

Queensland Race Walking Club Inc.

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



HEEL & TOE

September 3rd 2020

2020 Queensland Race Walking Club Championships

Plenty of close finishes and a record smashing performance and there was Cake

Lovely weather and the best athlete turn out of the (shortened) season for the club Championships at Mudgeeraba on Sunday. We were honoured by a visit by our Olympian Dane Bird-Smith who spoke before the start of the races. Dane was last week named in the Australian team for the Tokyo Olympics (you can listen to Dane talk about what selection in the team means to him in the link below). Dane won the bronze medal in the 20km at the Rio Olympics and won the gold medal at the Gold Coast Commonwealth Games 20km in 2018 in an unforgettable race.

There were some very good walks during the morning and a number of close finishes. The most outstanding performance again goes to Bailey Housden who demolished the U14 2km record held by

Ben Tesch since 2009 (9:22.00) with a time of 8:59. In a very tight finish Lachlan McCure just got the nod over younger brother Sam in the U16 4km with both finishing in 18:56. In another close finish Destinee Pickvance (7.50) pipped Natasha Flahey (7.51) with Makenna Clarke (7.56) not far behind. The U10's also saw tight finishes with Hunter Sibenaler (4.04) getting the win just in front of Knox Anderson (4.05) and in the girls race Isabella Gee (4.02) claimed the title with Jada McCoombes (4.05) close behind. Another great walk was by Jayda Anderson in the U16 4km with a time of 19.11 and second placed Amber Norton (20.43). The U14 girls 2km was won by Tamika Gee in 9.46 from Lyla Williams (10.13). In the longer distances the best effort was by Gabriella Hill in the U18 6km with a time of 31.02.

Thank you to the Mudgeeraba Little Athletics for allowing us to use their facilities and a big thank you to all our volunteers who set up and ran the meet on Sunday and have done so every Sunday under very trying circumstances. We all have to be very grateful that their hard work and dedication made it possible for the club to conduct some road walk meets this season.

On Sunday we were very happy to share in the 18th birthday celebrations of our club captain Jasmine-Rose and enjoy a slice of birthday cake. Jasmine-Rose is a "veteran" member of the club having first raced at club meets over 10 years ago. Back then her Mum & Dad would bring her along and say "she just loves to race walk" and in 2020 she still does. Happy Birthday Jasmin-Rose.

QRWC Championships

Open 10km Men: (1) Ignacio Jimenez 51.12 (2) Peter Bennett 1.01.45.

Women: (1) Brenda Gannon 1.04.22 (2) Jennifer Stuckey 1.07.49 (3) Noela McKinven 1.25.00.

U20 8km Women: (1) Charlotte Hamann 49.07 (2) Jasmine-Rose McRoberts 56.03
U18 6km Men: (1) Riley Whatman 38.20.
Women: (1) Gabriella Hill 31.02.
U16 4km Men: (1) Lachlan McCure 18.56.48 (2) Sam McCure 18.56.67 (3) Kai Norton 21.31.
Women: (1) Jayda Anderson 19.11 (2) Amber Norton 20.43 (3) Mia Bergh 21.44 (4) Anika Clarke 22.35 (5) Summer Millard 22.59 (6) Phoebe Chadwick 27.54
U14 2km Men: (1) Bailey Housden 8.59 **Rec** (2) Jack Bannister 10.21.
Women: (1) Tamika Gee 9.46 (2) Lyla Williams 10.13 (3) Olivia Hingst 11.26.
U12 1.5km Men: (1) Blake Gee 9.04 (2) Korbyn Bricknell-Hewitt 9.40.
Women: (1) Destinee Pickvance 7.50 (2) Natasha Flahey 7.51 (3) Makenna Clarke 7.56 (4) Siaan Fisher 9.27 (5) Pippa Anderson 11.05.
U10 .75km Men: (1) Hunter Sibenaler 4.04 (2) Knox Anderson (4.05)
Women: (1) Isabella Gee 4.02 (2) Jada McCoombes 4.05 (3) Olivia Rutten 4.24 (4) Freya Williams 5.54.

Following IAAF timing rules for hand timed outside events, all times have been converted to the *next* longer whole second (unless they already end in a complete second)

Judges' Reports

230 c
 271 cc C
 290 k
 300 k
 332 k
 337 kk
 361 c
 365 cc CC
 376 c C
 377 c
 379 k
 380 c C k K
 385 k

Abbreviations: - K = Red Card for bent Knees
 C = Red Card for Loss of Contact

k = caution for bent knees
 c = caution for loss of contact

QRWC Club Championship Records

Men's Open 10 km Rhydian Cowley 2012 40:38.00
 Under 20 Men 8 km Dane Bird-Smith 2009 34.59.00
 Under 18 Men 6 km Dane Bird-Smith 2009 26.16.00
 Under 16 Men 4 km Jesse Osborne 2010 18:30.00
 Under 14 Boys 2 km **Bailey Housden 2020 8.59.00**
 Under 12 Boys 1.5 km Myles Callaghan 2019 7.28.00
 Under 10 Boys 750 m Mathew Houston 1995 3:40.00
 Women's Open 10 km Karen Foan 2002 49:15.00
 Under 20 Women 8 km Jessica Pickles 2013 38:55.00
 Under 18 Women 6 km Katie Hayward 2016 27:13:00
 Under 16 Women 4 km Clara Smith 2013 18.59.00
 Under 14 Girls 2 km Jayda Anderson 2018 9.20.00
 Under 12 Girls 1.5 km Rachel Barker 2007 7.29.00
 Under 10 Girls 750 m Theresa Dorman 1994 3:47.00
 Men's Master's 10 km Ignacio Jimenez 2012 49:41.00
 Women's Master's 10 km Nyle Sunderland 2013 57:22.00



Dane Bird-Smith talks about what it means to him to be selected to represent Australia at the 2021 Tokyo Olympic Games.

Click link below

<https://youtu.be/3Q1giGzkED4>

Brenda Gannon My Race Walking Journey

This week we are pleased to bring readers another very interesting story by one of our members. Brenda Gannon takes us on her sporting journey, how she became a race walker and how she ended up as a valued member of the Queensland Race Walking Club. The club would not have had too many indoor kayak polo players before Brenda turned up. Enjoy Brenda's story.



Brenda Gannon - Queenslander!!

I was born in 1974 in Sligo, Ireland (yeah, I am old), and apparently born to be an athlete. I took part in every sport I can think of in the local community and school. I also continued running beyond school, and by age 20 I did a half marathon. Then, during my 20s, I took up canoeing, white water kayaking, which brought me to lots of nice countries with scary water and high drops. Finally, one year, I decided it was too much for me after the high waters of Norway. I had reached level 3 proficiency and also had an instructor award. For fun, during winter, we played kayak polo indoors. My basketball skills came in useful...and before long I was playing in the national squad, training at elite level and loving it – an amazing game that requires vision, ball skills, agility and strength. I played on the Irish development team, did a few international competitions in the UK, and then went for national team selection...it was not to be though.

It was time to concentrate on a bit of further career development, and in 2011, I went to Leeds UK, for work. I had never heard of the place nor the racewalkers. I joined a local running group, and one night, April 2012, Andi Drake turned up to give us race walking coaching. Most were reluctant, I gave it a go...Andi identified four of us as potentials and within 2 days, I raced my first novice mile race on the track...and I had found 'my place'. Andi then invited me to train with his group, what an honour, and I took it very seriously, as these were elite athletes focusing on Worlds and future Olympics. The training was fantastic and a really nice group. Before long, I trained twice a day, in the gym, at the track, circuit training, running etc. I also took up a Masters program in sports nutrition...just to keep my eye on the nutrition. In prior years, in canoeing, I had also studied Sports Psychology, and also gained a few tips in resilience and focus. Without focus in canoeing, one could easily die!

2012, the year of the Olympics in London and I had been so lucky to get a ticket to the stands for the 20km women and 50km race – I watched every step of Rob Heffernan – it was exhausting! Then back in the evening for the women's 20km, again an amazing race. We were inspired! After that Alana Barber and Qew Rew joined the group and we all had a great training ethic, non stop training, recovery, nutrition etc. I competed in my first 5km race...about 28 minutes I think, and then a 10km race in the snow!!, just under 1 hour. I had 2 months to get to 27:30 5km and I would be invited to the British Championships....and I made it. That event was so exciting, my first ever real high level competition. My time was not great, but was an honour to be there. I trained then towards 20km, my favourite race. My first 20km was 2 hours and 1 minute...I was chastised by team mates for not getting under 2 hours.... but they were impressed...this old one had some ambition. I competed in two international 20kms in 2014...neither went very well...first one in Lausanne and the wheels came off with 2 km to go, and when my training partner by-passed me, I was as green as a frog. And I crawled to the end, taking the two sides of the road with me...green. I was dehydrated like nothing on earth. The next race was Podebrady and I went on the Ireland development team, and I got a DQ at 5 km. OMG. Onwards and upwards, by July I won the National Ireland Championships 20km and in December, I had reduced my time to 1:52...impressive and it was freezing cold day. By then, I had made friends around the world, training in Ireland with Ray Flynn's group whenever I was back home, and then in Perth with another group, and also raced there from 2014-2016. I also competed in Irish Masters and gained several V35 and V40 records. The sport consumed me, I was ultra-healthy, loved the challenge it provided and the continuous need for improvement and opportunity to learn.

Fast forward to mid 2016, I decided Brisbane was a good place for work, and luckily full of amazing race walkers. It takes time to navigate the politics I must say, but I was experienced in that from sport from an early age, and eventually found a training group, with Dave Smith. Again, another welcoming environment. My role as Professor at UQ is time consuming and stressful at times, as any job may be. When I arrived at UQ, my first 3km race was 15:30...to me that was slow, but people were impressed. Fast forward and my times were slipping – good old Dave said I was getting old – I did not believe that! I took part in several races and had up and down times and in 2019 was selected as Queensland Masters Athlete of the Year, runner up. Again, what an honour as there are so many amazing masters athletes in Australia and Queensland. I then was 3rd in the AMA 10km, (where I was heaving in the last 200m but clearly wanted that medal more than the 4th person, I had travelled to Melbourne for a medal in the 10km and was not going home without it ☺) and 2nd in 5km in Melbourne, but it took me the year to recover literally! I was not feeling well and had an underlying illness that kicked in every now and again...by 2020 the docs decided enough was enough and I needed surgery to help my resistance to further deterioration. This all happened during the first week of COVID crisis – the resilience one builds through sport proved worthwhile. After several weeks of no training allowed, I slowly built up, to 100m (normal) walk! ...400m walk...1km walk...and so on...all around a football pitch so that I could avoid the people during COVID times, and when I got to 3km consistently, I started to run again, and then race walk. I was not as unfit as I feared, and within a further 6 weeks, was able to race walk 10km. It was so enjoyable to cruise around the river.

So now, that some races are back on, what better timing. The difference is...the time or speed I do is irrelevant to me. Health is wealth and once confronted with a health condition, changes one's perspective. I always love competition, and still 'compete', but the final time is not concerning. With that mindset, I have still succeeded in a 10km race and did the 20km time trial on my own after recent races were cancelled – it was tough but so enjoyable. I will miss some races now and again, while I look after my health, but I know I will return, in some capacity. The best part of the race walking community is the people, everywhere, thanks to all for being inclusive to all those who come from afar. I never give up hope...always planning the future gym session, where I may train for longer than 20km...even though that may not be for a while just yet. I have also decided, why not try longer distances and am now funding

raising for a worthy cause (Mater) while attempted to reach 50km walk in the GC 50km run/walk. It is the journey that will be the most satisfying, and should I finish that 50km, who knows what I will do next. For now, see you at the next race!

QUEENSLAND ROAD WALKING CHAMPIONSHIPS

**+ QMA Long Course Road Walk Championships + AMA Virtual 20km
Sunday September 6th Murarrie Recreation Reserve**

Please assist us in ensuring social distancing at all times during our event.

Once you have completed your race, leave the event site straight away.

Hand sanitising stations will be placed at key locations.

The postponed Queensland Athletics Road walking Championships will finally take place this Sunday morning at the Murarrie Recreation Reserve. After all the difficulties the sport has faced this year it is very pleasing to see a healthy number of entries. All the best to all the walkers on Sunday

Programme

08:00am **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) / Masters Men 60+
08:30am **5km** Under 18 Girls / Under 16 Boys / Under 16 Girls
09:00am **3km** Under 14 Girls / Under 14 Boys
09:30am **2km** Under 12 Girls / Under 12 Boys
1km Under 10 Girls / Under 10 Boys

Entries List as at August 31st

Women 20,000 Metre Race Walk Open

1 3107 Gannon, Brenda 46 QMA

Men 20,000 Metre Race Walk Open

1 234 Bennett, Peter 65 QMA

Men 35-54 20,000 Metre Race Walk Masters 35+

1 3275 Guevara, Argenis M52 QA

Men 55+ 10,000 Metre Race Walk Masters 55+

1 220 Sela, Patrick M81 QMA **WITHDRAWN**

2 234 Bennett, Peter M65 QMA

Women 10,000 Metre Race Walk Under 20

1 2281 McRoberts, Jasmine-Rose 18 QA

2 2267 Hannigan, Caitlin 18 UNQ

3 4018 Blackwell, Anna 19 TAS

4 1144 Hamann, Sophie Charlotte 19 QUT

Women 35-54 10,000 Metre Race Walk Masters 35+

1 3107 Gannon, Brenda W46 QMA

2 4022 Woodward, Erika W54 QMA

Women 55+ 10,000 Metre Race Walk Masters 55+

1 166 McKinven, Noela W78 QMA

2 406 Stuckey, Jennifer W55 QMA

3 4021 Wojcieszuk-Szuba, Jolanta W68 QMA

10,000 Metre Race Walk Under 18

1 1643 McCure, Lachlan 16 GCV

2 3906 Whatman, Riley 17 NSW

Girls 5000 Metre Race Walk Under 16

- 1 2520 Millard, Summer 15 QA
- 2 2284 Norton, Amber 14 QA
- 3 1005 Anderson, Jayda 15 GCC
- 4 1159 Heap, Ashanti 14 GCC
- 5 1059 Clarke, Anika 15 RED
- 6 2481 Chadwick, Phoebe 14 QA
- 7 3186 Bergh, Mia 15 GCV
- 8 3627 Fisher, Torryn 15 QA

Boys 5000 Metre Race Walk Under 16

- 1 3003 Bradley, Alex 14 QA
- 2 2285 Norton, Kai 15 QA
- 3 1597 Bannister, Jack 14 USC
- 4 1644 McCure, Sam 14 GCV

Girls 5000 Metre Race Walk Under 18

- 1 1166 Hill, Gabriella 17 GCV

Boys 3000 Metre Race Walk Under 14

- 1 3013 Teasel, Bailey 12 GCV
- 2 2479 Callaghan, Myles 13 RED
- 3 3012 Housden, Bailey 13 QA

3000 Metre Race Walk Under 14

- 1 3062 Goulding, Lily 13 QA
- 2 3276 Hingst, Olivia 13 QA
- 3 3092 Gee, Tamika 13 QA
- 4 1393 Williams, Lyla 13 GCV
- 5 3069 Sharpe, Milly 12 QA

2000 Metre Race Walk Under 12

- 1 3117 Bricknell-Hewitt, Korbyn 11 GCV
- 2 3015 Gee, Blake 11 QA
- 3 3870 Hoyling, Angus 10 TWH
- 4 3696 Wheeley, Noah 11 RED

Girls 2000 Metre Race Walk Under 12

- 1 3010 Teasel, Ashlee 10 GCV
- 2 3065 Clarke, Makenna 11 QA
- 3 3029 Pickvance, Destinee 11 GCV
- 4 3112 Cosgrave, Ella 10 GCV
- 5 3274 Fisher, Siaan 10 QA
- 6 4019 Flahey, Natasha 11 QA
- 7 4020 Rutten, Olivia 10 QA

Boys 1000 Metre Race Walk Under 10

- 1 3175 Anderson, Knox 8 QA
- 2 3161 Sibenaler, Hunter 9 QE2

Girls 1000 Metre Race Walk Under 10

- 1 3219 Ellwood, Lani 9 QA
- 2 3044 Gee, Isabella 9 QA
- 3 3277 McCoombes, Jada 9 QA

COMING UP

Queensland Masters Athletics - Gold Coast

Competition will be held at the Gold Coast Performance Centre, Runaway Bay.

September Sunday 20th 8.00am 3,000m Walk

October Sunday 4th 8.00am 3,000m Walk

October Sunday 25th 8.00am 3,000m Walk

November Sunday 8th 8.00am 3,000m Walk

December Sunday 6th 8.00am 3,000m Walk

December Sunday 20th 8.00am 3,000m Walk

Race Walk 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:

David Smith Walks Level 5

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 2

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>

Racewalking Queensland

(Trading as the *Queensland Race Walking Club Inc.* ABN 59065512712)

Racewalking Queensland Management Committee 2019/20

2020 AGM POSTPONED

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

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>

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/>