

# Queensland Race Walking Club Inc.

*Building on a fine tradition of race walking, 67 years in the making.*



## HEEL & TOE

February 10<sup>th</sup> 2022

**QLAA Regionals: They are off and racing!!**



Start of the South Coast regionals walk U12 - U17

*Photo Courtesy: Julius Bergh*

The Queensland Little Athletics Regional Championships were conducted last weekend and this week we bring you the full results of the walk events at the South Coast, Met North & Met West meets. More regional championship results next week.

### **South Coast Regional Championships, Ashmore**

#### **Girls U9 700m Race Walk**

- 1 Thierjung, Cate Tweed 5:12.76
- 2 Chisholm, Amelia Ormeau 5:14.28
- 3 Moore, Ebony Tweed 5:48.44
- McKenna, Ivy Mudgeeraba DQ
- Mackay, Alexandra Tweed DQ

#### **Girls U10 1100m Race Walk**

- 1 Hooper, Elspeth Ashmore 7:20.20
- 2 Sassen, Autumn Mudgeeraba 8:30.43
- 3 Wormald, Mackenzie Ashmore 9:00.37
- 4 Murray, Chloe Helensvale 9:00.58

#### **Girls U11 1100m Race Walk**

- 1 Martin, Aila Tweed 7:41.43

2 Greaves, Jayde Mudgeeraba 8:02.90

3 Gibbs, Sienna Gold Coast 8:14.34

**Girls U12 1500m Race Walk**

1 Cosgrave, Ella Ashmore 8:49.00

2 Wain, Olivia Helensvale 10:10.56

3 McDonald, Makayla Ormeau 10:12.00

**Girls U13 1500m Race Walk**

1 Flahey, Natasha Tweed 8:12.06

2 Barron, Maya Mudgeeraba 9:01.15

3 Boulton, Olivia Gold Coast 9:20.5

4 Mehta, Hannah Mudgeeraba 11:57.78

**Girls U14 1500m Race Walk**

1 Jaekel, Tara Mudgeeraba 9:56.81

2 Barkworth, Taylor Tweed 11:42.72

**Girls U15 1500m Race Walk**

1 Williams, Lyla Tweed 7:27.53

2 Morris, Taylah Runaway Bay 10:27.41

3 Garside, Rebecca Ormeau 11:02.15

**Girls U16 1500m Race Walk**

1 Heap, Ashanti Gold Coast 7:48.44

2 Schofield, Scarlett Ashmore 9:46.41

**Girls U17 1500m Race Walk**

1 Bergh, Mia Ashmore 8:31.09

**Boys U9 700m Race Walk**

1 Simpson, Kingsley Gold Coast 5:19.79

2 Durre, Max Runaway Bay 5:26.79

3 Paterson, Koby Runaway Bay 5:32.47

4 Ablang, Duke Mudgeeraba 5:57.16

**Boys U10 1100m Race Walk**

1 Kennedy, Lucas Mudgeeraba 8:01.68

2 Hunter, Thomas Mudgeeraba 8:20.55

--- Glubb, Hudson Ormeau X3:08.02

**Boys U11 1100m Race Walk**

1 Morrison, Miles Mudgeeraba 7:34.84

2 O'Brien, Patrick Gold Coast 7:35.58

**Boys U12 1500m Race Walk**

1 Carkeet, Billy Gold Coast 11:22.38

**Boys U13 1500m Race Walk**

1 Tilton, Noah Tweed 9:17.31

2 Bricknell-Hewitt, Korbyn Mudgeeraba 9:28.75

**Boys U14 1500m Race Walk**

1 Dale, Kai Ormeau 8:08.41

**Met North Regional Championships, Bracken Ridge**

**Girls U9 700m Race Walk**

1 Rich, Cedar Arana 4:51.30

2 Farquhar, Asha Arana 5:12.70

3 Pauly, Alyssa Strathpine 6:19.10

--- Pirabaharan, Abiramy City North DQ

**Girls U10 1100m Race Walk**

1 Farquhar, Brianna Arana 8:13.10

2 Vicary, Dakota City North 8:34.40

3 Don, Charlotte Aspley 8:51.10

4 Wood, Marlee Redcliffe 9:37.30

**Girls U11 1100m Race Walk**

1 Jack, Shayla Arana 8:37.60

--- Ngor, Michelle Aspley DQ

**Girls U12 1500m Race Walk**

- 1 Bray, Laura The Gap 9:04.10
- 2 McDonald, Mikaela Arana 9:16.80

**Girls U13 1500m Race Walk**

- 1 Baker, Amber Redcliffe 9:35.70
- 2 Woodward, Madi Strathpine 11:39.90
- 3 Jack, Nicola Arana 12:00.10

**Girls U14 1500m Race Walk**

- 1 Bray, Katie The Gap 8:47.30
- 2 Presland, Skye Redcliffe 9:04.70
- 3 Carty, Sophie Strathpine 10:58.70

**Girls U16 1500m Race Walk**

- 1 Housden, Lily Arana 8:27.00
- 2 Chadwick, Phoebe Bracken Ridge 8:36.60

**Girls U17 1500m Race Walk**

- 1 Porter, Sophie Aspley 8:41.30
- 2 Sentance, Charlotte Arana 8:43.30
- 3 Brady, Korey Aspley 8:52.10

**Boys U10 1100m Race Walk**

- Bray, Nicholas The Gap DNF
- Muharem, Brax Arana DQ
- Stapleton, Koby Arana DQ
- Combrink, Zach Arana DQ
- Harch, Tyler Arana DQ

**Boys U11 1100m Race Walk**

- 1 Sherwood, Azra Aspley 8:12.40
- Watson, Heath Strathpine DQ

**Boys U12 1500m Race Walk**

- 1 Cooke, Noah Arana 9:04.60
- 2 Miller, Brock Strathpine 10:10.30
- 3 Svensson, Joshua Strathpine 10:35.60
- Curtis, Jonah Aspley DQ

**Boys U14 1500m Race Walk**

- Driver, Kayden Aspley DQ

**Boys U15 1500m Race Walk**

- 1 Housden, Bailey Arana 6:38.20
- 2 Goodwin, Fred The Gap 11:07.30

**Boys U17 1500m Race Walk**

- 1 Norton, Kai Arana 7:58.50

**Met West Regional Championships, Ipswich****Girls U9 700m Race Walk**

- 1 Kettlety, Erin Ipswich 5:07.57
- 2 Rohrig, Lola Toowong Harriers 5:09.37
- 3 Bozhoff, Piper Ipswich 5:09.43
- 4 Rameshkumar, Akshi Centenary 5:34.71
- 5 Schodde, Matilda Ipswich 5:36.16

**Girls U10 1100m Race Walk**

- 1 Russell, Kaydence Ipswich 7:35.92
- 2 Vanner, Alexandra Toowong Harriers 7:38.51
- 3 Stansfield, Indiana Toowong Harriers 8:51.95
- 4 Lee, Zoe Ipswich 9:54.65
- Ede, Sofia Toowong Harriers DQ

**Girls U11 1100m Race Walk**

- 1 Renton, Zoe Toowong Harriers 7:00.07
- 2 Froget Penaranda, Barbara Toowong Harriers 7:21.08
- 3 Bandidt, Mackenzie Centenary 8:06.49

4 Shields, Ebony Ipswich 8:18.88  
5 Turner, Maddison Centenary 8:29.10  
6 Apps, Abigail Centenary 9:14.51  
--- Rogers, Ella Centenary DQ

**Girls U13 1500m Race Walk**

1 Sheehan, Emma Toowong Harriers 10:13.45

**Girls U15 1500m Race Walk**

1 Teahen, Rebecca Toowong Harriers 8:03.19  
2 Goulding, Lily Ipswich 9:05.39

**Girls U16 1500m Race Walk**

1 Suchting, Mikayla Ipswich 12:38.49

**Girls U17 1500m Race Walk**

1 McNamara, Rachael Rosewood 9:10.12  
2 MatBoys U9 700m Race Walk

1 Raginekanth, Lavin Centenary 5:34.61

**Boys U10 1100m Race Walk**

1 Millar, Sonny Toowong Harriers 8:36.40

**Boys U11 1100m Race Walk**

1 Berry, Thomas Rosewood 7:20.48  
2 Holloway, Tristan Souths 11:30.86  
1 Hoyling, Angus Toowong Harriers 10:37.86

**Boys U13 1500m Race Walk**

1 Froget Penaranda, Thomas Toowong Harriers 10:37.06

**Boys U14 1500m Race Walk**

1 Jendra, Tomas Ipswich 9:08.96

**Boys U15 1500m Race Walk**

1 Sheehan, Liam Toowong Harriers 10:11.68

**THIS WEEK**

**Australian and Oceania 20km Race Walk Championships**  
**War Memorial Park, Adelaide Sunday February 13<sup>th</sup>**



**Men 20k Race Walk RR Open**

1 Mitchell Baker Australian Capital Territory  
2 Mathew Bruniges South Australia  
3 Tristan Camilleri South Australia  
4 Rhydian Cowley Victoria  
5 Corey Dickson Victoria  
6 Tim Fraser Australian Capital Territory  
7 Adam Garganis Victoria  
8 Carl Gibbons New South Wales  
9 Tyler Jones New South Wales  
10 Kim Mottrom South Australia  
11 Quentin Rew New Zealand  
12 Dylan Richardson New South Wales  
13 Kyle Swan Victoria  
14 Will Thompson Victoria  
15 Declan Tingay Western Australia

**Women 20k Race Walk RR Open**

1 Bridget Bell New South Wales  
2 Rebecca Henderson Victoria  
3 Hannah Mison New South Wales

4 Jemima Montag Victoria

5 Kelly Ruddick Victoria

6 Clara Smith Queensland

**Men 10k Race Walk RR Under 20**

1 Fraser Saunder Victoria

2 Marcus Wakim Victoria

**Women 10k Race Walk RR Under 20**

1 Emma Blanch New South Wales

2 Hannah Bolton New South Wales

3 Milly Boughton New South Wales

4 Anika Clarke Queensland

5 Char Hay Victoria

6 Nellie Langford South Australia

7 Elizabeth McMillen New South Wales

8 Summer Millard Queensland

9 Alanna Peart Victoria

10 Allanah Pitcher New South Wales

11 Olivia Sandery South Australia

**Men 5k Race Walk RR Under 18**

1 Cooper Rech South Australia

2 Sebastian Richards South Australia

**Women 5k Race Walk RR Under 18**

1 Daisy Braithwaite South Australia

2 Katie De Ruvo South Australia

3 Angelina Legrand South Australia

4 Emily Lynch South Australia

**Qld Masters Athletics**

Three walking events at QMA this weekend. Next Saturday (19<sup>th</sup>) is the Masters 3,000 metres State Championships.

**Saturday February 12<sup>th</sup>**

9.00am 1,500m Walk

**Sunday February 13<sup>th</sup> SAC**

8.15am 3,000m Walk

9.30am 800m Walk

**Queensland Athletics Championships**  
**Thursday March 3rd to Sunday March 6th**  
**State Athletics, QSAC, Brisbane**

**Race Walk Draft Programme**

**Saturday March 5<sup>th</sup>**

8.30am 3,000 metres U14/U15/U16 Female

8.30am 3,000 metres U14/U15/U16 Male

8.55am 5,000 metres U17/U18 Female

8.55am 5,000 metres U17/U18 Male

**Sunday March 6<sup>th</sup>**

8.00am 10,000 metres U20/Open

8.00am 10,000 metres U20/Open

Entries will close at 9.00am on Tuesday the 22nd of February.

After this point, we will create a final timetable.

There are **NO LATE ENTRIES**.

**Entries Now Open** [Queensland Athletics \(qldathletics.org.au\)](http://qldathletics.org.au)

AUSTRALIAN MASTERS ATHLETICS  
CHAMPIONSHIPS 2022



Brisbane, Queensland  
1 April to 4 April 2022

[National Masters Events Calendar](#) | [Qld Masters Athletics](#) | [QMA](#)

Registration final closing date for receipt of entries will be 7th March 2022. At this stage the intent is to maintain the 2020 entry fees, which are \$60 "early-bird" admin fee for those who register by 21st February 2022, else the admin fee will be \$110. In addition, entry fees will be \$20 per event.

**Draft Program**

**Friday April 1<sup>st</sup>**

1,500m Walk

**Saturday 2nd April 2<sup>nd</sup>**

5,000m Walk

**Sunday April 3<sup>rd</sup>**

10km Road Walk Davies Park, Riverside Drive, West End

**2022 Track Race Walks**

**Saturday 12<sup>th</sup> February SAC**

9.00am 1,500m Walk

**Sunday 13<sup>th</sup> February SAC**

8.15am 3,000m Walk

9.30am 800m Walk

**Saturday 19<sup>th</sup> February SAC**

8.00am QMA 3,000m Walk Championships

**Wednesday 23<sup>rd</sup> February**

8.20pm 3,000m Walk

**Wednesday March 2<sup>nd</sup> Night SAC**

7.20pm 1,500m walk

8.25pm 2,000m walk

**Wednesday March 9<sup>th</sup> SAC**

8.20pm 3,000m walk

**March 19<sup>th</sup>**

**Gold Coast Masters Championships**

**State Athletics Centre, Brisbane** (note the location and venue)

7.30am 5,000m Walk

10.45am 1,500 Metre Walk **NOW CONFIRMED**

Online entries open from Thursday 24<sup>th</sup> February and close 8.00pm on Saturday 12th March

Gold Coast Administration Fee \$20.00 and \$7.00 per event

**March 26<sup>th</sup> Saturday SAC**

8.00 2000m Walk

**Qld Athletics Shield Meets**

**Saturday February 19<sup>th</sup>**

5.50pm 3,000 metres

6.20pm 5,000 metres

## **Important Update COVID Safe Rules for Queensland Athletics Competitions 13/1/2022**

Queensland Athletics has received detailed information from the Queensland Government on conducting COVID safe event in the current environment.

COVID 19 transmission is now widespread in the Queensland community. You should assume that others you have contact with may have asymptomatic COVID 19.

If we are to continue to deliver athletics competitions while there are significant numbers of COVID infections, we must all work together to ensure as safe an environment as possible. It is a high priority to ensure the safety of our volunteer officials and staff, without this group we cannot continue to deliver the sport.

Please abide by these simple rules.

1. If you have even the mildest symptoms do not attend.
2. If you believe you may have been exposed to COVID in a close contact situation, please do not attend until you have a negative test.
3. Please attend the competition for the shortest time possible
4. Other than when competing, masks should be worn at all times while at the venue
5. Please no physical greetings, hand shaking, hugs
6. Please avoid physical contact with other competitors and officials
7. At field events maintain social distancing with others in particular officials
8. The Control room is not to be entered other than for a few designated officials under any circumstances, your results will be posted online.

The usual low contact arrangements will be in place.

1. No need to check in
2. You do not need a bib
3. Go straight to your event site
4. Results will be posted online

## **Queensland Little Athletics 2022 State Championships**



**Date** 11th - 13th March 2022

**Venue** Queensland Sport & Athletics Centre (QSAC), Nathan, Brisbane.



### **55<sup>th</sup> Race Walking Australia LBG Carnival Canberra June 12<sup>th</sup>**

AA have scheduled their 35km Championships a few weeks before the Canberra Carnival where they missed the opportunity to incorporate the 35km race into the LBG programme.

## **2022 AA Championship dates**

**Australian Track & Field Championships**

**Date:** Saturday 26th March - Sunday 3rd April

**Location:** Sydney Olympic Park Athletics Centre

**Nominations:** Must be submitted through your State Association.

**Event contact:** [competitions@athletics.org.au](mailto:competitions@athletics.org.au)

**Covid Restrictions:** Athletics Australia advises all attendees to book refundable flights and accommodation where possible.

## Oceania & Australian 35km Race Walking Championships

**Date:** Sunday 15th May

**Location:** Fawkner Park, Melbourne, Victoria

**Entries:** Entries will open on the 14th February and close on Thursday 28th April at 5.00pm AEDT

**Event contact** - [competitions@athletics.org.au](mailto:competitions@athletics.org.au)

**Draft Timetable as of 21.12.2021**

7:00am Oceania & Australian 35km Race Walk Championships

7:00am Invitational Open Men and Women 20km Race Walk

8:30am Invitational Under 20 Men & Women 10km Race Walk

8:30am Invitational Under 18 Men & Women 5km Race Walk

## World Events 2022

### 2022 World Athletics Race Walking Championships

**Muscat, Oman, March 4-5<sup>th</sup>**

Schedule (Local Times)

**March 4<sup>th</sup>**

8.00am W 10km

9.10am M 10km

2.00pm W 20km

**March 5<sup>th</sup>**

7.00am M 35km

7.00am W 35km

4.00pm M 20km

**World University Games**

**Chengdu, China June 26<sup>th</sup> July 7<sup>th</sup>**

### 2022 World Athletics Championships

**Eugene, USA**

The World Athletics Championships will be held in Eugene, USA from 15-24 July, 2022. The World Championships will feature 20km and 35km race walking events for men and women in Oregon.

### 2022 Commonwealth Games

**Birmingham**

**Commonwealth Games Walks**

Automatic Qualifier: Men 39:30.00 / Women 44:30.00

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

Women's 10,000m Walk Final

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

Men's 10,000m Walk Final

**2022 U20 World Athletics Championships**

**Cali, Columbia August 2-7<sup>th</sup> 2022**





Lets try again (for the third year in a row) to conduct the Pan Pacific Masters Games on the Gold Coast!!

The Games were scheduled for 2020 then 2021 and cancelled on both occasions because of COVID.

Entries open on **Tuesday March 1<sup>st</sup> 2022** for the 12th Pan Pacific Masters Games from 4 – 13 November 2022 on the Gold Coast. There are 3,000 metres and 5,000 metre track races scheduled and a 10km road walk.

## 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.

## 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:**

[qrwc1@optusnet.com.au](mailto:qrwc1@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/>