

Queensland Race Walking Club Inc.

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



HEEL & TOE

Portrait Olivia Sandery Athletics Australia U20 Team Race Walking Team Championships Oman

For Olivia Sandery, race walking is an art. Where some see an unglamorous athletic pursuit, she sees a war of attrition characterised by silent suffering and pin-point precision – a sport that demands patience, rhythm, and economy.

Conceding that her start the sport was defined by sore shins and minor success, the 19-year-old South Australian has blossomed into one of the Australia's most exciting young prospects - selected for next weekend's World Athletics Race Walking Team Championships to be held in Oman. "I'm super excited, especially after everything that has been going on in the world over the past couple of years. It's amazing to be able to travel overseas for my first international competition," she said.

Set to compete in the Junior Women's 10km event alongside Alanna Peart and Allannah Pitcher, Sandery is remaining grounded ahead of her international debut – despite her scintillating form being enough to suggest she is a major contender. "It would be nice to be near the front but I'm just going to do my best and see where I land. I've never had this kind of race experience, so I'm just going to give it my all," she said.

Coached by Bob Cruise since 2016 and crediting him as the reason she is still in the sport, the rising star has bolstered her corner with the recent addition of Australia's most decorated male track and field athlete – Olympic champion Jared Tallent. "Bob and Jared are different in ways, so it's nice to have them both there to help me with different things. Bob has been in the sport for a long time and definitely knows his stuff" she said. "Jared is so experienced. He's been to all the major championships and has won medals, he just knows so much. Ahead of Oman it's been great having him there to tell me what it's going to be like."

Clocking personal bests of 45:21.4 over 10,000m and 21:49.41 in the 5000m already in 2022, Sandery is on a rapid rise that has her touted as a top prospect globally for this year's World Athletics Under 20 Championships in Colombia: "I was selected but missed out on world juniors last year because we couldn't go due to COVID-19, so I'm hoping to make the team again and I think that will be a really good race for me and my progression."

Beginning to take training seriously in 2020, Sandery made significant inroads to place herself on the map nationally – cementing herself as an integral member of the Australian race walking unit moving forwards. "I've been on a few training camps and have learned so much from other Australian race walkers, being in that environment and training with the group really helps. I'm doing around 80-90km per week now and I'm sure that will get bumped up again when I transition to the 20km next year," she said.

With just over one week until she dons the green and gold alongside Olympians Rhydian Cowley, Declan Tingay and Kyle Swan - Australia's latest sensation is relishing the opportunity to kick-start her career on the international scene. "Most of my teammates are used to it. They've done a lot of trips and races overseas, but also just to have them around – we're all really good friends," she said. Studying in nutrition and dietetics, Sandery says her degree ties in well with her athletic pursuits: "It aligns quite well. The January camp we were on, we had three dieticians on board, so it's good to talk to them and learn a bit more and to make those connections."

The World Athletics Race Walking Team Championships will be held in Muscat, Oman on March 4-5th.

Australian 20km Championships as seen by a race walk judge

By Rodney Clarke

Adelaide was my first appointment as a race walk judge proper at a National level event and in this case an Oceania level event. Just like the athletes it was an early start with the sun not yet rising above the horizon although the lights shining onto the local church was a site to behold. Being prompt and on time is something I aim always to do so when I arrived at the course proper on an electric scooter it was unnerving to find I could not end my ride there as it was in a no park zone. Eventually a 50 odd meter diversion across the soccer field to nearby street solved my issue.

Helping to get things organised before the athletes arrived the race walk officials team where summonsed to their tent for the pre event briefing. With experienced judges of Zoe, Kirsten and Lisa present the ambience was calm as the positions and duties were read out. For me it was settling when the instructions to the judges were given and the importance of this meet to the athletes was reverberated from all three senior judges. It was nice to see the judges all wanted to give the athletes every opportunity in being successful (within the confines of the rules off course). I think these instructions were well received and more importantly adopted as they were reflected in the on course scoreboard.

For me personally, this has been a journey. Starting in racewalking when my son Ethan gave it a crack and did ok, followed by Anika and then Makenna my natural instinct of not sitting back and wanting to help kicked in. Firstly, as a club race walk judge with Redlands which developed into an LAQ competition and regional level judge before advancing to an LAQ State level judge followed by a QA Shield Meet Competition judge and State level judge. I even scored a gig in Hobart in 2019 for the LAA National Championships as a judge. So my first National appointment surely would be next.

In Sydney last year (my first AA Nationals) along with being part of the start crew I also got to be Chief Judges Assistant in one race and Lap Board Assistant in the second. These roles are crucial in understanding the event in its entirety and demonstrates a willingness that judging is not the be all and end all and your part in these roles is just as important to not only your own self development but also to the athletes in ensuring they are given the best experience.

COVID interrupted my first National judges appointment in Melbourne last year which was disappointing as it was for a lot of other people involved in the sport. I can say Adelaide was an awesome place to have my first judges appointment though and the course was both aesthetically pleasing to the eye with the surrounding parks and pathways but also the number of people watching and appreciating the athletes. I was witness to a group of ladies conversation who were walking and talking as Declan, Kyle, Rhydian and co went past, they were amazed at how fast they were "walking" and when they asked me how fast are they going....around 4 minutes per Km....now that's quick for running let along walking.

I do thank those persons who have played a role in my growth as an official in Racewalking....the first two cabs of the rank are Linda & Paul Sorensen who gave me the opportunity to get onto the batters mound, followed by both Jenny Boardman and Carmen Sims. I remember in Hobart in 2019 talking to Bob Cruise, he was always open to giving feedback and advice, something I will never shy away from as it is how we learn and grow. And at a National level Kirsten, Zoe & Lisa have all been there to freely provide understanding, direction and support.

As a race walk judge I follow three methodologies:

Always look to give the athletes every opportunity to be successful in their event.

If the athlete is passing you more than once a caution should be given first if the athlete is in danger of breaking the rules.

You are not measured on how many red cards you issue for a race (personally I'd prefer to give none).

Racewalking is a family of members all with the common purpose to see the event survive and thrive.... our support of one another is critical and just like our athletes so do our officials seek to improve and maintain a high level of professionalism and integrity through practice, education and involvement.

Rodney

TECHNIQUE, TECHNIQUE, TECHNIQUE

Racewalking is the only event where you can be disqualified for going faster

As previously published in Racewalkers Around Australia and Racewalking Around the World

Being disqualified after racing as hard as you can is devastating for any athlete. The time and effort that you have spent training to be the best that you can be is wasted either after the event as the judges confer with their judges result sheet or prior to that within the race itself with a demoralising Red Flag waved in your face. It is hard to recover from and harder even to continue when all of the work that you have put in amounts to nothing.

Unfortunately for those athletes it comes down to their training and a lack of preparation on technique. To train with poor technique usually results in racing with poor technique and the inevitable red cards and a big fat DQ.

And this all comes down to coaching. Most experienced coaches understand that it is NOT just training fast and hard but when there is no emphasis in technique you are bound to fail from the start.

TECHNIQUE, TECHNIQUE ,TECHNIQUE . I have always advocated technique before anything else. The rules of the event dictate that you must comply with the technique imposed on the sport and yet, time and time again, I see athletes that are very fast but have very poor technique. An absolute coaching failure. The speed required to win races and PB only comes after a long period of time adjusting and focussing on good technique.

Poor technique can be seen immediately from experienced coaches and usually even from the onlookers outside of the track. When you see the likes of Dane, Clara and especially Camryn here in Qld , their technique is absolutely beautiful to watch and they glide over the ground at speed that seems effortless . And they all started with training for technique. There are those athletes that good technique seems to be second nature to them and there are those that need to focus and train harder than most just to get it right. But either way, TECHNIQUE is everything in this sport. With good technique you can focus on racing and the judges almost become invisible during the race. That is what you must aim for.

SO , to all the athletes out there that suffer from being DQ'd and haven't focussed on TECHNIQUE , my word to you is go back to basics and work twice as hard on your technique as speed and find an experienced coach that understands the mechanics of the event and just how and what you need to change in your technique that you may enjoy the sport and not walk away disappointed . Technique is everything as is good coaching.

Dave Smith OLY
Dual Olympian
AA Lvl 5 Racewalks Coach
Mobile: 0438729601
Email: ozwalker1@gmail.com
Olympic Bronze Medallist Coach - RIO

RESULTS RESULTS RESULTS

QA Shield Meet Saturday February 19th

Women 3,000 Metre Race Walk

- 1 Williams, Lyla 15 NSW 15:06.64
- 2 Teahen, Rebecca 15 TWH 15:41.24
- 3 Flahey, Natasha 13 GCV 16:34.62
- 4 Pickvance-Yee, Destinee 13 CAN 16:53.65
- 5 Bray, Katie 14 ASR 17:50.40
- 6 Presland, Skye 14 QRWC 18:02.68
- 7 Cosgrave, Ella 12 BOR 18:14.42
- 8 Barron, Maya 13 QRWC 18:30.96
- 9 Davey, Caterina 14 QRWC 18:35.24
- 10 Goulding, Lily 15 QRWC 18:43.47
- 11 Morris, Taylah 15 QRWC 21:43.37

Women 5,000 Metre Race Walk

- 1 Bergh, Mia 17 GCV 27:36.69
- 2 Lawson, Piper 16 RED 29:16.16
- 3 Fisher, Torryn 17 RED 29:37.48
- 4 Chadwick, Phoebe 16 QRWC 31:32.52
- 5 McRoberts, Jasmine-Rose 20 QA 32:39.99
- 6 Brady, Korey 17 QRWC 32:43.12
- 7 Housden, Lily 16 QRWC 32:45.60
- Heap, Ashanti 16 GCA DQ TR 54.7.1

Men 3,000 Metre Race Walk

- 1 Dale, Kai 14 QRWC 16:43.58
- 2 Tilton, Noah 13 QRWC 19:33.60
- Bricknell-Hewitt, Korbyn 13 GCV DQ TR 54.7.1

Men 5,000 Metre Race Walk

- 1 McCure, Sam 16 QRWC 24:05.34
- 2 Wasson, Seth 17 CRR 26:04.21
- 3 Bradley, Alex 16 QRWC 26:22.38
- 4 Norton, Kai 17 QA 28:20.88
- Housden, Bailey 15 QRWC DQ TR 54.7

Masters Meet SAC February 19th

QMA Championship 3,000 Metre Race Walk

- Kirwin, Roslyn W33 25:34.25 (25:34.26 45.30%)
Gannon, Brenda W47 17:12.79 (15:55.34 72.75%)
Woodward, Erika W55 17:55.08 (15:11.89 76.22%)
McKinven, Noela W79 25:34.75 (16:53.25 68.59%)
Jimenez Solis, Ignacio M56 14:12.66 (11:53.17 88.54%)
Bennett, Peter M66 19:25.76 (14:43.07 71.50%)
Sela, Patrick M82 24:16.42 (15:08.37 69.51%)

Age Graded Times & Percentages in Brackets

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

Race Walk Draft Programme

Saturday March 5th

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 6th

8.00am 10,000 metres U20/Open

8.00am 10,000 metres U20/Open

Entries Closed NO LATE ENTRIES.

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. Admin fee will be \$110. In addition, entry fees will be \$20 per event.

Draft Program

Friday April 1st

1,500m Walk

Saturday 2nd April 2nd

5,000m Walk

Sunday April 3rd

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

2022 Track Race Walks

Wednesday March 2nd Night SAC

7.20pm 1,500m walk

8.25pm 2,000m walk

Wednesday March 9th SAC

8.20pm 3,000m walk

March 19th

Gold Coast Masters Championships

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

7.30am 5,000m Walk

10.45am 1,500 Metre Walk

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

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

March 26th Saturday SAC

8.00 2000m Walk

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.

Queensland Little Athletics 2022 State Championships



Date 11th - 13th March 2022

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



55th Race Walking Australia LBG Carnival Canberra June 12th

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

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

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 4-5th

Schedule (Local Times)

March 4th

8.00am W 10km

9.10am M 10km

2.00pm W 20km

March 5th

7.00am M 35km

7.00am W 35km

4.00pm M 20km

World University Games

Chengdu, China June 26th July 7th

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 6th

Women's 10,000m Walk Final

Sunday August 7th

Men's 10,000m Walk Final

2022 U20 World Athletics Championships

Cali, Columbia August 2-7th 2022



Entries Open next Tuesday



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 1st 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 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

Argenis Guevara Level 1

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.

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/>