

Queensland Race Walking Club Inc.

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



HEEL & TOE

August 5th 2021

It is finally time for the Tokyo Olympics Race Walking

Men's 20km Race Walk **Kyle Swan, Declan Tingay**

- Sapporo Odori Park - Thursday 5 Aug - 16:30 (17:30 AEST (Brisbane) Time)

Men's 50km Race Walk **Rhydian Cowley**

- Sapporo Odori Park - Friday 6 Aug - 5:30 (6:30 AEST (Brisbane) Time)

Women's 20km Race Walk **Jemima Montag, Katie Hayward, Rebecca Henderson**

- Sapporo Odori Park - Friday 6 Aug - 16:30 (17:30 AEST (Brisbane) Time)

Your Form Guide to the Tokyo Olympics Race Walks

Compiled by World Athletics



Men's 20km race walk

Of all the athletics disciplines on the Olympic programme, the men's 20km race walk presents the host nation with the best chance of a gold medal. In fact, such is their strength and depth in this event, it wouldn't be a surprise to see a Japanese sweep of the podium. Since winning the world title in Doha two years ago, world champion Tashikazu Yamanishi has raced sparingly but has maintained the winning streak he started back in March 2019. The incredibly consistent 25-year-old has a best of 1:17:15, which puts him fifth on the world all-time list, and has bettered 1:18 on five occasions – more than any other race walker in history.

In his only 20km race last year, he won the hotly contested Japanese Championships by 91 seconds. He successfully defended that title this year, clocking 1:17:20 and winning by 44 seconds. In both races, Koki Ikeda and Eiki Takahashi occupied the other podium spots, effectively securing their places on the Japanese Olympic team in the process. They are also the last two men to beat Yamanishi, back in February 2019. Ikeda, who won the 20km at the 2018 World Race Walking Team Championships, has a best of 1:17:25 and finished sixth at the 2019 World Championships. Takahashi's PB is just one second slower and he finished 10th in Doha two years ago.

While a Japanese sweep is possible, it is by no means a guarantee in such a highly competitive field.

World bronze medallist Perseus Karlstrom has won seven of his past eight races over 20km, most of them against quality international opposition. He set a Swedish record of 1:18:07 in 2019, and in 2020 he won 11 of his 12 races. Sweden has never won an Olympic medal in the men's 20km race walk, but Karlstrom could be the athlete to end that drought.

China has won the past two Olympic titles in this discipline. Although neither 2012 winner Chen Ding nor 2016 champion Wang Zhen will be in Sapporo, the Chinese team is still a strong one. Wang Kaihua smashed the Chinese record earlier this year with a world-leading 1:16:54, putting him third on the world all-time list. He started the 2017 season in similar style, though, and wound up in seventh place at the World Championships later that year. He was China's top finisher again at the 2019 World Championships, placing eighth. He is joined on the Chinese team by 2016 Olympic silver medallist Cai Zelin and 2016 World Race Walking Team Championships U20 winner Zhang Jun, both of whom have set PBs of 1:17:39 earlier this year.

Authorised neutral athlete Vasilij Mizinov took silver in Doha and could be in medal contention again in Sapporo. He clocked 1:18:45 in Sochi earlier this year, but in his one race outside of Russia this year, he was a well-beaten second to Germany's Hagen Pohle in Alytus. Pohle won't be in Sapporo, but in Christopher Linke Germany has a genuine medal hope. Linke, who holds the German record of 1:18:42, finished fourth at the World Championships in Doha and fifth at the Olympics in Rio.

Look for Salih Korkmaz to feature at the front of the pack in the early stages. The 24-year-old Turk likes to push the pace from the front, which sometimes works well – as it did when he set a national record of 1:18:42 earlier this year – but sometimes he struggles to maintain the tempo and gets caught by the chase pack.

Spain has selected a strong squad in this event, comprising 2015 world champion Miguel Angel Lopez, European champion Alvaro Martin and European silver medallist Diego Garcia Carrera – who beat Karlstrom in La Coruna last month. Others who will likely be in contention include 2017 world champion Eider Arevalo of Colombia, 2017 world bronze medallist Caio Bonfim of Brazil and British record-holder Tom Bosworth.

Women's 20km race walk

As was the case at the World Athletics Championships Doha 2019, there's every chance China could sweep the medals in the women's 20km race walk. On that occasion, Liu Hong defied the harsh conditions to claim her third world title, less than two years after giving birth to her daughter Xixi, cementing her status as one of the all-time greats in the event. Liu won in Rio five years ago and set a world record of 1:24:58 in 2015. She also holds the world record over 50km and was the first woman to crack four hours for the discipline. The 34-year-old will aim to become the first woman to win back-to-back Olympic race walk titles.

But teammate Yang Jiayu will be a formidable opponent. The 2017 world champion cruised to a world record of 1:23:49 earlier this year, smashing Liu's mark by 49 seconds. Liu finished a distant second in that race but was rewarded with a PB of 1:24:27, faster than her previous world record. She'll be keen to make amends for her performance at the 2019 World Championships, where she was disqualified on the last lap after moving into a medal position. Qieyang Shijie was third in Yang's world record race in 1:24:45, a mark that puts her fourth on the world all-time list. Although she has never won a global title or broken a world record

like her two teammates, Qieyang is a consistent championships performer. She earned world bronze back in 2011, Olympic silver in 2012 and world silver in 2019.

No country has ever swept the medals in the women's race walks at the Olympics. Similarly, no Asian nation has achieved a medal sweep at the Games. China could make history on both counts in Sapporo, but all it takes is one athlete to drop out – either through disqualification, fatigue or injury – and the plan is scuppered.

Brazil's Erica de Sena finished fourth at the two most recent World Championships. The 36-year-old, who holds the national record of 1:26:59, will be desperate to finally make it on to a global championships podium. Sandra Arenas finished right behind De Sena at the 2017 and 2019 World Championships. Before heading to Sapporo, the Colombian achieved a confidence-boosting victory in La Coruna. Glenda Morejon is another South American prospect. The Ecuadorian clocked a stunning 1:25:29 at the age of 19 on her 20km debut back in 2019, beating Liu in the process. She hasn't come within four minutes of that mark since, but the 21-year-old is undeniably a huge talent.

The host nation is well represented by Kumiko Okada and Nanako Fujii. The duo worked as a team at the 2019 World Championships, eventually finishing sixth and seventh respectively. Okada, the more experienced of the two, holds the national record at 1:27:41, while Fujii has a best of 1:28:58.

Italy's Antonella Palmisano finished just outside the medals in Rio five years ago but went on to take bronze at the World Championships one year later in a national record of 1:26:36. In her one race of the year so far, the 29-year-old won convincingly at the European Team Championships in Podebrady in 1:27:42. Eleonora Giorgi, the world 50km bronze medallist, adds further strength to the Italian team. Although she has focused on longer distances in recent years, the 31-year-old is still competitive over 20km. Her main focus will be to avoid getting disqualified, as has happened to her at three major championships.

Australia's Commonwealth champion Jemima Montag has improved to 1:28:50 this year, meaning she is a couple of minutes faster than she was heading into the 2019 World Championships, where she placed 10th. Another top-10 finish beckons. Spain's European champion Maria Perez, authorised neutral athlete Elvira Khasanova and Mexico's Alegna Gonzalez should all feature in the lead pack.

Men's 50km race walk

When it was announced last month that world champion Yusuke Suzuki stepped down from Japan's Olympic team, it threw the men's 50km race walk wide open. The 20km world record-holder stepped up in distance two years ago and dominated the 50km event in Doha, becoming the first Japanese athlete to win a global race-walking title. But, citing a lack of form, Suzuki announced in June that he won't compete in Sapporo.

That's not to say the race will be lacking in quality, though, as defending champion Matej Toth will duel with world record-holder Yohann Diniz. The last time both men completed a 50km race in which they clashed was at the 2016 Olympic Games where, in an enthralling race, Toth broke away in the latter stages to win in 3:40:58. Diniz, who led during the early stages before stopping several times with all manner of struggles, eventually finished a respectable eighth. Diniz, now 43, hasn't raced since the 2019 World Championships, where he did not finish. Toth was also a DNF on that occasion, but the 38-year-old Slovak race walker returned to action in 2020 and clocked 3:41:15, a world-leading time for the season. Seven years have passed since Diniz broke the world record with 3:32:33 to win the 2014 European title, but he need not be at his absolute best to be in medal contention. As recently

as 2019 he clocked 3:37:43, a time that is faster than the PBs of most entrants heading to Sapporo.

But if recent results from Japan are anything to go by, the host nation's team will ensure the race in Sapporo will be a punishing war of attrition. Masatora Kawano set a blistering pace in Takahata at the end of 2019, passing through half way inside sub-3:35 pace. The tempo dropped only slightly in the second half and he went on to win in 3:36:45, smashing Suzuki's national record to book his spot on Japan's Olympic team.

Satoshi Maruo finished second in that race in 3:37:39, but had to prove his form at the National Championships in 2021 in order to secure his spot on the team. He duly won in 3:38:42, finishing almost four minutes ahead of the rest of the field. The 29-year-old finished just outside the medals at the 2017 World Championships, so will be highly motivated to make it on to the podium in Sapporo. Hayato Katsuki, who finished second to Maruo at the National Championships in a PB of 3:42:34, was drafted into Japan's team as Suzuki's replacement.

One athlete who knows how to perform in punishing conditions is Evan Dunfee. The Canadian prepared meticulously well for the World Championships in Doha and, with an impressive late-race charge, was rewarded with the bronze medal. He has been in superb form so far this year, setting Canadian records for 5000m and 10,000m with world-leading marks of 18:39.08 and 38:39.72 respectively.

Portugal's Joao Vieira held on for the silver medal in Doha, becoming, at age 43, the oldest ever medallist at the World Championships. Now aged 45, he heads to Sapporo for what will be his sixth Olympics and will be hopeful of improving on his 10th-place finish from 2004, his best performance at the Games to date. Somewhat incredibly, however, Vieira won't be the oldest or most experienced in the field. Spain's 1993 world champion Jesus Angel Garcia will be competing at his eighth Olympics – a record tally of appearances for athletics. The 51-year-old, who has competed at every Olympics since 1992, is still competitive, as shown by his eighth-place finish at the 2019 World Championships. Spain's best hopes could rest with Marc Tur, who won at the European Team Championships in Podebrady in 3:47:40.

China's trio should also be competitive. Luo Yadong, a 3:41:15 performer at best, finished fifth at the 2019 World Championships and won the Chinese 50km title earlier this year. Asian Games silver medallist Wang Qin, who has a PB of 3:38:02, is the fastest race walker on China's team, but he did not finish in Doha, nor in his most recent 50km race. Bian Tongda, meanwhile, will be contesting his first global championships.

If Andres Chocho can avoid a disqualification – he has notched up eight from his 12 major championships appearances over 50km – he could be in contention. Other contenders include Ireland's World Championships fourth-place finisher Brendan Boyce, [Australia's much-improved Rhydian Cowley](#), European champion Maryan Zakalnytsky of Ukraine, Norway's Havard Haukenes, German duo Jonathan Hilbert and Carl Dohmann, and Guatemalan brothers Erick and Bernardo Barrondo.

Australian Olympic Committee announces withdrawal of Dane Bird-Smith from the Olympic Team

The Australian Olympic Committee has announced the withdrawal of race-walker Dane Bird-Smith from the Australian Olympic Team due to family medical reasons. The Rio bronze-medallist in the 20K Race Walk had joined teammates in Cairns but announced he would not join them on the flight to Tokyo and will return to Brisbane.

Bird-Smith says he was absolutely determined after qualifying for Tokyo and felt physically primed, even after the challenges of the past year. “Unfortunately, there have been twists and turns over the last year that all Olympians have had to face. For me that includes family health challenges that have become a priority.

“Couple these challenges with difficult travel restrictions around the Covid pandemic, I have made the decision to stay in Australia with my family and withdraw myself from the Australian Olympic Team for Tokyo.

“This is a tough decision as an athlete, but it is a decision that will see my desire to compete and win for Australia strongly continue next year and onwards. I will be watching on from home, cheering with my family and wish the rest of the Australian Team all the very best.”

Chef de Mission Ian Chesterman says he fully appreciates the difficult decision Bird-Smith faced and fully supported the decision the race walker had taken. “We’re disappointed for Dane, but he has made the right decision. These are difficult circumstances for him and we wish Dane and his family all the very best. We would also request his privacy be respected.

By Sascha Ryner, Athletics Australia

RESULTS RESULTS RESULTS

2021 Queensland Road Walk Championships

July 24th Ipswich Cycle Park

Girls 5000 Metre Race Walk Under 18

1 Clarke, Anika 16 Redlands Athletics 27:58.00

2 Brady, Korey 16 QA 32:27.00

3 Bergh, Mia 16 Gold Coast Victory 35:42.00

--- Millard, Summer 16 QA DQ

Girls 5000 Metre Race Walk Under 16

1 Williams, Lyla 14 Gold Coast Victory 25:55.00

2 Heap, Ashanti 15 Gold Coast Athletics Inc 29:20.00

3 Chadwick, Phoebe 15 QA 34:07.00

4 Goulding, Lily 14 QA 36:37.00

5 Housden, Lily 15 QA 37:52.00

Girls 3000 Metre Race Walk Under 14

1 Sharpe, Milly 13 Gladstone Athletics Club 16:03.00

2 Flahey, Natasha 12 Gold Coast Victory 16:12.00

3 Clarke, Makenna 12 Redlands Athletics 17:59.00

4 Presland, Skye 13 QA 18:11.00

5 Bray, Katie 13 Ashgrove Rangers 18:23.00

Girls 1000 Metre Race Walk Under 10

1 Williams, Freya 7 Gold Coast Victory 6:43.00

Girls 2000 Metre Race Walk Under 12

1 Waterman, Kiara 10 Qeii Track Club 13:18.00

2 Bray, Laura 11 Ashgrove Rangers 13:46.00

Women 20000 Metre Race Walk Open

1 Gannon, Brenda 47 Qld Masters 2:03:32.00

Women 10000 Metre Race Walk Under 20

1 McRoberts, Jasmine-Rose 19 QA 1:05:14.00

Women 55-64 10000 Metre Race Walk Masters 35+

1 Woodward, Erika 55 Qld Masters 1:03:13.00

Women 75-84 10000 Metre Race Walk Masters 35+

--- McKinven, Noela 79 Qld Masters DQ

Boys 10000 Metre Race Walk Under 18

1 Wasson, Seth 16 Qrun 1:02:36.00

Boys 5000 Metre Race Walk Under 16

1 McCure, Sam 15 QA 25:00.00

2 Housden, Bailey 14 QA 25:42.00

3 Bradley, Alex 15 QA 30:07.00

Boys 3000 Metre Race Walk Under 14

1 Dale, Kai 13 Gold Coast Victory 17:37.00

Boys 2000 Metre Race Walk Under 12

--- Sibenaler, Hunter 10 QA DQ

Men 20000 Metre Race Walk Open

1 Jimenez Solis, Ignacio 56 Qld Masters 1:42:24.00

2 Guevara, Argenis 53 Qld Masters 2:01:34.00

Men 45-54 20000 Metre Race Walk Masters 35+

1 Guevara, Argenis 53 Qld Masters 2:01:34.00

Men 55-64 20000 Metre Race Walk Masters 35+

1 Jimenez Solis, Ignacio 56 Qld Masters 1:42:24.00



CANCELLED QRWC Meet August 8th

QRWC handicap races scheduled for Sunday 8 August at Kalinga Park, have been CANCELLED in line with current COVID restrictions.

Information regarding future races will be provided once we know the situation regarding further lockdowns. Take care and stay safe. S



Please refer to the current lockdown restrictions updated as of August 4th

[Restrictions for Locked Down Areas – South East Queensland | Health and wellbeing | Queensland Government \(www.qld.gov.au\)](https://www.qld.gov.au/health-and-wellbeing/restrictions-for-locked-down-areas-south-east-queensland)

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

Date Claimer : Sunday, August 29th QRWC End of Season Relays / Lunch / Trophy Day

The day starts with a 4 x 1km handicap relay that is always fiercely contested but is a lot of fun. Start getting you team together. One super keen foursome has already submitted their entry. You need to come up with a suitable name for your team. Those not in a team by race day will be allocated to a team. This is the time of year that parents can join in the fun and have a walk and see how “easy” racing 1,000 metres really is. That last 100 metres always makes for some interesting photos .

Perpetual Trophies

Each year the club presents a number of perpetual trophies at our end of season day. If you have a perpetual trophy from last season could you please return it to Noela, to your coach or to another current club member.

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

Australian Winter Race Walking Championships

Sunday 12th September Middle Park, Melbourne

AA has pushed the open date for entries out to 10am Monday August 9th 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.

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.

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 QWRC 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:

grwc1@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/>