

Queensland Race Walking Club Inc.

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



HEEL & TOE

August 12th 2021

Congratulations to the Australian walkers who toughed it out in hot & humid conditions at the Olympics

Jemima Montag was out to prove that she belongs amongst the world's best female race walkers when making her maiden Olympic appearance, charging off the line to join the lead group. At times Montag would even head the group as she threw down the gauntlet in a showing of confidence, before losing contact with the race leaders at the 15-kilometre mark. The 23-year-old fought on valiantly to finish in sixth position – a result that has her excited for the future. "I've got a really experienced coach in Brent Vallance. He coached Jared Tallent who's got a gold, silver and bronze. I dream about being on the podium in three years' time and I trust that together we can get there," she said. Montag pointed to the sky as she crossed the line in a time of 1:30:39, later revealing that it was a tribute to a late family member who inspired the brave performance. "A big thank you to my family. I lost my Nanna recently. She was a Holocaust survivor, and I used her strength through the entire race," she said.

Katie Hayward and 20-year-old **Rebecca Henderson** rounded out the young Australian race walking trio, finishing in 37th and 38th positions respectively at their Olympic debuts.

Earlier in the day it was **Rhydian Cowley** who was set the gruelling task of completing 50-kilometres of walking on the streets of Sapporo, but it was a task that the now two-time Olympian was up for. In only his second appearance over the distance, Cowley clocked a personal best of 3:52:01 to finish in eighth position of a world class field – walking strongly over the line as his sound technique held up after almost four hours in punishing heat and humidity. Post-race, Cowley's initial reaction was to apologise – not for his performance, but instead to his partner. "I just have to apologise to my fiancé Amelia, she said don't finish in a wheelchair, but it just looked so comfy to sit down on after walking 50 k's," he said.

It was a well-earned rest for the Australian race walking stalwart, who says his was inspired by the performance was inspired by his younger counterparts **Declan Tingay** and **Kyle Swan** the previous day. "We've got a really strong history in this event with top eights going all the way back to 1996, so I'm happy to contribute to that and follow in Jared Tallent and Dane Bird-Smith's footsteps," Cowley said. "I was inspired by our young guys yesterday, they did fantastically for their first real big senior team."

Men's 20km

1. Massimo Stano ITA 1:21:05
2. Koki Ikeda JPN 1:21:14
3. Toshikazu Yamanishi JPN 1:21:28

4. Álvaro Martín ESP 1:21:46
5. Christopher Linke GER 1:21:50
6. Diego García ESP 1:21:57
7. Kaihua Wang CHN 1:22:03
8. Jun Zhang CHN 1:22:16
9. Perseus Karlström SWE 1:22:29
10. Callum Wilkinson GBR 1:22:38
17. Declan Tingay AUS 1:24:00
36. Kyle Swan AUS 1:27:55

Men's 50km

1. Dawid Tomala POL 3:50:08
2. Jonathan Hilbert GER 3:50:44
3. Evan Dunfee CAN 3:50:59
4. Marc Tur ESP 3:51:08
5. João Vieira POR 3:51:28
6. Masatora Kawano JPN 3:51:56
7. Tongda Bian CHN 3:52:01
8. Rhydian Cowley AUS 3:52:01
9. Veli-Matti Partanen FIN 3:52:39
10. Brendan Boyce IRL 3:53:40

Women's 20km

1. Antonella Palmisano ITA 1:29:12
2. Sandra Lorena Arenas COL 1:29:37
3. Hong Liu CHN 1:29:57
4. Maria Pérez ESP 1:30:05
5. Alegna González MEX 1:30:33
6. Jemima Montag AUS 1:30:39
7. Shijie Qieyang CHN 1:31:04
8. Antigoni Drisbioti GRE 1:31:24
9. Paola Pérez ECU 1:31:26
10. Katarzyna Zdziebło POL 1:31:29
37. Katie Hayward AUS 1:38:11
38. Rebecca Henderson AUS 1:38:21

For full results go to [The XXXII Olympic Games \(Athletics\) Timetable | World Athletics](#)

Australian Olympians head straight to hotel quarantine in Brisbane

Tuesday 10th No swarms of fans or tickertape parades in this COVID age. After two weeks of looking at medal lists we are back to the positive cases of COVID lists.

“Olympic athletes arriving home in Australia from Tokyo. A very subdued welcome home thanks to Covid. No fanfare, no family waiting, just a bus that will take them to hotel quarantine”

Very tough on the athletes after being whisked out of Japan after their events. No time for partying, sightseeing, spending time with your friends, unwinding or celebrating at the Closing Ceremony . Spare a thought for all those athletes who may not have achieved the results they were after and trained for years to achieve. Instead of being able to reflect on their achievements with family and friends they are stuck in quarantine for two weeks with their own thoughts and going over in their minds of what could or should have been .

Jesus Angel Garcia, 51, calls time on record-breaking career after eight Games

At 51 years old, Jesus Angel Garcia has made history - as the first person to compete in an athletics event at eight summer Olympic Games. The Spaniard's big moment at Tokyo 2020 came in the 50km race walk in Sapporo on Friday, as he finished 35th.

Garcia first competed at the 1992 Games in Barcelona - before all of the men's 100m medallists at this year's Olympics were even born.

But he won't be back for Paris 2024 - as his event is being dropped.

Organisers have decided to remove the 50km walk from the Olympic programme because there is no equivalent race for women. Race walking was first included at the Games for women in 1992, but has never been staged over more than 20km.

Garcia's eight Olympics never brought a medal - his best result being the fourth place he earned at Beijing 2008.

But he has enjoyed success in the event elsewhere, taking gold at the World Championships in 1993.

Even without an Olympic medal to his name, Garcia's constant presence in the Games since the early 1990s is an extraordinary achievement.

The Madrid-born athlete told Spanish news outlet Metropoli Abierta before the Games that he was ready to retire, saying: "The Olympic Games are a unique experience and of course everyone wants to live it.

"I have had the fortune to be able to go to many. I feel part of something that is historic."

Garcia admitted that, having missed out on the Olympic podium so many times, his focus has shifted from medals somewhat.

"When I was young, I was too impulsive, and when I had experience I lacked youth," he said before his event.

"Eight Games are enough. I just want to enjoy once more the Olympic magic and then retire to a quieter, more relaxed life."

Knowing the Tokyo Games would be his last, he used the year-long postponement to his advantage, gaining his athletics coaching qualifications.

"I am already training teenagers and I feel very comfortable looking for talents for this sport that has given me so much," he told CMD Sport in 2020. "On the other hand, I will be able to resume my career as a podiatrist, as I have already had some offers."

These aren't the only strings to his bow. The Atletico Madrid fan, who also holds the record for the most appearances at the World Athletics Championships (13), has served as a councillor in San Adria de Besos, a municipality within Barcelona.

So with politics, coaching and chiropody, not to mention his family - he has a wife and two daughters - Garcia is likely to keep himself very busy in his well-earned retirement.

Community sport off the table - Queensland Health

As Queensland's Chief Health Officer, Dr Young detailed, the intent of the restrictions is to limit the number of people coming together, particularly those that would not usually do so, including in organised sport and active recreation. As a result, restrictions have been placed on community sport until 4pm on 22 August 2021.

"I only want sport to happen within schools, in their school groups, because they have spent all day in the classroom together," Dr Young said. "But for the next two weeks, given where we've seen this outbreak, it has been related to schools, I don't want community sport to go ahead. It brings a whole lot of different people from different parts of Brisbane together. But I'm fine if it's within a school, if that makes sense."

Activity is unable to occur unless **all** of the following conditions can be met:

- Maximum of 10 people with no physical contact between participants;

- participants can physically distance;
- venue density requirements are followed;
- participants must wear masks unless they have a valid reason not to do so;
- sharing of equipment is to be limited wherever possible and appropriate cleaning protocols are to be implemented;
- organisations are reminded to ensure they are using the contact tracing app
- no structured competitions are to occur.

If your organisation is unsure that the above conditions can be met, please do not undertake any activity during this 2 week period.

For those people living in the 11 impacted LGAs, you are strongly encouraged not to leave the area as this may impact on the strong inroads made to stop the spread of the very contagious Delta strain of COVID-19. Should people need to leave the impacted area for any reason, they will be required to comply with all of the restrictions relevant to their home location including wearing of masks and physical distancing.

The restrictions on sport and active recreation activities have been determined by the Chief Health Officer as the course of action that will help keep Queenslanders safe. I am confident if we can follow these requirements for the next two weeks, South East Queensland will be in a very strong position to return to more structured delivery and participation.

Stay safe and please contact the team at SR.Covid19@dtis.qld.gov.au should you require further information.

CANCELLED QRWC Meet August 15th

What the Qld Health directive means for us is that QRWC races on 15 August 15th have been cancelled. Unless current restrictions are eased it will also mean that our Club Road Walk Championships scheduled for August 28th will need to be re-scheduled to a date to be determined. The restrictions now in place in regards to the number of people allowed to be present at a household means we will be unable to have a trophy day lunch.

We can only hope that conditions improve and that these restriction are eased by then .

August	8	QRWC Handicap Meet 9	Kalinga Park 7.30am Canceled
	15	QRWC Handicap Meet 10 / M&W Club 15km C/ship	Morningside 7.30am Canceled
	22	QRWC Club Championships	Beenleigh 8.00am Postponed
	29	QRWC Relay/ Trophy Day/ Lunch	Kalinga Park TBC
September	12	AA/Federation Championships	Melbourne TBC

2020 Perpetual trophies

These are the age group perpetual trophies (and the current recipients) that we would like to have returned no later than August 22nd.

U10 Boys Hunter Sibenaler

U12 Girls Destinee Pickvance

U12 Boys Blake Gee
 U14 Girls Tamika Gee
 U14 Boys Bailey Housden
 U16 Girls Jayda Anderson
 U16 Boys Lachlan McCure
 U18 Women Gabriella Hill
 U18 Men Riley Whatman

RESULTS RESULTS RESULTS

Race Walking Australia Postal Challenge

1. Victoria
2. WA
3. South Australia
4. Queensland
5. Tasmania

NSW & ACT clubs were unable to participate in the Challenge this year

Congratulations to Victoria for taking out the postal match this year. Well done to all our members who participated, and in this COVID age you can see how you measure up against other walkers from interstate without having to fill out a border pass or go into quarantine. Great to see QRWC athletes Lyla & Bailey come out on top in their age groups and Makenna, Brenda & Iggy come in second. Freya, Maya, Jasmine and Noela all secured 3rd placings.

Under 10

1.5km

Female

	Time	Club	Place
Havana	Ali	VRWC	1
Liliana	Templer	SARWC	2
Freya	Williams	QLD	3
Tully	Fisher	QLD	4
Shadya	Kamish	SARWC	5
Maliha	Kamish	SARWC	6

Under 10 1.5km Male

	Time	Club	Place
Jackson	Harley	VRWC	1
Haris	Ali	VRWC	2
Alexander	Richards	SARWC	3
Maverick	Grantham	SARWC	4

Under 12 2km Female

	Time	Club	Place
Ela	Uzun	VRWC	1
Macy	Devine	Tas	2
Maya	Barron	QLD	3
Amelia	Watson	Tas	4
Siaan	Fisher	QLD	5
Lula	Parrott	VRWC	6
Kiara	Waterman	QLD	7
Zahra	Kamish	SARWC	8
Matilda	Read	VRWC	9
Amelia	Hill	VRWC	10

Under 12 2km

Male

	Time	Club	Place
Orlando	Grantham	SARWC	1
Damian	Baldy	VRWC	2
Keaton	Bailey	WARWC	3

Max	Kull	0:12:12	Tas	4
Mitchell	Hall	0:12:13	Tas	5
Levi	Robertson	0:12:28	VRWC	6
Ananpreet	Singh Sidhu	0:12:34	SARWC	7
Lewis	McLennan	0:13:24	VRWC	8
Hamish	McLennan	0:13:38	VRWC	9
Linkin	Lawrence	0:13:39	WARWC	10
Hunter	Sibenaler	0:13:47	QLD	11
Noah	Wheeley	0:14:03	QLD	12
Lachlan	Hill	0:14:10	VRWC	13
Under 14 3km Female		Time	Club	Place
Lyla	Williams	0:14:51	QLD	1
Makenna	Clarke	0:17:03	QLD	2
Kaytee	Bogaers	0:17:08	WARWC	3
Natasha	Flahey	0:17:14	QLD	4
Mietta	Morgan	0:18:36	VRWC	5
Katie	Bray	0:19:08	QLD	6
Emilly	Kull	0:19:28	Tas	7
Charlotte	MacDonell	0:20:18	VRWC	8
Lily	Goulding	0:20:49	QLD	9
Lily	Carr	0:21:00	Tas	10
Under 14 3km Male		Time	Club	Place
Bailey	Housden	0:13:59	QLD	1
Sebastian	Richards	0:14:15	SARWC	2
Daniel	Pashutin	0:15:46	VRWC	3
Kai	Dale	0:16:51	QLD	4
Cooper	Rech	0:18:48	SARWC	5
Luke	Lawrence	0:20:10	WARWC	6
Harry	Gordon	0:23:51	WARWC	7
Under 16 5km Female		Time	Club	Place
Ariana	Pashutina	0:26:09	VRWC	1
Maddison	Nash	0:28:00	VRWC	2
Lataya	Lawrence	0:28:25	WARWC	3
Anika	Clarke	0:29:23	QLD	4
Ashlyn	Spence	0:29:38	WARWC	5
Daisy	Braithwaite	0:30:41	SARWC	6
Lily	Housden	0:35:46	QLD	7
Hannah	Kull	0:38:46	Tas	8
Emily	Bogaers	0:44:17	WARWC	9
Under 16 5km Male		Time	Club	Place
Marcus	Wakim	0:23:20	VRWC	1
John	Ronan	0:24:09	WARWC	2
Riley	Coughlan	0:25:27	VRWC	3
Samuel	Lindsay	0:26:31	Tas	4
Eden	Morgan	0:28:00	VRWC	5
Zayden	Kamish	0:30:41	SARWC	6
Under 18 8km Female		Time	Club	Place

Nellie	Langford		0:46:25	SARWC	1	
Emily	Smith		0:47:21	VRWC	2	
Grace	Louey		0:49:20	VRWC	3	
Summer	Millard		0:49:39	QLD	4	
Jade	Chitty		0:49:52	VRWC	5	
Korey	Brady		0:55:06	QLD	6	
Under 20 10km Female			Time	Club	Place	
Char	Hay		0:56:23	VRWC	1	
Hannah	Ireland		1:05:06	WARWC	2	
Jasmine Rose	McRoberts		1:05:41	QLD	3	
Open 10km Female			Time	Club	Place	
Madeline	Feain		0:56:47	VRWC	1	
Brenda	Gannon		0:58:38	QLD	2	
Melissa	Lewis		0:59:14	WARWC	3	
Kirstin	Shaw		1:07:39	QLD	4	
Open 10km Male			Time	Club	Place	
Kyle	Swan		0:44:18	VRWC	1	
Ignacio	Jimenez Solis		0:48:11	QLD	2	
Tristan	Camilleri		0:48:56	SARWC	3	
Jason	Kozica		0:49:31	VRWC	4	
Masters 10km Female			Age Grading	Time	Club	Place
Heather	Carr	89.58%	1:07:43	VRWC	1	
Alison	Thompson	88.92%	1:05:02	VRWC	2	
Noela	McKinven	83.74%	1:24:05	QLD	3	
Carolyn	Rosenbrock	83.34%	1:01:23	VRWC	4	
Nyle	Sunderland	79.05%	1:01:08	QLD	5	
Donna-Marie	Elms	77.26%	1:07:02	VRWC	6	
Glenys	Duncan	77.24%	1:35:11	WARWC	7	
Karyn	Tolardo	74.85%	1:05:16	WARWC	8	
Karyn	O'Neill	74.81%	1:15:02	VRWC	9	
Jennifer	Stuckey	74.75%	1:06:05	QLD	10	
Kylie	Irshad	70.96%	1:04:45	VRWC	11	
Marcela	Ruiz	69.36%	1:14:40	WARWC	12	
Masters 10km Male			Age Grading	Time	Club	Place
Andrew	Jamieson	91.04%	1:00:26	VRWC	1	
Mark	Blackwood	86.61%	0:46:22	VRWC	2	
Kevin	Cassidy	85.91%	0:53:37	VRWC	3	
Kim	Mottrom	85.27%	0:44:30	SARWC	4	
Andrew	Duncan	79.48%	0:55:50	WARWC	5	
Terry	O'Neill	78.22%	1:02:02	VRWC	6	
Pramesh	Prasad	76.77%	0:53:35	VRWC	7	
John	McDonagh	76.60%	1:09:52	WARWC	8	
Gunther	Ilgoutz	75.96%	1:22:14	VRWC	9	
Victor	Munoz	73.46%	1:06:48	WARWC	10	
Argenis	Guevara	73.06%	0:58:41	QLD	11	
Greg	Metha	72.73%	1:01:01	SARWC	12	

Geoff	Barrow	69.66%	1:15:48	VRWC	13
Peter	Bennett	67.75%	1:11:37	QLD	14
David	Smyth	66.76%	1:03:41	VRWC	15
Ron	Foster	65.14%	1:20:01	TAS	16
Wayne	Fletcher	58.71%	1:32:24	TAS	17

Australian Winter Race Walking Championships

Sunday 12th September Middle Park, Melbourne

AA has again pushed out the entry open date this time to 10am Sunday August 22nd but the way things are going around the country it would be of no surprise if the date for the meet itself was pushed out. To date we have been left in the dark, with no communication from either AA or the Federation on what is happening with this meet.

www.athletics.com.au Entries are open to all race walkers with no selection or qualifying standards. Entries are taken online directly with Athletics Australia.

Before making any travel plans

Some states and territories have closed their borders to non-essential travel due to COVID-19. Each state or territory has their own entry requirements, and the conditions may change at short notice. The most up-to-date information about entry conditions, forms and requirements is on the government website of the state and territory you are travelling to.

[State and territory border closures – Australian Interstate Quarantine](#)

PAN PACIFIC MASTERS GAMES 2021



Entries Now Open

The Queensland Race Walking Club has been appointed to deliver the 10km road walks at the 2021 Pan Pacific Masters Games.

Check out the Road Walk page at <https://mastersgames.com.au/ppmg/sports/>

The walks will take place on Sunday November 14th at the Luke Harrop Cycling Circuit at Runaway Bay at 7am

Competitor Games Fee

\$125 Early Bird Fee (16 March – 31 August 2021)

\$145 standard fee (from 1 September 2021)

Sport Fee: \$20 per person

Entries Close Wednesday 3 November 2021 (11:59pm AEST)

What happens if the event is cancelled or entries are restricted due to COVID-19?

Should an entrant have COVID-19 like symptoms, have COVID-19 or be a close contact of a COVID-19 case, we encourage them to be responsible by staying away from the event. If they are affected in these circumstances or a government health order prevents them from attending, PPMG will refund fees paid less a \$20 processing fee if they advise management by 11:59pm Sunday 14 November 2021. To process a refund in this situation please email info@mastersgames.com.au together with evidence of a COVID-19 test taken within 72 hours of your planned event.

If the PPMG21 is cancelled, or entries restricted, due to COVID-19 or restrictions placed by government preventing the staging of the PPMG21, we will refund fees paid less a \$20 processing fee.

Event Enquiries: Pan Pacific Masters Games Email: info@mastersgames.com.au Phone: +61 7 5668 9888

CLUB UNIFORMS – ONLINE SHOP NOW OPEN

<https://www.revolutionise.com.au/qldracewalkingclub/>

You can now order and pay for club uniforms at the QRWC RevSport portal. Orders are taken on the understanding that they will be able to be picked up on race day.

Contact Jen at qrwcregistrar@gmail.com if you have any questions or want to make alternative arrangement to collect your purchase.

Wearing the QRWC uniform is not compulsory at club meets but it is encouraged. For Federation Meets like the Canberra Carnival wearing the club uniform is compulsory

QRWC memberships for 2021/2022

\$15.00 for students

\$25.00 for non-students

*QRWC fee only, does not include Qld Athletics membership.

Members to go to the page

<https://www.revolutionise.com.au/qldracewalkingclub/registration/> and enter their National ID, Surname and DOB - click RENEW if you have been on RevSport before and the new payment classes will be there to select.

If you have any problems or queries about club membership contact ; david.brown@qldathletics.org.au or QRWC Registrar Jenny Stuckey qrwcregistrar@gmail.com

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

The following information is to clear up any of the misunderstandings and misinformation about the QRWC.

As Qld Athletics seasons operate October - September and QRWC seasons operate April - March we offer our members a customised approach:

Join QRWC for \$15 (students) and \$25 (non-students)

here <https://www.revolutionise.com.au/qldracewalkingclub/registration/> - this covers your membership with QRWC/ Race Walking Australia within the April-March period.

As many walkers are also members of another track and field club there is no need to pay for another QA membership fee. If you are not a member of another track and field club and only wish to have membership with QRWC then you can obtain a standalone \$12 Base Membership here <https://www.revolutionise.com.au/qldathleticsbase/registration/> - this covers your membership with QA and provides you with access to QA events within the October-September period.

"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

QA Membership Details South Qld 2020/21 Season

Base Membership - \$12 plus club fee

During the pandemic we are offering pay-as-you-go membership:

All Shield meets - \$25 per meet

All State Championships* - \$30 per event

Eligible for in-stadium** state teams & national teams - \$100 fee

Eligible for all out of stadia*** state teams & national teams

Club Coach, Officials & Volunteers - \$0

If you need clarification on any aspect of membership and benefits, please email

info@qldathletics.org.au

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:

grwcl@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/>