

Queensland Race Walking Club Inc.

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



HEEL & TOE

October 10th 2019

Men's 20km IAAF World Athletics Championships Doha 2019.



Dane Bird-Smith battles through the heat and humidity in Doha

It was Dane Bird-Smith and Rhydian Cowley's turn to take on the energy sapping humidity and debilitating heat along the waterfront of Doha's Corniche, on Day Eight of the IAAF World Athletics Championships Doha 2019.

While the temperature had dropped from the opening night when 28 runners withdrew from the women's marathon due to the brutal conditions, it was still 32 degrees Celsius and 70% humidity at 23.30 when the men's 20km race walk started in the Qatari capital.

Dane Bird-Smith battled to stay with the lead pack and inside the top 10 for the vast majority of the race. As the race neared its final stages it looked like the Commonwealth Games gold medallist may succumb to the conditions, but sheer stubbornness saw the 2016 Rio Olympics bronze medallist come home in 14th place, in a time of 1:32.11. Rhydian Cowley would fall foul of the elements after clocking 58.30 for 12km of the 1km loop course.

Race Report in the Sydney Morning Herald

By John Salvado October 5th

Australia's Bird-Smith feels the pinch in world championships 20km walk

Doha: Australian Dane Bird-Smith required medical assistance after finishing 14th in the men's 20km walk at the world athletics championships on a hot, steamy night in Doha. Bird-Smith - the bronze medalist at the 2016 Rio Olympics - made a fast start and led through the opening four kilometres. But he steadily lost ground with the leaders in the second half of a race, which was won by Japan's Toshikazu Yamanishi in one hour 26 minutes and 34 seconds. Russian Vasilij Mizinov - competing as a neutral athlete - was second in 1:26:49, while the bronze went to Sweden's Perseus Karlstrom in 1:27:00.

In addition to his 2016 Olympic bronze medal and the 2018 Commonwealth title, Bird-Smith had finished 10th, 8th and 6th in the 20km event at the previous three world championships. But he found the going much tougher in Doha. Shortly after crossing the finish line in 1:32:11, an exhausted Bird-Smith fell forwards onto the road. The 27-year-old was taken immediately to the medical tent for observation before being cleared to return to the team hotel. Fellow Australian Rhydian Cowley withdrew midway through the race.

All of the walks and both marathons in Doha have started near midnight to avoid the worst of the heat. But the conditions have still proven brutal, with the men's 20km event beginning with the temperature sitting at 32 degrees Celsius along with 70 per cent humidity. Yamanishi's winning time was a full three minutes adrift of the previous slowest, recorded by a 20km gold medalist at a world title.

Results Men's 20km

1. Toshikazu YAMANISHI JPN 1:26:34
2. Vasilij MIZINOV ANA 1:26:49
3. Perseus KARLSTRÖM SWE 1:27:00
4. Christopher LINKE GER 1:27:19
5. Salih KORKMAZ TUR 1:27:35
6. Koki IKEDA JPNJ 1:29:02
7. Tom BOSWORTH GBR 1:29:34
8. Kaihua WANG CHN 1:29:52
9. Jiaying YIN CHN 1:29:53
10. Eiki TAKAHASHI JPNJ 1:30:04
11. Marius ŽIUKAS LTU 1:30:22
12. Érick Bernabé BARRONDO GUA 1:30:40
13. Caio BONFIM BRA 1:31:32
14. Massimo STANO ITAI 1:31:36
15. Dane BIRD-SMITH AUS 1:32:11
16. Kevin CAMPION FRA 1:32:16
17. Hagen POHLE GER 1:32:20
18. Andrés CHOCHO ECU 1:32:49
19. Georgiy SHEIKO KAZ 1:32:53
20. Julio César SALAZAR MEX 1:33:02
21. Byeongkwang CHOE KOR 1:33:10
22. Álvaro MARTÍN ESP 1:33:20
23. Brian Daniel PINTADO ECU 1:33:48
24. Gabriel BORDIER FRA 1:34:06
25. Matteo GIUPPONI ITAI 1:34:29
26. Miguel Ángel LÓPEZ ESP 1:35:00
27. Irfan KOLOTHUM THODI IND 1:35:21
28. Ivan LOSEV UKR 1:35:42
29. Luis Henry CAMPOS PER 1:37:20

30. Viktor SHUMIK UKR 1:37:23
31. Alex WRIGHT IRLI 1:37:33
32. Dawid TOMALA POL 1:38:15
33. Samuel Ileri GATHIMBA KEN 1:40:45
34. Eduard ZABUZHENKO UKR 1:41:04
35. Diego GARCÍA ESP 1:41:14
36. Devender SINGH IND 1:41:48
37. Hyunsub KIM KOR 1:42:13
38. Wayne SNYMAN RSA 1:43:57
39. Moacir ZIMMERMANN BRA 1:44:16
40. Aliaksandr LIAKHOVICH BLR 1:44:25
 - José Alejandro BARRONDO GUA DQ
 - Jhon Alexander CASTAÑEDA COL DQ
 - José LEYVER MEX DQ
 - José Carlos MAMANI PER DQ
 - Callum WILKINSON GBR DQ
 - José Mauricio ARTEAGA ECU DNF
 - Nils BREMBACH GER DNF
 - Zelin CAI CHN DNF
 - Rhydian COWLEY AUS DNF**
 - José María RAYMUNDO GUA DNF
 - Carlos SÁNCHEZ CANTERA MEX DNF
 - Richard VARGAS VEN DNF

My Thoughts and Congratulations

By Shane Pearson

We are very lucky to currently have both open Australian male and female National Champions as members of QRWC. I know we don't get to see Dane and Katie regularly at our competition meets, as they are preparing for a much bigger picture and much bigger goals, as we know as recent as the IAAF World Track and Field Champs.

I haven't yet spoken to either of these 2 elite champions from our club since returning from Doha. I'm guessing they both may have hoped for better results. However, we cannot take away the feats they have achieved, the goals they have accomplished and the future for them still both to strive to.

I was lucky enough to have been able to watch every walking race in Doha, from start to finish. All 5 hours of the men's and women's 50k and both 20k races, in the comfort of my lounge room and not in the harsh conditions in Qatar. Seriously, the men's 50k race was sensational. This is exactly why I love the longer distance so much. I was still watching a few guys that I raced when I repped Australia back in the late 1990's. Which brought back memories and I was cheering for the older guys still having a crack.

Seeing the Japanese athlete take the lead from the start, get out to a lead over 6mins and watch the guys drag him back to only be a few seconds behind. Seeing so many athletes fall by the wayside as the treacherous conditions took its toll, or by the judges and their paddles, on the elite athletes racing. Watching a good friend of QRWC from Canada, Evan Dunfee, get the bronze medal and miss silver by, I think, 2 seconds after over 4 hours of racing. It was amazing to watch and I enjoyed it so much.

The next night, the Women's 20k where Katie and Jemima proudly wore the Green and Gold. Seeing Katie giving her all, up in the top 3 through around the 4k mark.

I can only imagine how Katie felt when the chief judge met her and brought her race to an early end. My heart sunk for Katie. I'm sure she was heart broken. Katie is an extremely hard working young athlete, with a huge talent and bigger dreams. She will bounce back and be

better for the experience come next year. Starting a race at midnight in over 30degrees and humidity well over 80%.

Imagine- Wake up in the middle of the night, jump into a sauna, set it to over 30 and exercise non stop for 90minutes plus, with 40 or more people trying to be better then you.I think this is what nightmares are made of.I spoke to Steve and he told me what her preparation plans were for the last few weeks leading up to this race. Not for the faint hearted.

Then a few days later it was Dane and Rhydian's turn. I think the conditions looked even tougher this night. When the race started Dane went to the front early. Personally, I thought a bold and gutsy move. But I've known Dane along time and he will never die wondering, just like his father. I had also been following Dave's reports on Dane's preparation, he looked fit and well and truly ready to race. However, as the other 3 race walk events so far had shown, the times weren't that fast at the start and I don't think anybody really wanted to take the lead, somebody had to. I thought then Dane was doing the right thing and sticking to his plan. As the race progressed you could see it was tough going for everybody. Again, a lot of athletes pulling out or getting dqed. Dane finishing 14th is no small achievement. This is the best of the best from all over the world. An outstanding achievement and nothing should be taken away from that result.

The hours, days, weeks, months and years preparing to race at this level. The preparation they have put into getting ready for the conditions in Doha most of us will never know or ever race in. How do you prepare for something like this? The hours of planning, dedication & passion their coaches put into leading up to an event of this magnitude. Making sure that no stone is left unturned. Trying to predict the conditions, race plans to execute, when to make a move or hold back, getting the athletes fluid replacement requirements spot on so they are hydrated and fuelled to the exact levels to maintain peak performance and the list goes on.

To Dave and Steve, the coaches, Congratulations. You have both shown that devotion and dedication to the trade of elite coach, got your athletes to the start line and mixed it with the best the current world has to offer.

To Dane and Katie. You are both absolute champions. Ambassadors of Race walking and truly admired by all at QRWC. Be proud of yourselves. Congratulations again and we all wish you every success and best of luck leading into the 2020 year. We are blessed at QRWC to have some amazing young talent coming through our junior ranks, with a group of passionate coaches all supporting the cause and development of these potential elite level athletes. Plus having athletes like Dane and Katie to look up to and strive towards. 2020 and beyond can be a very rewarding time for many Queensland race walkers.

See you on the road soon. Shane

RIP Dick Keating

The passing of a true Aussie legend

We were saddened to hear over the weekend) of the passing of Dr Richard Keatinge, a former Parton of the QRWC. For many years Dick would make the trip up from Tenterfield in NSW to compete in our road walk meets or at Qld Masters track events. He competed into his nineties and often remarked when he saw a group of Masters runners racing (who were many years younger than he was) "look at those silly old buggers". A returned world war two veteran Dick became a doctor and was a GP in Tenterfield for many decades. In fact, he never really retired.



WW2 Veteran Tenterfield Dick at the 2018 Anzac Day parade

Those of us at Queensland Race Walking Club who knew Dick wish to thank his family and all who knew him for sharing him with our Club.

Dick began his racewalking career with us in 2001, mostly driven here by first one Frances and then the other, for which we were very thankful. He was a great advocate for our sport, attributing his health and fitness to it. We, in turn, enjoyed his company, his humour (sometimes accompanied by forthright opinions) and his enthusiasm. He was at once a valued member and we were delighted when he agreed to become our Club Patron.

Dick competed in many club events and also in Masters' events becoming a World Masters Champion and was missed by us when he was no longer able to compete.

We know his loss will be felt throughout not only his family, but the whole of the Tenterfield community and send our sympathy to all.

Noela McKinven
Walker, friend and Secretary,
Queensland Race Walking Club

RESULTS RESULTS RESULTS

Qld Masters Athletics

State Athletics Facility Saturday October 5th

There was a good field of 13 walkers on the start line at Qld Masters on Saturday morning. It was the biggest line up seen at a Masters club race for many years. The field was boosted by a number of our junior walkers taking advantage of the opportunity to get some much needed track competition. Masters were very grateful for the support shown by the parents helping out on the drink station, time keeping and lapscoreing. Unfortunately, we do not have the results from QMA to post this week. The next Masters race is on Saturday October 19th.

**2019 Australian All Schools
Track and Field Championships
Western Australia Athletics Stadium Perth**

Draft Walks Programme

Friday 6th December

5.40pm U14 Girls 3000m Walk Final

5.40pm U14 Boys 3000m Walk Final

6.00pm U16 Girls 3000m Walk Final

6.20pm U16 Boys 3000m Walk Final

Saturday 7th December

3.30pm U18 Girls 5000m Walk Final

3.30pm U18 Boys 5000m Walk Final

This Week

No Qld Masters competition this Saturday (October 12th).

Little Athletics walkers are encouraged to participate in the 700 metre Karen Wolfenden walk on Saturday afternoon at Caboolture.

**CABOOLTURE LITTLE ATHLETICS
30 Year Celebrations
and
Karen Wolfenden Testimonial Day**



WHEN: Sat 12th October 2019 1pm-4pm

WHERE: Caboolture Little Athletics, Stringfellow Drive, Caboolture

ADMISSION: \$5 Entry ~ all proceeds raised will be donated to Karen Wolfenden to honour her service to the centre.

Come along, join in and catch up with friends from Little Athletics.

Fun and novelty events with lucky dip prizes from 1pm to 1:45pm

All welcome to participate in the inaugural annual
"Karen Wolfenden Walk"

A 700m walk for all ages and level of walking skills, to honour Karen's love of race walking.

Walk start time 2pm. Ribbons for all participants.

Sausage sizzle & drink for \$2.00

Official presentation of a commemorative gift to Karen.

For more information k.guilfoyle@yahoo.com.au

0421 156037



AUSTRALIAN 50KM RACE WALKING CHAMPIONSHIPS

**Sunday 1st December
Fawkner Park, Melbourne Victoria**

TIMETABLE

7:00AM - Men's Australian Open 50km Race Walk Championship

7:00AM - Women's Australian Open 50km Race Walk Championships

8:00AM - Men's Open Invitational 20km Race Walk

8:00AM - Women's Open Invitational 20km Race Walk

8:30AM - Men's Under 20 Invitational 10km Race Walk

8:30AM - Women's Under 20 Invitational 10km Race Walk

9:40AM - Men's Under 18 Invitational 5km Race Walk
9:40AM - Women's Under 18 Invitational 5km Race Walk

ENTRY FEE \$30.00 per event **ENTRIES CLOSE** 15th November

<https://2019australianracewalking.eventdesq.com>

Cut-Off Times

Men competing in the Australian 50km Race Walking Championships have a 5 hour time limit in which they are to complete the course.

Women competing in the Australian 50km Race Walking Championships have a 5 hour 30 min time limit in which they are to complete the course.



WALK JUDGING SEMINAR



Venue: Bayview Eden Hotel
6 Queens Rd Melbourne
Date : Saturday 30th November 2019

Athletics Australia, Athletics Victoria and the Victorian Race Walking Club will be conducting a Walk Judging Seminar on Saturday 30th November 2019 . The Seminar is open to those interested in becoming Walk Judges and for existing Judges to upgrade. Tea and coffee will be provided but lunch will be at the officials own expense. There is no walks at shield this day and we will be live screening to interstate judges

AGENDA:

Saturday 30th November

1pm	Registration
1.30 pm	General seminar for level 1-3 and anyone who wishes to attend Held by Bob Cruise and Zoe Eastwood- Bryson
3.30 pm	afternoon tea
4.00 pm	Exams (bring a laptop)

No late or on the day applications

Please bring stationary, pencils, pens, paper and current IAAF handbook with you

Sunday 1st December

Australian 50km Walks Championships – Fawkner Park 7.00am (start)

Name: _____

Address: _____

Mobile: _____

Current Walks Grading _____

Attending: Seminar only []

1 Grade []

2 Grade []

3 Grade []

Please return no later than 12th November 2019

Diane Lowden email : dilowden39@gmail.com or Terry Swan Secretary@rwa.org.au
Glengollan Village 13/131 Forest Rd Ferntree Gully Ph 8756 4283 mobile 0413708085

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

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>



6-15th November 2020

<https://mastersgames.com.au/>

QRWC Appointed Host Organisation for Pan Pacs 10km Road Walk

Play it, Live it, Love it! Mark your calendar for the 12th Pan Pacific Masters Games from 6 – 15 November 2020 on the beautiful Gold Coast, Australia.

Get ready for the world's biggest and best biennial masters games and join in on all the action in more than 40 sports at some of the best sporting facilities on the planet, as well as a jam-packed nightly entertainment program.



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 at Riverside Drive, West End.

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

Still to Come 2019

** The tracks at QSAC are now available during October (Metallica Concert cancelled), so QMA Brisbane competitions will revert back to either the SAF track or the Main track for the 19th and 26th. Programs will be re-written for these dates.

October 19th Qld Masters SAC 5,000 metres 8.00am **

October 26th Qld Masters SAC 3,000 metres 8.00am **

October 27th Gold Coast Masters Griffith Uni 3/5km 8.00am

October 31st Thursday QA UQ 1,500m Classic * *Note changed date*

November 9th Qld Masters SAC TBA 8.00am

November 10th Gold Coast Masters Griffith Uni 3/5km 8.00am

November 16th Qld Masters SAC TBA 8.00am

November 23rd Qld Masters SAC TBA 8.00am

December 1st Australian 50km Championships, Fawkner Park, Melbourne

December 1st Gold Coast Masters Griffith Uni 3/5km 8.00am

December 7th Qld Masters Venue not confirmed TBA

December 11th Qld Masters Wednesday SAC TBA 7.00pm

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

December 21st Qld Masters SAC TBA 8.00am
December 6-8th Australian All Schools Track Championships, Perth

Looking further ahead 2020

February 9th Australian 20km Road Walk Championships, Adelaide
March 21-29th Australian Open and Junior Track Championships, Sydney
April 10-13th Australian Masters Championships, Brisbane
April 18-19th Australian Little Athletics Track Championships, Canberra
May 2-3rd IAAF World Race Walking Team Championships, Minsk, Belarus
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

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
Social Media / Webmaster: C Goulding
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/>