

## Queensland Race Walking Club Inc.

*Building on a fine tradition of race walking, 66 years in the making.*



### HEEL & TOE

October 28<sup>th</sup> 2021

#### Commonwealth Games Australia's Green2Gold2Great funding program



Australian athletics is set to receive an enormous boost, thanks to Commonwealth Games Australia's Green2Gold2Great funding program. The Green2Gold2Great program seeks to support bespoke activities that would not be funded within the existing programs available to sports, and is designed to help achieve Australia's aspirations of being the number one nation at the Birmingham 2022 Commonwealth Games next year.

Sports on the Birmingham 2022 Commonwealth Games program will receive \$3.4 million, with athletics receiving more than \$250,000 in this round of funding, to support targeted javelin, long jump, pole vault, relay and walks projects, as well as training camps in the lead up to July 2022. This is the second round of funding received by Athletics Australia, with the first round supporting a number of programs which allowed for high performance camps to take place throughout this year.

Commonwealth Games Australia CEO Craig Phillips said despite the interruptions caused by COVID-19, the first round of funding already reaped rewards for sports and athletes and this second round will specifically target final preparations for the Games. "The funding is designed to complement rather than replace or replicate any other source of funding such as via Sport Australia or the AIS," Phillips said. "This investment in our sports and athletes is something Commonwealth Games Australia is very proud of, and we look forward to working with our Member sports to tell the stories of our athletes in the final countdown to next year's Games."

Athletics Australia CEO Peter Bromley said CGA's commitment to athletics was second to none, and the extra support has been greatly appreciated by athletes and the community alike. "Our partnership with Commonwealth Games Australia is a valued one, and time and time again, they have demonstrated they are committed to assisting our athletes set new standards at an international level. Many of our athletes achieved significant milestones last

year, and their investment into our High Performance program means our athletes and sport can continue to flourish for years to come,” Bromley said.

In addition to the longevity of the partnership, the funding has had a direct impact on the performance goals of our athletes, says Athletics Australia General Manager – High Performance, Andrew Faichney. “Commonwealth Games Australia is an important partner of our High Performance Program and one that has provided value to our athletes and their goals over the last year. We’ve seen athletes reach new heights in the lead up to the Olympics, thanks to their added support, and I have no doubts we’ll see some of these benefits yet again from our javelin throwers, pole vaulters, long jumpers, relay athletes and walkers ahead of Birmingham 2022.”

Australia topped the medal tally on the Gold Coast with 198 medals, with the Australian Athletics Team contributing a total of 36 medals. Commonwealth Games Australia is planning to send its largest team to compete in an away campaign, with a contingent of more than 70 able-bodied and Para-athletes set to wear the green and gold. The Birmingham 2022 Commonwealth Games will take place from 28 July to 8 August 2022.

## How to support athletes who transition out of sport

When the COVID-19 pandemic sent athletes home from the field, players of all ages and levels were left unable to practise or play sport for months. Some were even forced to retire early. For many players, leaving a sport also means leaving behind a set of routines, access to a support system, and a sense of identity. Sport undoubtedly dominates a player’s lifestyle. Without the opportunity to play, many athletes are left with confusion, anxiety and grief over the lifestyle they have lost.

When counsellors have a nuanced understanding of the mental health implications of leaving a sport, they can effectively help athletes transition out of sport in a healthy way and renew their identity, self-worth and purpose in life.

### Why do athletes transition out of sports?

Making the choice to leave a sport at any age—especially after investing years of practice and competition—can be a complicated and difficult decision. But it may not always feel like a choice. Dr Kerulis says that most decisions fall into one of two categories:

- **Voluntary:** Choosing to stop playing or practising a sport or activity *Examples:* change in personal interests, career changes, family circumstances
- **Involuntary:** Feeling forced into leaving a sport or activity *Examples:* injury, being cut from a team, contracts, global pandemic, age

While every person’s individual response depends on their unique circumstances, Dr Kerulis says that people who have involuntary transitions out of sport can feel a lot more taken aback by an interruption in their life that they didn’t plan, so that can feel a little bit more traumatic.

She says that in many cases, athletes may struggle to find purpose, motivation and identity from other activities, especially if they haven’t been encouraged in the past to explore other interests, talents and aspirations.

Without that exploration and encouragement, athletes are at risk of developing a ‘foreclosed identity’, which means a premature commitment to an athletic identity without considering the value of other interests or aspects of identity, according to developmental psychology theorists including Erik Erikson and James Marcia.

‘Their entire identity rests in being an athlete, whereas other people who are just as committed to sport still might have other things in their life,’ Dr Kerulis says. ‘[Those who] make time

for family and friends and volunteering or other activities tend to adjust better than those with a high sense of athletic identity.’

Dr Kerulis says that self-reflective questions can help athletes of all ages to consider additional areas that might provide a sense of purpose and identify ways they can apply their learnt athletic skills to new opportunities.

### **Self-reflective questions to prevent a foreclosed identity**

- What is it that I love about sport? Is it just this sport or other sports too?
- In addition to sport, what else do I like to spend time doing?
- What else am I looking forward to in the near future?
- Where do I find validation and affirmation (externally and internally)?
- What skills have I learnt from my sport, and how can I use them off the field?

These questions can help athletes frame their transition in a positive way, by approaching the change with curiosity, abundance and creativity. Dr Kerulis says that some people may feel excited about opportunities for a new chapter in their life.

It is important, however, to make space for grief.

‘When somebody is invested physically and emotionally in their sport, and then they’re not participating anymore, they typically go through a grief process,’ Dr Kerulis says. ‘Even if they made the choice to leave the sport, they’re walking away from something that used to be an entirely encompassing aspect of their life.’

Regardless of the reasoning, it’s important to remember that transitioning out of sport is not an event, but a process. When leaving a sport, athletes of all ages may be at risk for mental health concerns that need professional attention from a licensed mental health counsellor.

The following are the mental health risks posed by transitioning out of sports:

- **Anxiety:** fear and uncertainty about future plans or career paths
- **Depression:** loss of identity and motivation, feelings of purposelessness
- **Grief:** loss of activity, purpose, structured routines, and team-mates’ support
- **Disordered eating:** changes in diet and exercise in a non-athletic environment
- **Insecurity:** loss of confidence or external validation from coaches and team-mates.

Dr Kerulis says swift departure from years-long routines can lead to confusion about purpose and the meaning of one’s own life. Some people experience an existential crisis, especially younger people who might think, ‘my whole purpose in life was to play sports, and since I’m not doing that, I don’t know what to do’.

Counsellors can help athletes of all ages address a foreclosed identity and transition out of sport with sensitivity and cultural awareness. ‘There is an older way of thinking that things have to be all or nothing, meaning that you must commit 100 per cent of your time to one thing, or you are not going to be successful, and that’s just not the case,’ Dr Kerulis says. ‘[counsellors] help people understand that you can be an awesome athlete—a recreational, professional, or college athlete—and still enjoy other areas of life.’

When helping people explore other interests or deciding to fully terminate their athletic participation, Dr Kerulis says counsellors should make developmentally appropriate recommendations for athletes.

‘Student–athletes who understand how to terminate their sport careers in a healthy way can better transition into the next stages of life as well-balanced individuals with goals and direction for personal excellence,’ she says.

When athletes are beginning to realise that career termination may be in their near future, a clinician can help support them through the process to establish support and goals for a healthy transition.

To be culturally sensitive to the sports community, counsellors with athlete clients need to spend time learning about the world of sports, cultural and community considerations, and the unique mental health risks for athletes. Dr Kerulis offers these tips for counsellors to be an effective and helpful support to their clients:

### **How counsellors can help athletes transition out of sports**

- **Identify** the student–athlete’s current stage of development and utilise appropriate interventions to help them successfully pass through that stage.
- **Encourage** student–athletes to create a well-rounded identity at each stage of development.
- **Listen** to athletes’ experiences and concerns to learn about the nuances of their sport.
- **Consider** how gender identity and cultural identity affect development and experiences playing sport.
- **Collaborate** with athletes, parents, educators and athletic departments to create a plan for the future.
- **Consult** with experts in sports, listen for information about athletic culture when talking with athletes (e.g., rules of the game, rituals and expectations), attend sporting events, and watch sports on television.
- **Combat** academic corruption and encourage student–athletes to have high integrity in the classroom or place of work.
- **Build** a network of medical professionals and other providers specialising in sports injuries, sport psychology, athletic nutrition and kinesiology.
- **Learn** about common types of injuries that athletes experience in a specific sport and, in collaboration with their medical team, help athletes understand the future of their career in sport due to the injury.
- **Suggest** that younger student–athletes engage in play outside of their sport to help familiarise them with multiple groups of friends and styles of play.
- **Receive** supervision from a qualified clinician who has experience working with athletes and navigating the intricacies of sports culture.

Counsellors should also be aware of behavioural changes that result from transitioning out of a strict athletic schedule and into new routines. The dietary and fitness practices that may be common in weight-focused sports such as gymnastics, wrestling, bodybuilding or ballet are often perceived as disordered eating in non-athletic environments. Becoming familiar with the symptoms and [risks of these behavioural addictions related to former athletic routines](#) will be crucial for identifying and preventing harmful behaviours.

Dr Kerulis also emphasises the importance of a non-judgmental and individualised approach to supporting athletes through their grief and transition. Though each person responds to emotional events in different ways, many athletes are subject to the pressure of performance and may fear being judged for their feelings or reactions during their process.

### **How coaches, family and team-mates can help**

While families are typically the ones guiding student–athletes through their younger years, Dr Kerulis says that from a family-systems theory lens, their team-mates are often viewed as siblings and their coaches as surrogate parents in their sport careers.

The relationship between athletes and their coaches can be pivotal to a player’s process in career transition because coaches can be a meaningful source of support during times of confusion, grief and stress. Because of this, Dr Kerulis says coaches should pay close attention to changes in a player’s demeanour and be willing to foster open communication. Once players know their coach is genuinely invested in their wellbeing, it becomes easier to turn to them for support.

‘Coaches are such a vital part of athletes’ lives,’ Dr. Kerulis says. ‘Just like they develop skills to help athletes excel on the field, they can also help athletes develop skills off the field.’

While each member of a team is a crucial part of the athlete’s support system, they each play a different role. The older team-mates help set expectations and can be seen as mentors or big brothers and sisters to the younger student–athletes, and the coaches set rules, expectations, schedules, and curfews while student–athletes are away from home.

### **Family, friends and team-mates should:**

- **Validate** the individual’s feelings and experience
- **Make space** for candid discussions about grief
- **Be future-focused** for new opportunities
- **Schedule** activities to do together or look forward to
- **Ask** them how they would feel best supported.

### **Coaches should:**

- **Develop** healthy supportive relationships
- **Invite** players to openly discuss their feelings
- **Offer** examples of other athletes’ post-career success
- **Practice** empathy and withhold judgement about players’ emotions
- **Ask** players what they want out of their next chapter of life.

Open dialogues are especially helpful for teaching young athletes about the value in expressing their feelings, especially for learning the importance of giving more than one-word answers to questions.

‘The responsibility lies on adults to help children understand how to have a conversation,’ Dr Kerulis says. She suggests modelling open communication and expressing genuine interest in children’s thoughts, ideas and interests.

She also says it’s important for adults to show young people that perfection and high performance are not the only avenues to self-worth. When kids and teens learn that it’s okay to fail, they become more resilient and willing to explore new areas and interests. Additionally, they will be more willing to learn valuable lessons from their failures.

‘We want kids to learn that they can explore and can try different things and if they don’t like them that’s okay, but at least they tried.’

## **RESULTS RESULTS RESULTS**

**Queensland Little Athletics Summer Carnival**  
**SAF, Nathan October 23<sup>rd</sup>**

**Girls U13 1,500 Metre Walk**

1	Clarke, Makenna	Redlands	7:51.46
2	Pickvance-Yee, Destinee	Springwood	8:16.80
3	Barron, Maya	Mudgeeraba	8:27.66
4	Kororiko, Awhena	Gayndah	9:10.67
5	Sheehan, Emma	Toowong Harriers	10:07.83
--	Mehta, Hannah	Mudgeeraba	DQ

**Boys U13 1,500 Metre Walk**

1	Blair, Xavier	Bundaberg	8:35.68
2	Gee, Blake F01;T01	Ipswich	8:50.13
3	Froget Penaranda, Thomas	Toowong Harriers	10:03.18
--	Kororiko, Tama	Gayndah	DQ
--	Bricknell-Hewitt, Korbyn	Mudgeeraba	DQ
--	Athousis, Costa	Algester	DQ

**Girls U10 1,100 Metre Walk**

1	Welch, Isabella	Springwood	7:10.35
2	Russell, Kaydence	Ipswich	7:26.97
3	Vanner, Alexandra	Toowong Harriers	7:32.03
4	Larsen, Emma	Springwood	7:37.51
5	Hermus, Eliana	Noosa	7:59.80
6	Farquhar, Brianna	Arana	8:01.85
7	Gilchrist, Drew	Springwood	8:02.32
8	Trent, Arya	Deception Bay	8:39.31
9	Dunleavy, Savannah	Deception Bay	8:39.31
--	Goddard, Stella	Caloundra	DQ
--	Pitt, Kya	Laidley	DQ
--	Moody, Stephanie	North Rockhampton	DQ
--	Schubel, Emily	Toowoomba	DQ
--	Vicary, Dakota	City North	DQ
--	Johnston, Imogen	Centenary	DQ

**Boys U10 1.100 Metre Walk**

1	Bray, Nicholas	The Gap	8:04.26
2	Hunter, Thomas	Mudgeeraba	8:20.75
3	Buncuga, Luka	Balmoral	8:51.59
4	Ramsay, Leo	Redlands	9:21.60
--	Lesa, Deandre	Gold Coast	DQ

**Girls U12 1,500 Metre Walk**

1	Cosgrave, Ella	Ashmore	8:12.60
2	Bray, Laura	The Gap	8:15.59
3	Mcdonald, Mikaela	Arana	8:27.16
4	Anderson, Pippa	Redlands	10:24.57
5	McLean, Lilly	Redlands	10:43.50
6	Lucas, Rihanna	Redlands	10:51.89
7	Wain, Olivia	Helensvale	11:04.51
8	Bourke, Isabella Louise	Balmoral	12:18.78
--	Athousis, Georgina	Algester	DQ
--	Kororiko, Felicity	Gayndah	DQ

**Boys U12 1,500 Metre Walk**

1	Hoyling, Angus	Toowong Harriers	10:24.33
--	Woodward, Jackson	Springwood	DQ
--	Cooke, Noah	Arana	DQ
--	Hermus, Linden	Noosa	DQ

**Girls U11 1,100 Metre Walk**

1	Kratzmann, Keilani	Redlands	6:13.97
2	Renton, Zoe	Toowong Harriers	6:18.06

3 Waterman, Kiara	Deception Bay	6:35.11
4 Gee, Isabella	Ipswich	6:50.05
5 Froget Penaranda, Barbar	Toowong Harriers	7:15.00
6 Raudino, Zara	Mt Gravatt	7:20.39
7 Shields, Ebony	Ipswich	8:19.78
8 McKnight, Skye	Mt Gravatt	8:20.56
9 Trent, Katelyn	Deception Bay	8:22.34
10 Farquhar, Kayleigh	Arana	8:32.60

#### **Boys U11 1,100 Metre Walk**

1 Moore, Lachlan	Redlands	6:25.13
2 Sibenaler, Hunter	Algester	7:09.79
3 Clark, Hudson	Caloundra	7:38.39
-- Shea, Dominic	Balmoral	DQ

#### **Girls U14 1,500 Metre Walk**

1 Sharpe, Milly	Gladstone	7:39.70
2 Presland, Skye	Redcliffe	8:26.25
3 Bray, Katie	The Gap	8:27.67

#### **Boys U14 1,500 Metre Walk**

1 Dale, Kai	Ormeau	7:33.90
2 Lucas, Jaydon	Redlands	9:50.02
-- Driver, Kayden	Aspley	DQ

#### **Girls U15 1,500 Metre Walk**

1 Teahen, Rebecca	Toowong Harriers	7:30.03
2 Gee, Tamika	Ipswich	7:53.93
3 Goulding, Lily	Ipswich	8:40.56
4 Lucas, Hayley	Redlands	9:35.56
5 Morris, Taylah	Runaway Bay	10:12.39
6 Thomasson, Aleksia	Mt Gravatt	10:13.43
-- Teo, Jessica	Mt Gravatt	DQ
-- Turei, Paige	Mt Gravatt	DQ

#### **Boys U15 1,500 Metre Walk**

1 Housden, Bailey	Arana	6:17.75
2 Goodwin, Fred	The Gap	10:13.53
-- Sheehan, Liam	Toowong Harriers	DQ

#### **Girls U16 1,500 Metre Walk**

1 Heap, Ashanti	Gold Coast	7:51.33
2 Chadwick, Phoebe	Bracken Ridge	8:10.99
3 Lawson, Piper	Redlands	8:11.38
4 Housden, Lily	Arana	10:04.79
5 Suchting, Mikayla	Ipswich	10:17.87

#### **Boys U16 1,500 Metre Walk**

1 Bradley, Alex	Laidley	7:07.08
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#### **Girls U17 1,500 Metre Walk**

1 Clarke, Anika	Redlands	7:20.50
2 Bergh, Mia	Ashmore	7:45.92
3 Millard, Summer	Deception Bay	8:14.58
4 Fisher, Torryn	Redlands	8:41.61
5 Brady, Korey	Aspley	8:42.82

#### **Girls U9 700 Metre Walk**

1 Kanages, Asha	Mt Gravatt	4:33.38
2 Fisher, Tully	Redlands	5:00.96
3 Kettlety, Erin	Ipswich	5:09.56
4 Farquhar, Asha	Arana	5:22.43
5 Kljajic, Anna	Deception Bay	5:27.75
6 Van Der Westhuizen, Heid	Mt Gravatt	5:33.38
7 Hermiston, Holly	Redlands	5:51.20

8 Vergers, Aurora	Springwood	6:03.01
-- Best, Lorin	Maryborough	DQ
-- Lesa, Lala	Gold Coast	DQ

### **Boys U9 700 Metre Walk**

1 Moore, Dylan	Redlands	5:36.13
2 Talbot, Dominic	Toowoomba	5:48.86
3 Suckling, Max	Jimboomba	7:19.07

### **Queensland Masters QSAC**

**October 27<sup>th</sup>**

#### **3,000 Metre Race Walk**

Gannon, Brenda W47 16:21.47 (15:07.86 76.55%)  
Woodward, Erika W55 17:29.76 (14:50.41 78.05%)  
McKinven, Noela W79 26:08.38 (17:15.45 67.12%)

#### **1,500 Metre Race Walk**

Woodward, Erika W55 8:45.06 (7:26.31 75.51%)  
McKinven, Noela W79 13:09.05 (8:51.75 63.38%)

*Age Graded Times & Percentages in Brackets*

## **Track Race Walks Coming Up**

### **Gold Coast Masters**

**Sunday October 31<sup>st</sup>**

8.00am 2,000m Walk

### **Qld All Schools 10-14yrs**

**Sunday October 31<sup>st</sup>**

9:30am 3,000m Walk Female Under 14 - Under 15

9:30am 3,000m Walk Male Under 14 - Under 15

### **QMA Meets**

**Saturday 6 November 6<sup>th</sup>**

8.00am 3,000m Walk

9.40am 1,500m Walk

**Saturday November 13<sup>th</sup>**

8.00am 5,000m Walk

**Saturday November 27<sup>th</sup>**

8.00am 3,000m Walk

9.45am 1 Mile Walk

**Saturday 4 December 4<sup>th</sup>**

8.00am 2,000m Walk

**Wednesday December 8<sup>th</sup>**

7.00pm 5,000m or 3,000m Walk

8.30pm 1,500m Walk

### **Important Information for Masters athletes and Juniors wanting to compete as a Visitor at QMA meets.**

*All members, visitors and accompanying persons MUST check in at the gate using the Queensland QR code.*

*QMA members are requested to register and pay ground fees on-line.*

*Visitors and members unable to register on-line will be able to enter and pay ground fees (\$10 cash) at the track on the morning.*

*Current singlet numbers must be worn. Visitors will receive a temporary number.*

*New numbers will be issued later in the season to members who have renewed and new members.*

### **QA Dane Bird-Smith Shield SAC**



## December 4<sup>th</sup>

6.00pm 3,000 metres M/F

6.30pm 5,000 metres M/F

2021 Australian Winter Road Walk Championships – **Postponed**

2021 Australian Cross Country Championships – **Cancelled**



No road 20km but a 10,000 metre track race.

### **Saturday August 6<sup>th</sup>**

Women's 10,000m Walk Final

### **Sunday August 7<sup>th</sup>**

Men's 10,000m Walk Final

## **Have you Registered for the Track Season ?**



Qld Racewalking Club is excited to announce that we have opened up our registration portal to members who wish to register with QRWC with a view to representing QRWC at QA meets in the coming year.

Our membership year will now commence in October each year to align with Qld Athletics' (QA) membership year. This will allow athletes wishing to compete at QA events representing QRWC, to take out a combined QRWC/QA membership in or after October each year. Once registered, athletes can represent QRWC at the various QA competitions held throughout the year, including the QA Road Walking Championships, QA Shield Meets and Qld Athletics Championships. Please note that QA offers 3 levels of membership. More information can be found below or at

<https://cdn.revolutionise.com.au/site/qqmoo3oyiea1blrd.pdf>

**Of course, for those athletes not wishing to compete at or represent QRWC at QA events, QRWC will retain the current membership options whereby only the QRWC club fee (ie. \$15 Student/\$25 Non-Student) will apply. This membership can be taken out at any time prior to the start of the QRWC winter season in April 2022.**

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2022 and will cover the traditional QRWC winter racewalking season.

Please do not hesitate to contact QRWC Registrar Jenny Stuckey [qrwcregistrar@gmail.com](mailto:qrwcregistrar@gmail.com) if you have any questions about the membership options or registration/renewal process.

**QRWC is a Queensland Athletics - associated track and field club.**

*"Queensland Athletics has no intention of changing the recognition and registration of the Queensland Race Walking Club and any such rumours are completely unfounded." QA CEO David Gynther*

## Racewalking Queensland Management Committee 2021/22

**President:** P Bennett

**Secretary/Treasurer:** N. McKinven

**Vice President.** I Jimenez

**Committee:** J Stuckey, S McCure, J-R McRoberts, S Pearson, D Millard, K Martin

**Patrons:** Patrick & Maxine Sela

**Registrar:** J Stuckey / C Chadwick

**Equipment** J McRoberts

**Uniforms:** J Stuckey

**Publicity / Media** C Chadwick

**Newsletter Editor:** P. Bennett

**Club Captains:** Jasmine-Rose McRoberts / Ignacio Jimenez

### Race Walk Coaching

If you are looking for coach or would like to be part of a training squad here are the qualified coaches in the club:

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 2

Jasmine-Rose McRoberts Level 2 Club coach

### 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>

#### Contact emails:

[grwc1@optusnet.com.au](mailto:grwc1@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.

#### 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/>