

# Queensland Race Walking Club Inc.

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



## HEEL & TOE

July 14<sup>th</sup> 2022

### CLARIFICATION REGARDING SELECTION FOR THE 2022 WORLD ATHLETICS CHAMPIONSHIPS

AA has come under fire on social media over the team selection for the World Championships. A number of athletes and their coaches have questioned the transparency and fairness of the selection process and brought the integrity of AA into question.

*“Athletics Australia would like to clarify the nomination and selection process for the Australian team for the 2022 World Athletics Championships, following intense social media speculation. Upon nominations opening for the three major championships held in 2022 (World Athletics Championships, Commonwealth Games and World Athletics Under 20 Championships), athletes and coaches were required to read and understand the selection and nomination policies for the respective teams.*

*The policy for the 2022 World Athletics Championships differed this year to give athletes the flexibility in deciding to aim for up to three international teams, understanding that it is not always beneficial to compete at multiple championships within one year. We can confirm that no changes were made to the selection criteria following AA Board sign off in October 2021. Selection, as per any other year, is made by Athletics Australia’s Panel of Selectors; an independent group appointed by the Athletics Australia Board, whose purpose is to determine the composition of Australian teams.*

***Despite this process, we acknowledge that the policy was not well understood, which brought the integrity of AA into question, and we deeply apologise for this.***

*We also apologise for miscommunication that occurred between an athlete and an AA staff member regarding automatic selection, however this was rectified by AA’s Chair of Selectors; the only person authorised to speak on selection matters. To avoid this happening again, we are now looking at improving methods of communication moving forward to ensure the correct information is broadcast as soon as a policy is published. At this time and always, we put the mental health and wellbeing of athletes first, and we ask you that you respect their privacy at this time. We do remain concerned about unfounded allegations affecting their wellbeing. Athletics Australia acknowledges that there has been significant commentary on social media in recent days, some of which breaches AA’s Code of Conduct. AA will not be publishing any material on social media in order to respect the rights and opinions of the Australian athletics community.*

*If any athletes have concerns about their wellbeing, please reach out to AA's Athlete Wellbeing & Engagement Manager, Melanie Purkiss (melanie.purkiss@athletics.org.au). Athletics Australia has a range of integrity policies and if any members of the community feel that there has been a breach of those policies, they can reach out to AA's National Integrity and Risk Manager, Simon Thompson (simon.thompson@athletics.org.au) should there be concerns about integrity matters both at AA or within the community. Athletes and coaches at the World Athletics Championships and/or the Commonwealth Games are able to speak directly to AA President and CEO, Jan Swinhoe and Peter Bromley who will make themselves available at any time during either of the championships."*

Sascha Ryner, Athletics Australia July 7<sup>th</sup> 2022

## OREGON 2022 WORLD ATHLETICS CHAMPIONSHIPS

20km Walk	Jemima Montag VIC, Rebecca Henderson VIC
35km Walk	Kelly Ruddick VIC
20km Walk	Kyle Swan VIC, Declan Tingay WA, Rhydian Cowley VIC
35km Walk	Rhydian Cowley, Carl Gibbons NSW

### Walks schedule

July 15<sup>th</sup> 13.10pm 20km Women  
15.10pm 20km Men  
July 22<sup>nd</sup> 6.15am 35km Women  
July 24<sup>th</sup> 6.15am 35km Men

## World Athletics Championships: Kelly Ruddick to become oldest ever female competitor, aged 49



### **Australia's Kelly Ruddick is set to become the oldest ever female competitor at the World Athletics Championships, aged 49.**

She was selected by Athletics Australia for the 35km race walk at this month's championships in Eugene, Oregon. It will be Ruddick's debut appearance at the showpiece, after missing out in 2015 with an ear infection.

"It means much more to her now than it would mean to others, I'm sure," her father Kevin said. "Every time she's had a chance something has gone wrong.

"She's thought it was all over. It's an incredible achievement that all these years later she's here again."

Race walker Jesus Angel Garcia of Spain is the oldest person to have competed at the World Championships, racing in his 13th edition, also at the age of 49, in Doha in 2019. Portugal's Joao Vieira is the oldest athlete to have won a medal in World Championship history when he took silver aged 43 in the race walk in 2019. Athletics Australia also named the youngest athlete for this year's championships, with 17-year-old Claudia Hollingsworth competing in the 800m.

**Congratulations** to Kirsten Crocker who will be one of five Australian officials at the World Championships and at the Commonwealth Games as an International Race Walk Judge.

## British racewalker Tom Bosworth says he will retire from athletics at the end of this season.

Tom Bosworth, who was runner up to Dane Bird-Smith in that epic 20km at the 2018 Gold Coast Commonwealth Games, has announced he will retire from the sport after the Birmingham Commonwealth Games in August.

*The 32-year-old won silver in the men's 20km race walk at the 2018 Commonwealth Games when he set a British record of one hour 19 minutes and 38 seconds.*

*His last major event is set to be this year's Commonwealth Games in Birmingham from 28 July to 8 August. "Hopefully, I can celebrate everything I've achieved by having one last big amazing summer," said Bosworth. "Competing at a home Commonwealth Games is just the perfect way to go out."*

*Bosworth was sixth in the 20km race walk at the Rio Games in 2016 and finished seventh in the same event at the 2019 World Championships in Doha.*

*He was disqualified from the 20km race walk at the World Championships in 2017. "It's not been an easy decision to make. It's not one I've rushed into but now feels like the right time,". "I cannot believe what I have managed to achieve. I just started athletics for fun and fitness so, to have had the career I have had, I feel so lucky and privileged."*

## Birmingham 2022 Commonwealth Games

The Commonwealth Games will be held from Thursday 28 July to Monday 8 August with the Athletics competitions to be conducted from Tuesday 2 August through to Sunday 7 August at Alexander Stadium.



Australian Athletics Team for the 2022 Commonwealth Games:

10,000m Walk Men: Rhydian Cowley, Kyle Swan, Declan Tingay

10,000m Walk Women: Katie Hayward, Rebecca Henderson, Jemima Montag

### **THIS WEEK**

**Sunday July 17th**

**QRWC Handicap #6 Faye Carr Park Ripley**

8.00am A Grade 10km

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

8.30am B Grade 5km

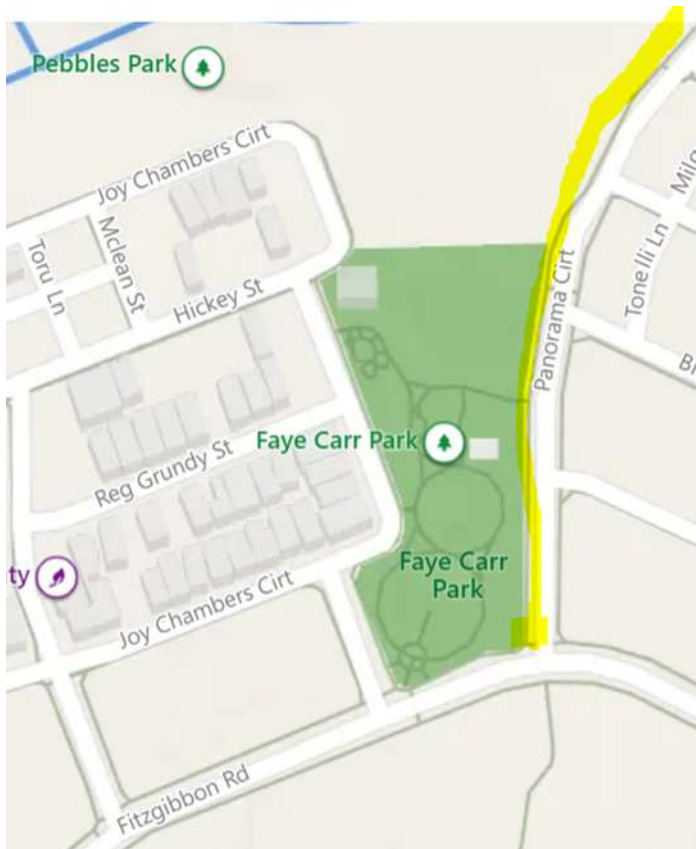
8.45am C Grade 3km / D Grade 2km

Registrations are now open for our race this, Sunday July 17<sup>th</sup> at Faye Carr Park (Ripley Park), Ripley.

Use the following link to register:

<https://www.revolutionise.com.au/qldracewalkingclub/events/148562/>

This event will be held at our new course at Ripley. We will 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.



## Volunteers Needed!

For all road walk meets this season we will 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, time keeper, 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.

## RESULTS RESULTS RESULTS

10<sup>th</sup> July, 2022

Logan River Parklands

RWA Postal Challenge

### Open 10km

**Men:** (1) Ignacio Jimenez **SB** 49.00 (2) Peter Bennett **SB** 1.07.49 (3) Patrick Sela 1.26.24

**Women:** (1) Katie Hayward 47.10 (2) Brenda Gannon 1.02.12 (3) Joy Dale 1.21.43 (4) Noela McKinven 1.30.52

### U20 10km

**Women:** (1) Jasmine-Rose McRoberts 1.10.01

### U18 8km

**Men:** (1) Sam McCure 40.10

**Women:** (1) Ashanti Heap 45.10 (2) Mia Bergh 45.25 (3) Anika Clarke 47.13 (4) Torryn Fisher 50.21 (5) Lily Housden 53.58 (6) Korey Brady 55.14 (7) Phoebe Chadwick 1.00.50

### U16 5km

**Men:** (1) Bailey Housden **SB** 25.33 (2) Kai Dale 30.38

**Women:** (1) Lyla Williams **SB** 26.34 (2) Katie Bray 31.55 (3) Lily Goulding 32.52 (4) Taylah Morris 36.56

### U14 3km

**Women:** (1) Eq. Destinee Pickvance-Yee, Makenna Clarke **SB** 17.08 (3) Olivia Boulton 18.33 (4) Maya Barron **SB** 18.37 (5) Siaan Fisher 19.33 (6) Pippa Anderson 21.03

### U12 2km

**Men:** (1) Hunter Sibenaler 15.08

**U10 1.5km**

**Women:** (1) Freya Williams 9.26 (2) Tully Fisher 11.09 (3) Dakota Vicary 12.10

**Invitation 5km**

**Women:** Nyle Sunderland SB 32.20



*Photo courtesy: Danielle Sibenaler*

**QMA Short Course Race Walks Championships** \*(within Postal Challenge 10km)

**Men 10km**

M55-59	1	Ignacio Jimenez	*49.00
M65-69	1	Peter Bennett	*1.07.49
M80-84	1	Patrick Sela	*1.26.24

**Women 5km**

W45-49	1	Brenda Gannon	*29.56
W50-54	1	Joy Dale	*38.17
W55-59	1	Jennifer Stuckey	33.20
W80-84	1	Noela McKinven	*44.46



*Photo courtesy: Crystal Coulding*

**Judges' Reports**

- 11 kkk
- 101 kk
- 219 k
- 312 kkK
- 314 kk
- 356 kk
- 385 k
- 388 k
- 389 k
- 399 K
- 400 K
- 407 c
- 420 ccc
- 424 k

## Coming Up

**Sunday July 24th**

**QRWC Handicap #7**

8.00am A Grade 10km

B Grade 5km

8.30am C Grade 3km

D Grade 2km

E/F Grade 1km



Skippy Park is located just south of Landsborough township and north of Beerwah). If you are heading north on Old Landsborough Road from Beerwah, turn left after Thompson Road.

**USCAC Winter Carnival**  
**Sunday July 24<sup>th</sup> USC Athletics Track**  
**Sippy Downs Drive, Sippy Downs**



The program and entry details are on the QA website at  
<https://www.qldathletics.org.au/index.cfm/competition/details/?id=681>

The short walks are from 12.30 -1.30pm but depending on numbers, the races may be combined with shoulder ribbons for each distance. The 3,000m Walk is on at 3.15pm.

**Entry Fees:** U10 – U18 \$10 per event

U20, Open & Masters \$12 per event

**Entries Close: Thursday July 21st 8am**

The QRWC road meet is on at Skippy Park, Landsborough at 8am that morning and USCAC organisers have scheduled their programme to enable our walkers to participate in both meets and to make a day of it.

USCAC would appreciate any of our QRWC volunteers officials making themselves available to assist in the afternoon you could muster for the afternoon (and I have heard that there be some refreshments in the Officials room).

### **Walks Programme**

12.30pm 700m Walk 8Years B/G

12.45pm 1,100m Walk 9- & 10 Years B/G

1.00pm 1,500m Walk 11-17 Years B/G

3.15pm 3,000 Walk U14&U16, U18 & U20, Open, Masters M/F

## **Sunday July 31st QRWC Track Championships**

### **University of Qld St Lucia**

8.00am Open M/W 5,000 metres

U20 M/W 5,000 metres

U18 M/W 5,000 metres

8.45am U16 B/G 3,000 metres

9.10am U14 B/G 1,500 metres

U12 B/G 1,500 metres

9.25am U10 B/G 1,000 metres

### **Race Walking Qld Track Championship Records**

Open Men's 5,000 metres Dane Bird-Smith 2012 19.22.22

Under 20 Men's 5,000 metres Luke McCutcheon 2016 21.48.98

Under 18 Men's 5,000 metres Brad Aiton 2010 22.25.90

Under 16 Boys 3,000 metres Nelson McCutcheon 2017 13.20

Under 14 Boys 1,500 metres Bailey Housden 2021 6:30

Under 12 Boys 1,500 metres Jonathan Wearne 2015 7.00.24

Under 10 Boys 1,000 metres Flynn Callaghan 2018 6.00.00

Open Women's 5,000 metres Jessica Pickles 2017 23.03

Under 20 Women's 5,000 metres Jessica Pickles 2013 24.26.00

Under 18 Women's 5,000 metres Katie Hayward 2017 21:56

Under 16 Girls 3,000 metres Katie Hayward 2015 13.23.97

Under 14 Girls 1,500 metres Jayda Anderson 2018 6.46

Under 12 Girls 1,500 metres Lyla Williams 2019 7:18.00

Under 10 Girls 1,000 metres Lyla Williams 2016 5.22.27

## **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.

# QUEENSLAND ROAD WALKING CHAMPIONSHIPS + QMA Long Course Road Walk Championships

Sunday 7th August 2022  
QSAC, Nathan

## Entries

- Entries are taken online at [www.qldathletics.org.au](http://www.qldathletics.org.au) and close at 9.00am Thursday 4<sup>th</sup> August. There are strictly no late entries to this event.
- Qld Athletics Base Members - \$30.00 / Gold Members - \$20.00 / Platinum Members – Free

QMA members who are participating and wish to receive a QMA medal must also enter and pay the QMA Championship fee.

Enter at [QMA Long Course Road Walk Championship - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

This event is also the Queensland event for entering the AMA virtual 20 km Championships (see below).

## PROGRAM OF EVENTS

RACE #	START	DISTANCE	AGE GROUP	YEAR BORN
<b>1</b>	8.30am	20km	Open Men	Open
			Open Women	
			Masters Men (30-59)	30-59
		10km	Under 20 Men	2003 / 2004
			Under 20 Women	
			Under 18 Boys	2005 / 2006
Masters Women/Masters Men (60+)	30+ Women/60+ Men			
<b>2</b>	9.00am	5km	Under 18 Girls	2005 / 2006
			Under 16 Boys	2007 / 2008
			Under 16 Girls	
<b>3</b>	9.30am	3km	Under 14 Girls Under 14 Boys	2009 / 2010
<b>4</b>	10.00am	2km	Under 12 Girls Under 12 Boys	2011 / 2012
		1km	Under 10 Girls	2013- 2016
			Under 10 Boys	





## AMA 20KM WALK POSTAL CHAMPIONSHIPS

**Sunday 7<sup>th</sup> August or agreed date (States and Territories are expected to conduct their races between the dates of July 23<sup>rd</sup> and August 21<sup>st</sup>) Entry Fee \$20 (separate from any local entry fee!)**

**Entries Close on Sunday 31st July for all entrants or 3 days before an Interstate race held earlier than the 31<sup>st</sup>.**

Contact: George White [gwhite@adam.com.au](mailto:gwhite@adam.com.au) Mobile 0419 348 888

It is now a little over 6 weeks to the AMA 20km walk and an entry form will shortly be available on the AMA website. While athletes are welcome to compete in Adelaide the competition is also being run as a Postal Competition. The 20km postal event needs to be held between the dates of July 23<sup>rd</sup> and August 21<sup>st</sup>.

### Updated Draft Calendar 30.06.2022

MONTH	DATE	EVENT	VENUE
<b>March</b>	27	AA Track Championships—Walks	Sydney
<b>April</b>	<b>3</b>	<b>AMA Road Walk C'Ship</b>	<b>QSAC</b>
<b>April</b>	10	QRWC Sign-On Meet /AGM	Mudgeeraba
	<b>17</b>	<b>Easter Sunday</b>	<b>No competition</b>
	24	QRWC Warm-Up Meet	Morningside
<b>May</b>	1	QRWC Handicap Meet 1	North Lakes
	<b>8</b>	<b>Mother's Day</b>	<b>No competition</b>
	15	No race	Wash-out
	22	QRWC Handicap Meet 2	Brisbane Corso
	29	QRWC Handicap Meet 3	Beenleigh
<b>June</b>	5	Gold Coast Championships	Mudgeeraba
	<b>12</b>	<b>LBG Federation Meet</b>	<b>Canberra</b>
	19	QRWC Handicap Meet 4	North Lakes
	26	QRWC Handicap Meet 5	Brisbane Corso
<b>July</b>	<b>3</b>	<b>Gold Coast Marathon</b>	<b>Southport</b>
	10	RWA Postal Challenge	Beenleigh
	17	QRWC Handicap Meet 6	Ripley
	24	QRWC Handicap Meet 7	Skippy Park
	24	USCA Winter Track Champs	Sippy Downs
	31	QRWC Track Championships	UQ
<b>August</b>	<b>7</b>	<b>QA Road Walk Championships</b>	<b>QSAC Ring Road</b>
	14	QRWC Handicap Meet 8	TBC
	21	QRWC Handicap Meet 9	TBC
	28	QRWC Club Championships	Beenleigh

<b>September</b>		<b>4</b>	<b>Father's Day</b>	<b>No club competition</b>
		11	AA/Federation Championships	Melbourne
		18		
		25		
<b>November</b>		<b>13</b>	<b>Pan Pacific Masters Games</b>	<b>Gold Coast</b>

## 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.

## 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 [qrwcregistrar@gmail.com](mailto:qrwcregistrar@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 6th

Women's 10,000m Walk Final

### Sunday August 7th

Men's 10,000m Walk Final

## 2022 U20 World Athletics Championships

Cali, Columbia August 2-7<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/>