

# Queensland Race Walking Club Inc.

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



## HEEL & TOE

May 19<sup>th</sup> 2022

### **A Season of Disruption...again**

Just as we thought we were due to have a “normal” road walk season after two years of disruptions this season has had its own challenges; but this time not Covid related. We lost a couple of regular venues then had to belatedly postpone the Gold Coast Championships scheduled for last Sunday. We apologise for the inconvenience this caused but our primary concern is foremost the safety and wellbeing of our members. A new date for the Championships is being worked on at the moment. They will be held either the week before the Canberra LBG Carnival or the week after i.e., June 5<sup>th</sup> or June 19<sup>th</sup>. As our members have shown over the seasons, we are very resilient bunch and we take these challenges as they are thrown at us and move on.

For those athletes that had already paid their entry online for the GC Championships will have a \$5 credit applied to their next race. Those who used a 5-race pass will have an extra race added to their pass.

### **THIS WEEK**

#### **New Venue**

**May 22<sup>nd</sup> 26<sup>th</sup> QRWC Handicap Meet # 2**

**John Walker Place Park**

**Brisbane Corso, Yeronga**

7.30am A Grade M 15km

A Grade W 10km

B Grade 8km

8.00am E Grade 2km

F Grade 1km

8.15am C Grade 5km

D Grade 3km



**John Walker Place Park 261 Brisbane Corso, Yeronga.**

**Registrations are now open for our next race, Handicap Meet #2, Sunday 22 May 2022**

We are excited to be able to announce that this race will be held at a new location in Yeronga. The venue is John Walker Place Park (formerly known as Brisbane Corso Park), 261 Brisbane Corso, Yeronga. Thank you to Argenis & Iggy for all their work in finding, testing and marking out this venue.

We will meet at the picnic shelter adjacent to the toilet block for sign-in.

The link to register for the event is

at: <https://www.revolutionise.com.au/qldracewalkingclub/events/142553/>

**NOTES** Members who registered and paid for the postponed GC Championships last Sunday will have received an email containing a discount code which can be used to pay for Sunday's race.

There are more showers predicted for this Sunday so please bring your brolly and athletes should bring a towel and a change of clothes for after their race.

The 7.30am start races will be using a 2km loop and the other races a 1km loop.

**NEXT WEEK**

**Sunday May 29<sup>th</sup> QRWC Handicap Meet #3**

**Logan River Parklands**

8.00am A Grade 10km

8.15am E Grade 1.5km

F Grade 1km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

**RESULTS RESULTS RESULTS**

**Australian and Oceania 35km Race Walk Championships & Invitation events**

**Fawkner Park, Melbourne May 15<sup>th</sup>**

**Men 35k Race Walk RR Open**

- 1 Quentin Rew 84 NZL 2:32:58
- 2 Rhydian Cowley 91 VIC 2:37:57
- 3 Carl Gibbons 96 NSW 2:43:04
- 4 Kim Mottrom 84 SA 3:03:17
- Tristan Camilleri 01 SA DNS
- David Tokodi 91 HUN DNS
- Colin Heywood 54 NT DNS

**Women 35k Race Walk RR Open**

- 1 Kelly Ruddick 73 VIC 3:00:04
- 2 Laura Langley 97 NZL 3:15:58
- Sarah Brennan 76 VIC DQ TR54.7.5

**Men 20k Race Walk RR Open**

- 1 Tim Fraser 00 ACT 1:26:52
- 2 Corey Dickson 02 VIC 1:28:47
- 3 Mitch Baker 01 ACT 1:29:35
- 4 Dylan Richardson 00 NSW 1:31:03
- Tyler Jones 98 NSW DNF
- Jack McGinniskin 02 NSW DQ TR54.7.5
- Will Thompson 02 VIC DNS

**Women 20k Race Walk RR Open**

- 1 Jemima Montag 98 VIC 1:32:32
- 2 Sandra Lorena Arenas 93 COL 1:34:27
- 3 Olivia Sandery 03 SA 1:34:35
- 4 Alanna Peart 03 VIC 1:42:39
- 5 Hannah Mison 01 NSW 1:49:30
- 6 Bridget Bell 02 NSW 1:55:11
- Rebecca Henderson 01 VIC DNF
- Clara Smith 98 QLD DNS

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

- 1 Marcus Wakim 06 VIC 48:22
- 2 Eden Morgan 05 VIC 53:29

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

- 1 Elizabeth McMillen 04 NSW 49:56
- 2 Allanah Pitcher 03 NSW 51:27
- 3 Emma Blanch 03 NSW 52:44
- 4 Hannah Bolton 03 NSW 52:58
- 5 Char Hay 03 VIC 53:28
- 6 Anika Clarke 05 QLD 59:45

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

- 1 Will Bottle 05 TAS 22:01
- 2 Owen Toyne 07 ACT 22:25
- 3 Riley Coughlan 07 VIC 23:50
- 4 Dylan Allabush 08 NSW 25:52
- Scott Peart 06 VIC DNS

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

- 1 Grace Beck 08 NSW 26:46
- 2 Ariana Pashutina 07 VIC 27:42
- 3 Emily Smith 06 VIC 28:28
- 3 Zoe Woods 07 NSW 28:28
- Maddison Nash 06 VIC DNS

**Gran Premio Internacional Madrid Marcha La Liga –  
Monday May 16<sup>th</sup>**

Sweden's Perseus Karlstrom and China's Qieyang Shenjie captured respective victories at the first Gran Premio Internacional Madrid Marcha La Liga – a **World Athletics Race Walking Tour Gold** event – held on Monday (16) over 10km in the Spanish capital on a sunny day. The 32-year-old Swede got the better of Spain's Diego García, 38:42 and 38:49 their respective performances, while Qieyang won by 30 seconds over Peru's Kimberly García. The men's race kicked off conservatively over the opening kilometre, with Czech Republic's Michal Morvay leading the way in 3:59, closely followed by a large pack including all the favourites. World 20km bronze medallist Karlstrom soon began to accelerate and covered the second kilometre lap in a brisk 3:47 to open a slim margin over Mexico's Ever Palma, Brazil's Caio Bonfim, China's Jung Zhang, Ecuador's David Hurtado and Spain's Diego García. Surprisingly, Italy's Olympic 20km champion Massimo Stano had already lost contact with the pack by then and was ultimately not a factor.

Before the third kilometre (3:51) the chasing group caught Karlstrom and halfway was reached in 19:25 after successive 3:55 and 3:48 splits. 2017 world bronze medallist Bonfim made most of the pacing duties while Zhang began to falter shortly afterwards. Local hero García gave the home crowd something to cheer about by moving to the front for the first time to leave Palma and Zhang behind after a 3:51 split in the seventh lap.

The podium became clear when Hurtado received his third warning and was forced to visit the pit lane for one minute. Following a steady penultimate lap in 3:58, Karlstrom found another gear to cover that kilometre in 3:47 which proved too fast for García and Bonfim.

Karlstrom romped home in 38:42 (19:25/19:17 his two halves) with García seven second in arrears and Bonfim a distant third in 39:13. The three of them managed respective lifetime bests over the rarely contested distance. Stano had to settle for 13th place in 40:21.

“I already knew Madrid as I have enjoyed some training stints here some years ago,” said Karlstrom, in fluent Spanish. “I'm impressed because of the atmosphere, it's a privilege to compete in Madrid city centre, I hope today's event boosted the profile of the event.”

Karlstrom, who intends to contest the 20km and 35km at the World Athletics Championships Oregon22, will next compete in La Coruna on 28 May.

“Today's event was a dream come true and it has been even better than I could have imagined, I'm over the moon,” said European silver medallist García, who was the only race walker in the top three not to receive a single warning. “In addition, I performed really well; despite being the organiser, Karlstrom didn't let me win but I'm delighted with my runner-up today.” Held jointly with the men's event, the women's race also started at a moderate rhythm; right from the start the heading group included Qieyang, Peru's Kimberly García, Spain's Laura García-Caro and Ecuador Magaly Bonilla. Over the following couple of laps the Peruvian increased the pace to cover them in 4:19 which whittled down the leading group to three: herself, Qieyang and García-Caro. That trio went through halfway in 21:43 and at exactly that point world silver 20km medallist Qieyang broke away from her two rivals with ease, churning out 4:14 laps. García and García-Caro walked in single file, three and six seconds adrift the leader by the sixth kilometre.

Over the seventh lap it became clear that, barring disaster, the final podium would be Qieyang, García and García-Caro, who couldn't take any risk after receiving two warnings. The 31-year-old Chinese race walker strengthened her leadership over the closing circuits to cross the finish line unopposed in 43:07 (21:43 and 21:17 her two halves) with a 30-second lead over García while the Spaniard managed to keep her third spot in 43:50. Neither the winner nor the Peruvian received a single warning.

Both men's and women's podiums will clash again on 28 May at the Gran Premio Cantones in the Spanish city of **La Coruna**.

## **Leading results**

### **Men**

- 1 Perseus Karlstrom (SWE) 38:42
- 2 Diego García (ESP) 38:49
- 3 Caio Bonfim (BRA) 39:13

- 4 Jun Zhang (CHN) 39:18
- 5 Francesco Fortunato (ITA) 39:21
- 6 Paul McGrath (ESP) 39:30
- 7 Cesar Augusto Rodríguez (PER) 39:41
- 8 Sandeep Kumar (IND) 39:44
- 9 Christopher Linke (GER) 39:58
- 10 Álvaro López (ESP) 40:00

### Women

- 1 Qieyang Shenjie (CHN) 43:07
- 2 Kimberly García (PER) 43:37
- 3 Laura García-Caro (ESP) 43:50
- 4 Ji Haiying (CHN) 44:27
- 5 Ana Cabecinha (POR) 44:35
- 6 Magaly Bonilla (ECU) 44:58
- 7 Li Maocuo (CHN) 45:03
- 8 Johana Ordóñez (ECU) 45:20
- 9 Bawna Jat (IND) 45:20
- 10 Priyanka Goswami (IND) 45:47

## 55th ANNUAL LAKE BURLEY GRIFFIN WALKING CARNIVAL



RACE WALKING  
AUSTRALIA  
AUSTRALIAN FEDERATION  
OF RACE WALKING CLUBS

**Sunday 12 JUNE 2022 – STROMLO FOREST PARK CANBERRA**

### **ENTRIES CLOSING SOON - May 25<sup>th</sup>**

The ACT Race & Fitness Walking Club Inc. (ACT Walkers), on behalf of Race Walking Australia, invite your members and race walkers affiliated with a National Athletics Association to participate in this year's Annual Lake Burley Griffin Walking Carnival to be held on Sunday 12 June 2022. All events will be conducted on a 1 kilometre circuit on the cycling criterium track. The fitness walks are open to all, but participants in the race walking events must be members of a club affiliated with Race Walking Australia or an overseas World Athletics affiliated athletic club. The venue for all events is Stromlo Forest Park, Opperman Avenue / Dave McInnes Road.

No.	Event	Start Time
1	RWA Open 30 km	8.00am
2	ACT Fitness 30 km	8.00am
3	AACT W&M 30 km Champ	8.00am
4	RWA Open Women's 15 km	8.00am
5	RWA Open Men's 15 km	8.00am
6	ACT Fitness 15 km	8.00am
7	ACT Fitness 8 km	9.00am
8	RWA Men's U20 10 km	10.30am
9	ACT Open (Over 19 years) 10 km	10.30am
10	RWA Women's U20 10 km	10.30am
	<b>PRESENTATIONS EVENTS 1 -10 &amp; SPECIAL AWARDS</b>	
11	RWA Boys Under 10 1 km	12.15 noon
12	RWA Girls Under 10 1km	12.15 noon
13	RWA Boys Under 12 2km	12.25 pm
14	RWA Girls Under 12 2km	12.45 pm
15	RWA Boys Under 14 2km	13.05 pm
16	RWA Girls Under 14 2km	13.25 pm
17	RWA Boys Under 16 3km	13.45 pm
18	RWA Girls Under 16 3km	14.10 pm
19	RWA Boys Under 18 5km	14.40 pm
20	RWA Girls Under 18 5km	14.40 pm
21	RWA Women's & Men's Open 5km	15.10pm
	<b>PRESENTATIONS EVENTS 11 - 21</b>	16.00 pm

### Entries

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 are being taken online at- <http://vrwc.org.au/wp1/55th-lbg-walking-carnival/>

**Entries close at 5:00 pm, Wednesday, 25th May 2022.**

### Entry Fees

Race Walking Australia Events;

- \$35.00 for first event, \$20.00 for second event (including an Athletics ACT Championship), or a \$60.00 cap for 3 events

- A family cap of \$150 will also apply.

Fitness Walks:

- Fitness Walk & Open 10k fee is \$20.00

### QRWC Uniforms

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. Competitors not competing in a

Race Walking Australia event are also encouraged to wear their Walking Club uniform.

### Updated Draft Calendar 24.04.2022

MONTH		DATE	EVENT	VENUE
March		27	AA Track Championships - Walks	Sydney
April		3	AMA National Road Walk C'Ship	QSAC
April		10	QRWC Sign On Meet /AGM	Mudgeeraba
		17	Easter Sunday	No club competition
		24	QRWC Warm Up Meet	Morningside
May		1	QRWC Handicap Meet 1	North Lakes
		8	Mother's Day	No club competition
		15	Gold Coast Championships	Postponed
		22	QRWC Handicap Meet 2	Brisbane Corso
		29	QRWC Handicap Meet 3	Beenleigh
June		5	QRWC Handicap Meet 4	TBC
		12	LBG Federation Meet	Mt Stromlo Canberra
		19	QRWC Handicap Meet 5	TBC
		26	QRWC Handicap Meet 6	TBC
July		3	Gold Coast Marathon	Southport
		10	RWA Postal Challenge	Beenleigh
		17	QRWC Handicap Meet 7	TBC
		24	QRWC Track Championships	St Lucia
		31	QRWC Handicap Meet 8	TBC
August	Saturday	6	QA Road Walk Championships	QSAC Ring Road
		14	QRWC Handicap Meet 9	TBC
		21	QRWC Handicap Meet 10	
		28	QRWC Club Championships	Beenleigh
September		4	Father's Day	No club competition
		11	AA/Federation Championships	Melbourne
		18		
		25		
November		13	Pan Pacific Masters Games	Gold Coast

It is important to note that your handicap grade is determined from your first handicap race of the season so to maximise points it is best to remain in the same grade all season. If you start in A grade for example and drop back for a race in C grade you will get far less handicap points and may not be eligible for seasons best performance points. The handicap points system rewards those athletes that participate each week of the season and can improve on their performance each week.

## 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.

## OCEANIA CHAMPIONSHIPS / QMA STATE CHAMPIONSHIPS

The **QMA Track and Field Championships** for 2022 will be held in conjunction with the Oceania Open Championships.

**Where:** Mackay Aquatic and Recreation Centre

**When:** 9th, 10th and 11th June 2022

Master's members can enter the QMA Championships or the Oceania Masters Challenge or both if they like and want to score two medals for the one event!

### Walk Events

Tuesday June 7<sup>th</sup> 10,000 metres M/W U20

10,000 metres M/W Open

Thursday June 9<sup>th</sup> 5,000 metres M/W U18

5,000 metres M/W U20

5,000 metres M/W Open

5,000 metres M/W Masters

Saturday June 11<sup>th</sup> 1,500 metres M/W Masters

To enter go to :

[Oceania Athletics Association Oceania Championships 2022 \(athletics-oceania.com\)](http://athletics-oceania.com)

**Racewalking Queensland Management Committee 2022/23**



**President:** P Bennett                    **Secretary/Treasurer:** N. McKinven  
**Vice President.** I Jimenez  
**Committee:** S McCure, J-R McRoberts, S Pearson, Joanne McRoberts, R Wales, John McRoberts  
**Patrons:** Patrick & Maxine Sela  
**Registrar:** J Stuckey / C Chadwick  
**Handicapper** A Guevara / N McKinven  
**Equipment** J McRoberts / S Mc Cure / I Jimenez  
**Uniforms:** J Stuckey  
**Publicity / Media** C Chadwick  
**Results** R Wales  
**Newsletter Editor:** P. Bennett  
**Club Captains:** Jasmine-Rose McRoberts / Sam McCure

### **QRWC & QA membership**

The QRWC membership year runs from 1 October to 30 September the following year. Memberships can be taken out or renewed 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. All memberships taken out on or after 1 October 2021 will be valid until 30 September 2022 and will cover the 2022 winter road walking season.

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

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

#### **Standalone QRWC Membership**

QRWC membership covers all QRWC race days 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 would be suitable for athletes wishing to compete at QRWC races only, or athletes wishing to attend QA events who are already a member of another QA club (refer to the following for details about QA events).

#### **Combined QRWC/QA Membership**

QA conducts a number of events throughout the year, including approximately 4 or 5 racewalking events held over the summer months as well as the QA Qld Road Walking Championships (usually held in July each year). In order to compete at these events, QA requires athletes to take out membership with QA and also be a member of a club that is affiliated with QA - QRWC is one such club.

QA memberships become due on 1 October each year and are valid until 30 September the following year. The QRWC membership year is aligned with the QA membership year which means that athletes wishing to compete at QA events can obtain a combined QA/QRWC membership in or after October each year, which covers the QA summer season events (October to March) and the Qld Road Walking Championships in July. This combined membership also includes the QRWC winter road walking season (ie. the traditional Sunday morning races held from April to September). This allows members wishing to compete in both QA and QRWC events, to take out membership for both organisations in one transaction. In fact, we already have a number of QRWC members who have renewed their QRWC membership for the 2022 winter season and have been competing at QA events over the summer months. Given that this membership extends until September 30 this year, they will also be covered for the Qld Road Walking Championships in July (approx.) and QRWC races held in the winter months.

Further information about QA memberships can be found at:

<https://cdn.revolutionise.com.au/site/qqmoo3oyiea1blrd.pdf>

If you would like more information regarding membership options, please contact Jenny at [qrwceregistrar@gmail.com](mailto:qrwceregistrar@gmail.com)

## World Events 2022

### 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



**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 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.

## 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:

[grwc1@optusnet.com.au](mailto:grwc1@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/>