

Queensland Race Walking Club Inc.

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



HEEL & TOE

July 21st 2022

Montag 4th in 20km at World Athletics Championships

Jemima Montag was Australia's standout performer in the 20km events at the World Athletic Championships with a hard-fought 4th placing. Fellow Victorian, Rebecca Henderson was 20th and of special interest to the QRWC our former member Christina, competing for Greece, was 28th. Declan Tingay was best of the men coming home in 17th place after collecting three red cards and earning a 2 minute penalty late in the race. Rhydian Cowley was 19th and Kyle Swan 33rd.

Tomorrow (Friday) Kelly Ruddick will be racing in the women's 35km and on Sunday Carl Gibbons and Rhydian Cowley race in the men's 35km.



AA Report

Australian race walker **Jemima Montag** has achieved the fastest time by any Australian woman at a World Championships or Olympics, placing a triumphant fourth in the Women's 20km Race Walk on Day 1 of the World Athletics Championships in Oregon, USA.

The 24-year-old medicine student showed off her impressive form throughout the event, placing herself firmly in the lead pack as the starter's gun went off. While beginning her race

conservatively, Montag made her presence known, moving from sixth place to fourth in the final kilometres, as she tried to keep pace with eventual gold medallist Kimberly Garcia Leon from Peru and China's Shijie Qieyang. As Leon maintained her position throughout the 10-loop race, Polish walker Katarzyna Zdzieblo pushed ahead, placing Qieyang in third. Though Montag worked to close the gap between herself and Qieyang, she ultimately finished 21-seconds behind the bronze medallist in 1:28:17.

Despite narrowly missing the podium, Montag was proud to step up from her sixth-place finish at the Tokyo Olympics to fourth, knowing that a podium finish is in sight at her next global event. "In Little Athletics years ago, there was a saying that 'fourth sucks' and they even used to print it on t-shirts. Humans have just decided that 1-2-3 get medals and fourth is one spot away from that," Montag said. "I think that fourth rocks, it doesn't suck. "I've been working this year on being aggressive in the second half instead of slowly fading and I think if I had another couple of laps, I would have got that third girl but ran out of time. It feels good to slowly pick people up and grit my teeth. "My legs were dying but when you can't walk with your legs anymore, you can walk with your heart and I had so much family on the sidelines this time which was really special after last year, with everyone missing out. They were with me every step and that made it doable." 21-year-old **Rebecca Henderson** placed 20th in the same event with a time of 1:34:38, continuing her upward trajectory from Tokyo where she placed 38th.

In the Men's 20km Race Walk, **Declan Tingay** placed the best of an Aussie trio, consisting of himself, **Rhydian Cowley** and **Kyle Swan**, placing 17th; equal to his finish at the Tokyo Olympics last year. Although the Western Australian found himself in the lead pack until the final 5km, Tingay found himself without enough in the tank to break away from the pack, and instead fell back in the final two laps to clock 1:23:28. Olympic 50km race walker **Cowley** placed 19th in the shorter distance in 1:23:37 – his best result in the event at a World Championships, and **Kyle Swan** crossed the line in 1:28.43 to place 33rd.

Selected Results

Womens 20km

1 Kimberly GARCÍA LEÓN PER 1:26:58 NR

2 Katarzyna ZDZIEBŁO POL 1:27:31 NR

3 Shijie QIEYANG CHN 1:27:56

4 Jemima MONTAG AUS 1:28:17

5 Hong LIU CHN 1:29:00 SB

6 Nanako FUJII JPN 1:29:01 SB

7 Alegna GONZÁLEZ MEX 1:29:40 SB

8 Valentina TRAPLETTI ITA 1:29:54

9 Ana CABECINHA POR 1:30:29 SB

10 Zhenxia MA CHN 1:30:39

20 Rebecca HENDERSON AUS 1:34:38

28 Chr. PAPADOPOULOU GRE 1:37:20 SB

Mens 20km

1 Toshikazu YAMANISHI JPN 1:19:07 SB

2 Koki IKEDA JPN 1:19:14

3 Perseus KARLSTRÖM SWE 1:19:18 SB

4 Samuel Kireri GATHIMBA KEN 1:19:25 SB

5 Brian Daniel PINTADO ECU 1:19:34 PB

6 Caio BONFIM BRA 1:19:51

7 Álvaro MARTÍN ESP 1:20:19

8 Hiroto JUSHO JPN 1:20:39

9 Alberto AMEZCUA ESP 1:20:44

10 César A. RODRÍGUEZ PER 1:20:59

17 Declan TINGAY AUS 1:23:28

18 Andres Eduardo OLIVAS MEX 1:23:36

19 Rhydian COWLEY AUS 1:23:37

33 Kyle SWAN AUS 1:28:43

THIS WEEK

Sunday July 24th

QRWC Handicap #7

Skippy Park, Landsborough

8.00am A Grade 10km

B Grade 5km

8.30am C Grade 3km

D Grade 2km

E/F Grade 1km

This week we are heading north to Landsborough for our Handicap meet with the race on a wide and flat cycle track. Good for anyone chasing a seasons best.

Entries are now open on our RevSport portal :

<https://www.revolutionise.com.au/qldracewalkingclub/events/149317/>



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. Not far from Australia Zoo.

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.

USCAC Winter Carnival
Sunday July 24th 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>

Entries Closed

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

NEXT WEEK

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

Registrations are now open for this

event. <https://www.revolutionise.com.au/qldracewalkingclub/events/149474/>

If you have any questions, please contact our Registrar at qrwcregistrar@gmail.com

Entry Fees: Members \$ 10 / Non-Member Guests \$ 15.00. (This includes UQ Track Fee surcharge).

Age is Age on Day.

Medals for these Championships will be presented at the Club Relay / Trophy Day.

IMPORTANT We will need a number of volunteers to assist with judging, lap scoring and time keeping for these track races.

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.

RESULTS RESULTS RESULTS

July 17th Ripley

QRWC Handicap #6

Thank you to everyone that ventured out to Ripley last Sunday for our handicap meet especially to the judges, time keepers and lapscorers. We are very grateful for your time and commitment you give to the club and the sport. Thank you also to Crystal for recommending the new venue and to Danielle for her wonderful race photos. As we get deeper into the season it's gets harder and harder to improve each week and we only saw three seasons best times on Sunday.

A Grade 10km

Men: (1) Ignacio Jimenez 53.26 (2) Argenis Guevara 1.04.37 (3) Peter Bennett 1.11.20

Women: (1) Brenda Gannon 1.04.08 (2) Jennifer Stuckey 1.09.56 (3) Joy Dale **SB** 1.19.00 (4) Noela McKinven 1.33.49

B Grade 5km

Men: (1) Kai Dale 32.45 (2) Patrick Sela 43.16

Women: (1) Lyla Williams 29.16 (2) Natasha Flahey 31.24 (3) Katie Bray 32.06 (4) Lily Goulding 34.00

C Grade 3km

Women: (1) Destinee Pickvance Yee 17.05

D Grade 2km

Men: (1) Hunter Sibenaler 14.18. Lachlan Moore DQ

Women: (1) Kiara Waterman **SB** 12.53 (2) Freya Williams 13.39 (3) Tully Fisher **SB** 13.57

E Grade 1km

Men: (1) Dylan Moore 7.57

Women: (1) Amelia Chisholm 7.32

Judges' Report

11 k
356 k
377 ccC
382 kK
385 kK
388 kcC
389 c
391 k
398 kK
407 k
413 k
416 cccCCC DQ
417 k

Reminder – if you forget your number ask for a temporary one.



There're off and racing

Awww Mum, do you have to?

Photos Courtesy: Daniella Sibenaler

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.



Friday August 6th Women's 10,000m Walk: Katie Hayward, Rebecca Henderson, Jemima Montag

Saturday August 7th Men's 10,000m Walk: Rhydian Cowley, Kyle Swan, Declan Tingay

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 and close at 9.00am Thursday 4th 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
1	8.30am	20km	Open Men	Open
			Open Women	
			Masters Men (30-59)	30-59
		10km	Under 20 Men	2003 / 2004
			Under 20 Women	
			Masters Women/Masters Men (60+)	30+ Women/60+ Men
2	9.00am	5km	Under 18 Girls	2005 / 2006
			Under 16 Boys	2007 / 2008
			Under 16 Girls	
3	9.30am	3km	Under 14 Girls Under 14 Boys	2009 / 2010
4	10.00am	2km	Under 12 Girls Under 12 Boys	2011 / 2012
		1km	Under 10 Girls Under 10 Boys	2013- 2016



AMA 20KM WALK POSTAL CHAMPIONSHIPS

Sunday 7th August or agreed date (States and Territories are expected to conduct their races between the dates of July 23rd and August 21st) 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 31st.

Contact: George White 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 23rd and August 21st.

Updated Draft Calendar 30.06.2022

MONTH	DATE	EVENT	VENUE
March	27	AA Track Championships – Walks	Sydney
April	3	AMA Road Walk C'Ship	QSAC
April	10	QRWC Sign On Meet /AGM	Mudgeeraba
	17	Easter Sunday	No competition
	24	QRWC Warm Up Meet	Morningside

May		1	QRWC Handicap Meet 1	North Lakes
		8	Mother's Day	No competition
		15	No race	Wash out
		22	QRWC Handicap Meet 2	Brisbane Corso
		29	QRWC Handicap Meet 3	Beenleigh
June		5	Gold Coast Championships	Mudgeeraba
		12	LBG Federation Meet	Canberra
		19	QRWC Handicap Meet 4	North Lakes
		26	QRWC Handicap Meet 5	Brisbane Corso
July		3	Gold Coast Marathon	Southport
		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
August		7	QA Road Walk Championships	QSAC Ring Road
		14	QRWC Handicap Meet 8	TBC
		21	QRWC Handicap Meet 9	TBC
		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

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

World Events 2022

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.

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 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/>