

Queensland Race Walking Club Inc.

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



HEEL & TOE

October 3rd 2019



Jemima 10th, Katie Dq'd in 20km at World Championships Dane ready to tackle the Men's 20km

AA Report:

On Day Three of the IAAF World Athletics Championships Doha 2019, organisers delayed the start time of the women's 20km race walk by 29minutes, to 23:59, to "attain the best possible conditions for athletes."

*The feeling amongst the world's best athletes over the last two days has been that just to complete the endurance events (the marathon, plus the 50km and 20km racewalks), which are taking place along the waterfront of Doha's Corniche, would require a monumental effort of grit and courage. **Racewalkers Katie Hayward and Jemima Montag admirably took on the energy sapping humidity and debilitating heat in the Qatari capital late on Sunday.***

The race was dominated by the Chinese athletes, who swept the podium. Despite falling over early, Montag pushed hard to stay with the lead group throughout the entire race and came home in an impressive 10th place, clocking 1:36.54. Speaking after, the 2018 Commonwealth Games gold medallist said: "Thanks to the expertise around us we were very well prepared for the conditions, so it did ease the pain a little. It was really different to any race I've done before; it was one about patience and holding back, rather than chasing. "This was my first World Champs, so there were a lot of unknown factors, including that it was at midnight and in this heat and humidity. Looking ahead to Tokyo, which is going to be similarly hot and humid, it does instil some confidence that my body can withstand these conditions. If we do similar preparation and learn from the last nine-months, Tokyo could be another success."

Sadly, in her first World Championships, 19-year-old Hayward, the 2019 World University Games gold medallist, was shown her fourth red card and was disqualified just before the 7km mark.

IAAF Preview Men's 20km

DOHA 23:30 (4 OCT) AUST 06:30 (5 OCT) M 20 Km Race Walk Final

In one of the most wide-open events on the programme at the IAAF World Athletics Championship Doha 2019, more than a dozen men could make serious claims to challenge for the 20km race walk title.

Factor in the added complication of the 11:30pm start, the likely heat and humidity of Doha and the various nuances of race walking, then picking a potential winner is a head-scratching business.

The Japanese athletes – who will be keen to make a statement less than a year out from the Tokyo 2020 Olympic Games – dominate the world lists with Toshikazu Yamanishi one of the star performers of the year. The 23-year-old claimed a blistering world-leading mark of 1:17:15 to climb to fourth on the world all-time list en route to the Asian title in Nomi in March. He then proved this was no fluke by defeating a world-class field in La Coruna in a time of 1:17:41. His compatriot Koki Ikeda, the 2018 IAAF World Race Walking Team Championships 20km gold medalist, posted 1:17:25 for third behind Yamanishi in Nomi. Aged just 21, Ikeda claimed the World University Games title in Naples in July and is another formidable opponent from the Land of the Rising Sun. The Japanese challenge is rounded out by national champion Eiki Takahashi (1:18:00).

Europe will be expected to mount a strong challenge, led by the 2018 World Race Walking Team Championship bronze medalist Massimo Stano. The Italian race walker, who also finished fourth at the 2018 European Championships, produced a huge breakthrough when setting a national record of 1:17:45 for second in La Coruna in June and he will be among the podium contenders in Doha.

Watch out too for experienced Swede Perseus Karlstrom, winner of three out of four 20km race walks this year. The 29-year-old swept to victory in the European Cup, and set a noteworthy national record of 1:18:07 for fourth in La Coruna.

Christopher Linke, who was fifth at the 2016 Olympic Games and 2017 World Championships, is another consistent performer. His German record of 1:18:42 for sixth in La Coruna marks him out as another to watch on the Doha corniche.

The Spanish one-two from last year's European Championships – Alvaro Martin and Diego Garcia Carrera – are also entered and should not be discounted. Vasily Mizinov, 21, authorised neutral athlete, also boasts a strong championship pedigree, winning the European bronze medal last year and gold at the European U23 Championships in July.

China is one of the powerhouse race walking nations and expect their athletes to be prominent in Doha. Leading the way is Olympic silver medalist Cai Zelin, who produced a season's best of 1:19:36 for second in Huangshan. Wang Kaihua (1:19:01) finished one place ahead of Cai in Huangshan and the Asian Games champion is another likely to feature on the streets of Doha.

Other names to watch from the Americas include Brazil's world bronze medalist Caio Bonfim, who placed fourth in front of his home supporters at the 2016 Rio Olympics. Pan American champion Brian Pintado of Ecuador, who finished fifth at last year's World Race Walking Team Championship, is another to be respected.

Australia's Olympic bronze medalist and Commonwealth champion Dane Bird-Smith could also mount a threat.

Jared Tallent receives upgraded World championships medals

AA Report

Following the retrospective doping ban of a number of Russian race walkers, Jared Tallent has been presented with his two upgraded world championships medals from the IAAF here at the World Championships in Doha. He has moved from bronze to silver in both the 50km Race Walks at the 2011 Daegu World Championships and 2013 Moscow World Championships.

Speaking straight after his presentation in Doha at the IAAF World Athletics Championships Doha 2019, Jared said: *“It’s nice to receive medals for events that I should have received those medals for. To have the ceremony here at the World Championships, it would have been nice to be here competing, so it’s nice to be receiving medals from championships gone by and it sort of makes up for the medal moments I would have had at those championships. “I still want to go to Tokyo and be a medal hope, so it’s building towards that. My fitness is getting better and I think my hamstringing injuries are behind me, so I’m looking forward to the National Champs in December. Hopefully I can get an Olympic qualifier there and have one last shot at getting on the podium.”* Tallent said.

In 2011 Jared was third across the line behind Sergey Bakulin (Russia) and Denis Nizhegorodov (Russia) in a time of 3:43.36. With the disqualification of Bakulin, Nizhegorodov takes the gold and Jared the silver. In Moscow in 2013, Jared was again third, but with the disqualification of silver medallist Mikhail Ryzhov, Jared moves up to silver. These silver medals are the latest in a line of upgrades for Tallent, who was also recently upgraded to gold after receiving silver at the London 2012 Olympic Games.

His medal tally is now:

Olympics – 1 gold, 2 silver, 1 bronze

World Championships – 3 silver medals

RESULTS RESULTS RESULTS

Qld Masters Athletics

State Athletics Facility Saturday September 28th

5,000 Metre Race Walk

Vickers, Larissa W16 29:02.41 (29:02.42 68.12%)

Hamann, Charlotte W18 30:36.19 (30:36.20 64.64%)

Gannon, Brenda 29:39.42 (27:25.97 72.12%)

McKinven, Noela 41:14.68 (26:44.09 74.00%)

Bennett, Peter 28:48.76 (23:04.05 77.86%)

Clarke, Anika DNF (3km)

Age Graded Times & Percentages in Brackets

Qld Masters Athletics

State Athletics Facility Wednesday September 18th

2,000 Metre Race Walk

Noela McKinven 16:47.00

2019 Spring Carnival

Bundaberg Regional Athletic Facility September 28th

Boys Under 9 700 Metre Walk

1 Sibenaler, Hunter Algester 4:53.56

2 Colquhoun, Logan Gracemere 4:57.85

3 Mollenhauer, Hayden South Burnett 5:25.56

-- Reid, Colten Ipswich DQ

Girls Under 9 700 Metre Walk

1 Gee, Isabella Algester 4:12.24

2 Ellwood, Lani Gympie 4:45.30

3 McCoombes, Jada West Bundaberg 5:20.83

4 Sheridan, Grace Gracemere 5:56.42

-- Barry, Violet Arana DQ

Boys Under 10 1100 Metre Walk

1 Miller, Brock Strathpine 9:15.38

Girls Under 10 1100 Metre Walk

1 Rogers, Elana Gympie 8:45.79

Boys Under 11 1100 Metre Walk

1 Gee, Blake	Algester	7:08.11
2 Blair, Xavier	Bundaberg	7:29.91
3 Eassie, Ryan	Algester	7:31.92
4 Mollenhauer, Ryan	South Burnett	7:59.55

Girls Under 11 1100 Metre Walk

1 Ellwood, Tayah	Gympie	8:14.81
2 Mackay, Phoenix	Algester	8:27.12

Girls Under 11 1100 Metre Walk

1 Ellwood, Tayah	Gympie	8:14.81
2 Mackay, Phoenix	Algester	8:27.12

Boys Under 13 1500 Metre Walk

1 Higham, Tristan	Strathpine	10:13.15
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Girls Under 13 1500 Metre Walk

1 Gee, Tamika	Algester	8:40.00
2 Lucas, Hayley	Redlands	10:15.63
3 McDonald, Tatum	Beenleigh	12:24.68

Girls Under 14 1500 Metre Walk

1 Hilton, Eboniee	Caboolture	11:13.44
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Boys Under 15 1500 Metre Walk

1 Wyatt, Caden	Bargara	11:03.19
-- Landers, Kayleb	Bundaberg	DQ

Girls Under 15 3000 Metre Walk

1 Millard, Summer	Nanango	17:37.70
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Women 17-99 3000 Metre Walk Open

1 Coney, Sheryl	Qld Athletics	24:57.40
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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

This Week

Atb6.30am Brisbane time Dane will be on the start line in Doha for the Men's 20km at the IAAF World Athletics Championships. We wish Dane all the best in what will be a very tough race.

This Saturday, October 5th Qld Masters have a track meet at QSAC with a 3,000-metre walk starting at 8.00am. Note that the entry fee is now \$ 10.

On Sunday morning Gold Coast Masters have a meet at Griffith Uni with a walk starting at 3/5km 8.00am

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

Events Management Queensland

Tuesday, 1 October 2019

On behalf of the Events Management Queensland, thank you for submitting an application to host the Athletics - Road Race Walk as part of the 2020 Pan Pacific Masters Games to be held on the Gold Coast, Queensland.

We are pleased to advise that your application for Queensland Race Walking Club Inc to be the host organisation for the Athletics - Road Race Walk has been successful.

Congratulations on your appointment. We are excited to have you on board for the Athletics - Road Race Walk competition at the Pan Pacific Masters Games.

All the best with your planning and preparations.

Kind regards,

Cameron Hart Chief Executive Officer Events Management Queensland

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 5th Qld Masters SAC 3,000 metres 8.00am

October 6th Gold Coast Masters Griffith Uni 3/5km 8.00am

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/>