters 10km

Men: (1) Ignacio Jimenez 48.46 (2) Peter Bennett 57.30.

Women: (1) Nyle Sunderland 58.13 (2) Noela McKinven 1.23.44.

U20 10km**Men:** (1) Nelson McCutcheon 50.32**U18 8km****Women:** (1) Jasmine Rose McRoberts 48.35.**U16 5km****Men** (1) Kai Norton 29.56.**Women:**(1) Summer Millard 31.42 (2) Korey Brady 31.45 (3) Sophie Porter 32.57.**Invitation 5km****Women:**(1) Brenda Gannon 29.01 (2) Jennifer Stuckey 38.15.**U14 3km****Men:** (1) Sam McCure 16.18.**Women:**(1) Jayda Anderson 14.40 (2) Ashanti Heap 15.10 (3) Tamika Gee 15.20 (4) Anika Clarke 16.13 (5) Amber Norton 16.14 (6) Torryn Fisher 18.22 (7) Phoebe Chadwick 22.30.

*Also, 3km: Lachlan McCure 16.01; Mia Bergh 18.15

U12 2km**Men:**(1) Korbyn Bicknell-Hewitt 14.23.**Women;** (1) Lyla Williams 10.09 (2) Makenna Clarke 12.23 (3) Lily Goulding 12 52 (4) Aliesha Heap 12.59 (5) Caterina Davey 13.38 (6) Charlotte Brady 14. 35.

*Also, 2km Zoe Davey 14.12

U10 1.5km**Men:** (1) Knox Anderson 11.04 (2) Blake Gee 12.28.**Women:** (1) Siaan Fisher 9.59 (2) Isabella Gee 10.10.

*Walkers participating in race distances outside their age group.

QMA Short Walks Championships**Men 30+ 10km**

M50-54 1 Ignacio Jimenez 48.46

M60-64 1 Peter Bennett 57.30

Women 30+ 5km

W40-44 1 Brenda Gannon 29.01

W50-54 1 Nyle Sunderland 28.45

2 Jennifer Stuckey 38.15

W75-79 1 Noela McKinven 43.44

Well done to so many of our junior walkers backing up from the Downunder meet on Friday. It was a very pleasing so many members supporting this meet and we had a competitor in most events. Some good 3km times by the U14 girls with Jayda Anderson winning in 14.40 from Ashanti Heap (15.10) and Tamika Gee (15.20). Lyla Williams walked a fast 10.09 in the U12 2km. The Master Short Course Championships were held in conjunction with the meet with Iggy the fastest overall with 48.46 in the 10km. Congratulations to Jennifer Stuckey in winning her first ever Masters medal.

Thank you to everyone who helped out Sunday on the lapscoreing, judging, timekeeping, check-in and sausage sizzle. We appreciate your support.

August 4th QRWC Handicap # 9 meet**Kalinga Park****8.00am**

A Grade 10km (Open/U20)

B Grade 5km (U16/U18/U20)

C Grade 3km (U14/U16)

D Grade 2km (U12/14)

E Grade 1.5km (U12/14)

F Grade 1km (U8/U10)

**August 11th QRWC Handicap # 10 meet
Ipswich Cycle Park, Churchill**

8.00am

Programme TBA

**Australian Road Walk Championships
Adelaide September 8th**



The Athletics Australia 2019 Australian Winter Road Walk Championships will be held in Adelaide on Sunday September 8th. This meet will be held in conjunction with Race Walking Australia (RWA) events. The venue is War Memorial Drive North Adelaide.

Everyone is wondering when entries will open with Athletics Australia.

We have been advised that Athletics Victoria are now subcontracted to provide Competition Arrangements for AA so we hope to see if they will open an entry portal in due course.

Events Programme

Men

8.00am Open - 20km (including Masters 20km RWA Championship event)

10.00am Under 20 - 10km

10.00am Under 18 - 10km

11.15am Under 16 - 5km

11.45am Under 14 - 3km

12.05 Under 12 - 2km RWA Championship event

12.25pm Under 10 Invitation – 1km

Women

8.00am Open - 20km

8.00am Open - 10km (including Masters 10km RWA Championships event)

10.00am Under 20 - 10k

10.30 am Under 18 - 5km

10.30am Invitation M/W 5km

11.15am Under 16 - 5km

11.45am Under 14 - 3km

12.05pm Under 12 - 2km RWA Championship event

12.25pm Under 10 Invitation – 1km

2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY



REMINDER: Entries closes July 21st

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

Race Walk Programme

Sunday September 1st 10km road walk

Tuesday September 3rd 5km track walk

Friday September 6th 3km track walk

Event Registration & Fees

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

Total Registration Fee AU\$90.00

Entry Fee per Event AU\$10.00



Entries Now Open

<http://australianmastersgames.com>

Track Walks SA Athletics Stadium

Saturday 5th - Tuesday October 8th 8:00am–5:00pm

1,500m Walk

3,000m Walk

5,000m Walk

Road Walk

10km Saturday October 12th: 8:00am Start: Peacock Rd - Adelaide Harriers clubrooms



April 10-13th 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.

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

Still to Come

July 21st QRWC Track Walks / **QMA 10km C/Ships** UQ St Lucia 8.00am

July 27th **Saturday** QA Open & Age Road Walk Championships Ipswich 8.00am

August 4th QRWC Handicap # 9 meet Kalinga Park 8.00am

August 11th QRWC Handicap # 10 meet Ipswich

August 11th Australian Masters 20km road championships Adelaide

August 18th QRWC Road Walk Championships Beenleigh 8.00am

August 25th QRWC Track Walk Championships UQ St Lucia 8.00am

Looking further ahead

September 1st Oceania Masters Games Mackay 10km road walk
September 8th Australian Road Walk Championships, Adelaide, SA
September 15th Relay/Trophy/BBQ day Kalinga Park
Sept 28th - Oct 6th IAAF World Championships Doha, Qatar

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
QRWC State Coach: D. Smith
Trophy Officer: N. McKinven
Newsletter Editor: P. Bennett
Social Media / Webmaster: C Goulding
Club Captains: To be announced Sunday June 2nd

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

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.

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.

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/>