

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 68 years in the making.



May 11th, 2023

Grande Premio Internacional de Rio Maior 20km

Paul Warburton for World Athletics

The Grande Premio Internacional de Rio Maior on Saturday (6) – the latest Gold stop on the World Athletics Race Walking Tour – produced wins for Yang Jiayu and Brian Pintado – but the races couldn't have been more different.

The women's world record-holder had to throw herself over the finish to beat three-time winner Qieyang Shijie. But Pintado, defending his crown, had the luxury of walking solo over the last 4km. In doing so, he got revenge over Caio Bonfim who had beaten him two weeks ago in Warsaw. China made it a 1-2-3 in the women's 20km when Yang Liuqing crossed 20 seconds after Yang's 1:29:09 with double world champion Kimberley Garcia forced to settle for fourth, albeit a single second behind Yang.

Even though the women started at 6pm and the men 12 minutes later, it was still a warm 21C. Fortunately, one side of the course was shaded by shops and buildings.

Later in the race a merciful cloud cover also shielded race walkers from the evening sun, which might explain why times were much improved on 2022.

In the women's race a large group close to 20 detached itself from the slower race walkers after a single lap. Qieyang was first to trip the timer in a comfortable 4:41.

The second circuit was a quicker 9:10, with world record-holder Yang heading three other red vests, but you could have thrown a blanket over the whole group.

Garcia got her nose in from going into lap four. All were timed at 18:11 after the fourth lap, and the front was clearly moving through the gears.

Quarter distance was reached in 22:42, but now the leaders were down to a dozen, with Puerto Rico's Rachele Orbeta seven seconds back and losing ground. Brazil's Viviane Lyra was giving it a spirited go at the front. The 29-year-old, with a PB of 1:32:31, was breathing the rarefied air of the elite.

At this part of the race, there was also the sight of the women's lead group on one side of the road and the men's spearhead on the other. Pretty much everyone else was on their way to being lapped by the talent at the front. Halfway was a modest 45:01, which rather explained the relatively large group at the head of the race. Two laps later the pack had been whittled down to seven, with Lyra now paying for her earlier effort.

Impressively, Portugal's Ana Cabecinha and Erica Sena from Brazil were still there. Add their two ages and you get 77 – but even so the pair were having terrific races.

For the next 4km, no one gave an inch. And then at the end of lap 18, the Chinese could wait no longer. The eventual first and second places took off, and no one could live with them. Yang and Qieyang were locked together until the final 25 metres when the former showed why she holds the world record. Even so, she looked like this win had been hard earned.

The men were strung out barely 30 seconds after the starter's gun. Bonfim, Pintado and double world champion Toshikazu Yamanishi were first to show, knocking off a speedy first kilometre in 3:56.

A lap later and the leaders were already down to six, including three Chinese and a second Ecuadorean, David Hurtado.

Yamanishi stopped the clock at 19:54 for 5km, and the spearhead appeared to be down to five, with Bonfim desperately trying to stay in touch.

A second group of 15 was 25 seconds further back, headed by a second wave of Chinese: in fact, a race within a race. Zhang Jun was the only Chinese left with the two Ecuadoreans, Japanese and Bonfim by 7km.

Yamanishi was first through halfway in 39:44, a split second separating him from the other five. But a lap later, the pace proved too much for Hurtado, who disappeared off the back and to be quickly passed by Bonfim still battling to get back in touch.

The second group had broken up with Wang Kaihua 29 seconds in arrears now walking solo, and the remnants of the second group another 13 seconds down.

And then just after 15km, Pintado injected a stunning burst of pace – and nobody had the answer.

Bonfim somehow dug into hidden reserves to claw his way back into contention, but tellingly, Yamanishi was now glancing over his shoulder, and starting to lose ground hand over fist during the next two circuits.

By 17km the Japanese was a distant third, with a chunk of time between Pintado and Bonfim, and a surprisingly tired looking Yamanishi now 1:02 behind. In fact, the Japanese only had five seconds spare by the finish over Wang Zhaozhao with Quan Haifeng fifth. Apart from Pintado, it was very much China's day.

Leading results

Women

- 1 Yang Jiayu (CHN) 1:29:10
- 2 Qiayang Shijie (CHN) 1:29:11
- 3 Yang Liuqing (CHN) 1:29:30
- 4 Kimberly Garcia (PER) 1:29:31
- 5 Ma Zhenxia (CHN) 1:29:36
- 6 Erica Sena (BRA) 1:29:48
- 7 Ana Cabecinha (POR) 1:29:55
- 8 Viviane Lyra (BRA) 1:30:57

Men

- 1 Brian Pintado (ECU) 1:19:05
- 2 Caio Bonfim (BRA) 1:19:46
- 3 Toshikazu Yamanishi (JPN) 1:20:58
- 4 Wang Zhaozhao (CHN) 1:21:04
- 5 Qian Haifeng (CHN) 1:21:21
- 6 Wang Qin (CHN) 1:21:38
- 7 Wang Kaihua (CHN) 1:21:58
- 8 Jordy Jimenez (ECU) 1:22:40

RESULTS RESULTS RESULTS

QRWC Handicap #3

May 7th North Lakes

A Grade 10km

Men: (1) Scott Hyland 51.24 SB (2) Dip Chand 1.07.39 (3) Peter Bennett 1.08.33 SB

Women: (1) Brenda Gannon 1.02.42 SB (2) Jasmine Rose McRoberts 1.11.28 SB (3) Joy Dale 1.27.30 SB (4) Noela McKinven 1.27.59. Summer Millard DNF

B Grade 5km

Men: (1) Kai Dale 30.12 (2) Adam Patterson 32.27

Women: (1) Phoebe Chadwick 33.26. Taylah Morris DNF.

C Grade 3km

Women: (1) Kiara Waterman 18.33. Eliza Kelly 21.38 SB.

D Grade 2km

Men: (1) Hunter Sibenaler 14.35 SB

Women: (1) Makenna Clarke 11.26 (2) Savannah Dunleavy 12.24 (3) Freya Williams 13.36 (4) Izzy Blackburn 14.19 (5) Katelyn Trent 15.55 (6) Mackenzie Wormald 16.25 (7) April Kelly 17.10.

E Grade 1km

Men: (1) Jake Dunleavy 6.10

Women: (1) Amelia Chisholm 6.10.

F Grade .5km

Women: (1) Piper Dunleavy 3.46 (2) Harper Waterman 3.54.

Thank you to all those parents, volunteers and judges who help to set up, run and officiate the meet at North Lakes on Sunday morning. Special mention to Noela's chocolate brownies. Then there was some of our youngest walkers warming down after their races by doing the obstacle course in the dog park - on all fours!!

Judges' Reports (four judges)

13 k

281 c

365 cckK

385 kkk

389 cck

398 k

411 K

413 c

428 k

429 c

430 cc

437 k

QRWC 2023 WINTER ROAD WALKING SEASON
As at May 11^h 2023

Rules of Race Walking

There are two basic rules in Race Walking:

- *Contact: The athlete must never have both feet off the ground at once.*
- *Knees: The advancing leg must be straightened (not bent at the knee) from when the foot first makes contact with the ground **until the vertical upright position.***

MONTH	DATE	EVENT	VENUE	TIME
April	13-16	AA Championships U14-Open	Brisbane	
	23	QRWC Handicap Meet 1 & AGM	Beenleigh	8.00am
	30	QRWC Handicap Meet 2	Yeronga	7.30am
May	7	QRWC Handicap Meet 3	North Lakes	8.00am
	14	Mother's Day	No club competition	
	21	QRWC Handicap Meet 4	Ripley	8.00am
	28	QRWC Handicap Meet 5	Capalaba	8.00am
June	4	Gold Coast Championships	Mudgeeraba	8.00am

	11	LBG Federation Meet	Mt Stromlo Canberra	8.00am	
June	18	QRWC Handicap Meet 6	North Lakes	8.00am	
	25	QRWC Handicap Meet 7	Yeronga	8.00am	
July	2	Gold Coast Marathon	No Club Competition		
	9	QRWC Track Championships	USC Sippy Downs	9.00am	
	16	RWA Postal Challenge *	Beenleigh	8.00am	
	23	QRWC Track & QMA Meet **	UQ St Lucia	8.00am	
	30	QA Road Walk Championships	QSAC	TBA	

* July 16th Incorporating QMA Short Road Walk Championships

** July 23rd Incorporating QMA 10,000 metres Track Championships

Entries to both Qld Masters Championships via the QMA website (entries will open closer to the date)

THIS WEEK

No club competition



NEXT WEEK

QRWC Handicap #4 Sunday May 21st

Faye Carr Park Ripley

8.00am A Grade 10km

8.15am E Grade 1km

F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

Entries now open for next week

[Handicap #4 Sunday May 21st - Qld Race Walking Club - revolutioniseSPORT](#)

Please register from the event link above.

Venue : We meet at the picnic tables at Faye Carr Park (Ripley Park) at the corner of Fitzgibbon Road and Panorama Circuit. Racing will be conducted on a 1km loop on the path along Panorama Circuit.

COMING UP

QRWC Handicap #5 Sunday May 28th

John Frederick Park, Capalaba

8.00am A Grade 10km

8.15am E Grade 1km / F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km / D Grade 2km

15th Annual Gold Coast Road Walk Championships

Sunday June 4th Mudgeeraba

8.00am Open M/W 10km

8.05am U10 M/W 1km

U8 M/W 0.5km

8.15am U20 M/W 5km

U18 M/W 5km

Invitational M/W 5km (non-championship event)

8.45am U16 M/W 3km

U14 M/W 2km

U12 M/W 2km

Please note the following important information:

1. All races are age-on-the-day (i.e. age as at 4 June 2023)
2. Only 1 race per person
3. Records will only be awarded to athletes who compete in their correct age group
4. Athletes can compete out of their age group but will not qualify for records/awards
5. Entry will be via the RevSport online portal. Non-members may enter on the day.
6. Entry fee is \$5 for all athletes.

Gold Coast Road Walk Championship Records Updated as at 5.6.22

Open 10km Men: B Dewar 44.12 2012

Open 10km Women: J. Pickles 52.40 2018

U20 5km Men: L. McCutcheon 21.14 2017

U20 5km Women: J. Pickles 25:04 2013

U18 5km Men: J. Osborne 21:30 2011

U18 5km Women: K. Hayward 22.39 2018

U16 3km Men: N. McCutcheon 13.20 2017

U16 3km Women: K Hayward 13:26 2015

U14 2km Men: B. Housden 9.03 2020

U14 2km Girls: J. Anderson 9.18 2019

U12 2km Boys: K Hayward 10:04 2016

U12 2km Girls: J. Anderson 9.50 2017

U10 1km Boys: K Hayward 5:09 2014

U10 1km Girls: L. Williams 5.18 2017

U8 .50km Boys: K Hayward 2:30 2012

U8 .50km Girls F Williams 2.42 2022

56th Annual LBG Federation Carnival Canberra

Your chance to represent the State, open to walkers of all ages and abilities. Medals & trophies for individual, teams and handicap results .

8.00am	30km	RWA Championship & Teams Race	Open
	30km	Fitness Walk, Non handicap	
	30km	AACT Championship, , Non handicap	Open Men & Women
	15km	RWA Championship & Teams Race	Open & Masters Women
	15km	RWA Championship	Open & Masters Men
	15km	Fitness Walk	
9.00am	8km	Fitness Walk	
10.30am	10km	AACT Championship	Open Men & Women
10.30am	10km	RWA Championship & Teams Race	U20 Men/Women
11.45am		Presentation for events 1-10	
12.15pm	1km	RWA Championship	U10 Boys/Girls
12.25pm	2km	RWA Championship & Teams Race	U12 Boys
12.45pm	2km	RWA Championship & Teams Race	U12 Girls
1.05pm	2km	RWA Championship & Teams Race	U14 Boys
1.25pm	2km	RWA Championship & Teams Race	U14 Girls
1.45pm	3km	RWA Championship & Teams Race	U16 Boys
2.10pm	3km	RWA Championship & Teams Race	U16 Girls
2.40pm	5km	RWA Championship & Teams Race	U18 Boys/Girls
3.10pm	5km	RWA Championship & Teams Race	Open Men & Women
4.00pm		Presentation for events 11-22	

Race Date: June 11th

Venue: Stromlo Forrest Park, Canberra

Entries : Entries will close **5 pm Wednesday 24th May 2023**. Competitors must complete an ON-LINE ENTRY.

NO MANUAL ENTRIES WILL BE ALLOWED and LATE ENTRIES CANNOT BE ACCEPTED. This applies to both Race Walks & Fitness Walks.

Entries **MUST** be submitted by individuals via an Entry Portal available on the VRWC Web page. <http://vrwc.org.au/wp1/56th-lbg-walking-carnival/>

If you are going to Canberra as an athlete, official or as a volunteer please let Noela know
noelarhoda@gmail.com

Additional Information (Full details on separate attachment)

1. Volunteer registration – it is easier for us if volunteers register through the portal (<https://vrwc.org.au/wp1/>), but we are also happy to receive a list of additional volunteers and their preferred roles. Could you please advise those volunteering to judge to also follow this process. The list of additional volunteers if required can be emailed to our race secretary, Troy Clarkson troy.d.clarkson@gmail.com

We need this information by no later than 1st June. Troy will liaise with Lisa Colquhoun regarding judges' allocations. Please note it is essential that clubs provide volunteers, we need many hands and ACT Walkers cannot do this without extensive support from you.

2. Bibs – Will be available for collection from Stromlo Forest Park between 3-4 pm and on Sunday before the first race. Please contact Helen Toyne (0402976888) if there are any difficulties with this.

3. Handicaps – entries close on the 24th of May and we need handicaps to be provided as soon after this as possible, but no later than 1 June. These should be forwarded to Renee Cassell, reneecas@hotmail.com
4. Perpetual Trophies – there has in recent years been some difficulty locating and updating the perpetual trophies. To assist with this, could you please advise of any perpetual trophies held by your members by emailing Helen Toyne, helen.toyne@gmail.com again by 1st of June, and arrange for them to be dropped off by the relevant member or club representative at Stromlo Forest Park the day before the race so we can arrange presentations appropriately. A reminder that winners need to arrange for their own small name plaques to be added if they wish their win to be recorded.
5. Canteen and raffle – The bbq/ canteen will be provided by North Canberra Gungahlin athletics club. They are able to accept eftpos payments through a Square device. Similarly, ACT walkers will be holding a raffle and lucky door prize bib number draw. We have been gifted some great prizes. We expect that the café at Stromlo will be open and serving coffee.
6. Post race dinner – this will be held at the Woden Southern Cross Club from 7pm. We are still finalizing arrangements and are not sure at this stage whether it will be a block booking in a separate room or whether States will need to make individual bookings for their members.

QRWC Uniforms

Wearing a club uniform at our club meets is desirable but not compulsory. All Race Walking Australia event competitors **MUST** wear the uniform of their Club, as registered with Race Walking Australia. Failure to do so may result in disqualification.

IMPORTANT UNIFORM INFORMATION

If you are planning on going to Canberra please make plans now to purchase a club uniform (please check that your current uniform still fits). If the club does not have your size in stock it can take up to 6 weeks to get them custom made. Avoid disappointment of a last minute panic and contact the Uniform shop today .

[Shop - Old Race Walking Club - revolutioniseSPORT](#)

Our Volunteers – We need you to

For all our road walk and track meets we need the help of our members to set up and run the meets in a safe and organised manner. Please feel free to offer your services whether it be as a judge, timekeeper, setting out the course or helping to pack up. All assistance is greatly appreciated. We especially need lap scorers. If you would like to help out, please talk to any member of the Committee.

Everyone who helps out to run our events are volunteers who freely give up their time so that our athletes can race. Please treat them with respect and appreciation at all times and offer to assist them whenever possible. Without judges, timekeepers and lapscorers we don't have a race walk competition we just have a walk and no matter how fast you go your result will not be official or accepted for qualifying purposes. Judges are there to ensure no one gets an unfair advantage and to assist the athletes. If you get a caution or a report, use it as a learning experience. Find out what you have done wrong from the judge and talk to your coach to see if you need to correct your technique. If you do nothing and just blame the judges then you will never learn or get ahead in the sport.

Handicap Points - What does it all mean?

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

Starting points are awarded for starting the event.

Completed points are awarded for finishing the race distance.

The **Best Season Performance**. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points.

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>

All our members, whether an athlete, coach, volunteer official or a parent should be aware of their obligations and responsibilities under these policies.

Who this Policy Applies To

This policy applies to the following, whether they are in a paid or unpaid/voluntary capacity:

i.e. All of us

- Parents, guardians, spectators and sponsors to the full extent that is possible.
- Individuals appointed or elected to boards, commissions, committees and sub-committees;
- Employees and volunteers; • Support personnel (e.g. managers, physiotherapists, psychologists, masseurs, sport trainers, etc);
- Coaches and assistant coaches (whether or not they are accredited)

- Athletes, coaches, officials and any other personnel participating in any teams, events and activities, including camps and training sessions, conducted or sanctioned by Queensland Athletics
- Referees, judges and other officials.
- Members, including life members.
- Member associations and each of its members, including life members.
- Affiliated clubs and associated bodies of Queensland Athletics;
- Peak associations and other State bodies engaged in any form of athletics.
- Any other person or body that is a member of or affiliated to Queensland Athletics.

Code Of Conduct/Behaviour Queensland

Athletics requires every individual and body bound by this policy to: QA Member Protection Policy – July 2015 5

- 4.1 Be ethical, fair and honest in all their dealings with other people and Queensland Athletics;
- 4.2 Treat all persons with respect and courtesy and have proper regard for their dignity, rights and obligations;
- 4.3 Always place the safety and welfare of children above other considerations;
- 4.4 Comply with Queensland Athletics', Athletics Australia's, the IAAF's, the National and International Olympic and Paralympic Committees' constitution, rules and policies including this Policy;
- 4.5 Operate within the rules and spirit of the sport;
- 4.6 Comply with all relevant Australian laws (federal and State), particularly anti-discrimination and child protection laws;
- 4.7 Be responsible and accountable for their conduct; and
- 4.8 Abide by the relevant specific Codes of Conduct referred to in Part B of this Policy.

QRWC MEMBERSHIP

Many of our members have already signed up to QRWC for this year - memberships commencing on/after 1 October 2022 are valid until 30 September 2023 and will cover the 2023 QRWC winter road walking season. For members yet to renew their QRWC membership, or for new members, refer to the following for membership options: The QRWC membership year runs from 1 October until to 30 September the following year (eg. 1 October 2022 to 30 September 2023). Memberships can be commenced at any time during this period. You don't have to wait until the start of the winter road walking season in April to join QRWC or renew your membership.

When looking at QRWC membership options, there are two types:

1. Standalone QRWC membership -or-
2. Combining QRWC membership with a Queensland Athletics (QA) membership.

Standalone QRWC Membership

QRWC membership allows athletes to compete in all QRWC weekend races as well as QRWC championships. Note: race fees are in addition to membership fees. There are two membership options: student (\$15) and non-student (\$25). This level of membership is suitable for athletes wishing to compete at QRWC races only, or athletes wishing to compete at QRWC races who are already a member of another QA club (see below for details on QA membership).

Combined QRWC/QA Membership

Queensland Athletics (QA) conducts a number of events throughout the year, including approximately 4 or 5 track racewalks held over the summer months and the QA Qld Road Walking Championships (usually held around July each year). These events are run by QA and are different to the races run by QRWC. In order to compete at the QA events, athletes must be a member of an affiliated QA club (such as QRWC) and also pay the QA membership fee.

Athletes wishing to join both QA and QRWC can do this in one transaction via the QRWC membership portal. This combined membership allows athletes to compete at QA events during the summer season (October to March) and the Qld Road Walking Championships in

July, as well as the QRWC winter road walking events (ie. the traditional Sunday morning races held from April to September).

QA has a 3 different membership levels (platinum, gold and base). Further information about QA memberships can be found at: 2022-23 QA Membership Options (revolutionise.com.au)

If you would like more information regarding membership options, please contact our Registrar at qrwcregistrat@gmail.com

All our committee members, coaches, officials and volunteers are urged to register with QA for \$0 and to please check that your Blue Card is valid.

Australian Masters Road 20km August 6th Adelaide or Virtual

From George White

Sunday 6th August 20km Walk Championship.

While we would like to welcome all entrants at our Adelaide event – it is also being run as a postal event. I would appreciate you letting your fellow walkers know the details.

As this is an AMA event, the recently introduced “No Advantage” principle will apply.

GAMES OF THE XXXIII OLYMPIAD PARIS 2024

Walks Schedule (“It’s race walking Jim, but not as we know it’)

Thursday August 1st 7:30am 20km Race Walk Men

9:20am 20km Race Walk Women

Wednesday August 7th ~~7:30am 35km Walk Mixed Teams~~ Cancelled.

Replaced by a marathon distance Race Walk Mixed Relay with 25 teams, each comprising one male and one female athlete, who will complete in four legs of approximately equal distance. Each athlete will complete two legs of just over 10km each, alternating male, female, male, female.

Racewalking Queensland Management Committee 2023/24

President: P Bennett

Vice President. J-R McRoberts

Secretary: N. McKinven

Treasurer P Sela/N McKinven

Committee: Shane Pearson, Joanne McRoberts, John McRoberts, Jas Blackburn, Megan Housden, Ignacio Jimenez

Patrons: Patrick & Maxine Sela

Registrar: S Dale / C Chadwick

Handicapper A Guevara / N McKinven

Uniforms: S Dale

Publicity / Media D Sibenaler

Results R Wales / N McKinven

Newsletter Editor: P. Bennett

Equipment Officer. Stephanie McCure plus Ignacio Jimenez & Noela McKinven

Canteen Convenor. Vacant, but to be by roster.

Club Captains: Jasmine-Rose McRoberts / Sam McCure

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
Katya Martin Level 1

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/>