

Queensland Race Walking Club Inc.

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



HEEL & TOE

May 26th 2022

Run like a Kenyan they say. Soon it maybe race walk like a Kenyan!

Kenya is known as a distance running powerhouse. Now that strength in endurance events is filtering through to the world of race walking.

Given that Kenya's athletes have won everything from 4x400m races to the marathon over the past six decades, it is surprising that there has not been more race walk success. Kenya has claimed 106 Olympic medals on the track and road alone since 1964. That includes 34 gold medals, despite the nation missing two Olympiads.

You might have thought that an event requiring the steady beat of aerobic effort would find more proponents than currently exists. Samuel Gathimba believes he knows why.

The 34-year-old won Kenya's first senior medal on a global level when he came third at last month's World Athletics Race Walking Team Championships Muscat 22 in Oman. He had already won Commonwealth bronze in 2018, but in March his effort in the desert saw him bide his time before making a push over the final five kilometres of the 20km.

After 20 years of endeavour and often lonely walks, he sank to his knees in gratitude that his unstinting effort had finally paid off. But ask Gathimba to guess the number of race walkers in a population of more than 55 million, and he estimates 'about 50'.

Compare that to the thousands of Kenyan runners, and the percentage is minuscule. There is clearly a vast amount of untapped potential.

In Kenya, children start running a few steps after the cradle. Early on, they run to school and back, often covering four or more miles a day when at primary school. It's almost natural that the best graduate to distance running. But not race walking, at least not in any kind of numbers until the last few years. "It's a technical event. Technical with rules, and that isn't for a lot of kids," Gathimba explains. "I found my talent at a young age. I started walking at primary school, but I saw it more as a hobby then, but I kept going through secondary school."

An early inkling that race walking was for her is echoed by Emily Ngii. She too started at primary school. "I found myself walking, and I just came to love the event," says the 2014 African silver medallist.

The 35-year-old recorded 1:42:39 for the 20km event at the World Race Walking Team Championships in Muscat.

She also has a PB of 1:30:56, set in June last year. That should have been a result to savour, but her performance at the Moi International Sports Centre in Nairobi didn't leave Ngii with her targeted outcome.

Sadly, Kenya was not able to send her and Gathimba to the Olympics – the latter after he notched a fabulous 1:18:26 in the men’s 20km at the same time – as the event didn't fulfil the technical requirements for qualifying performances.

“Covid made it difficult for everyone – not just international race walk judges – to travel, and we needed three from different countries for qualifying times that counted,” explains George Kariuki, Kenya’s head of race walking.

“There was also a hope we could send Samuel and Emily to the La Coruna race in Spain, in early June. But our application got held up, and I needed to get other athletic managers who were sending walkers to help us out.

“When we did finally get the invite, it was two days before the race and impossible to arrange travel.”

Kariuki insists it won’t happen again and has already pencilled in the African Championships in Mauritius in early June as a qualifying race to send Kenyan athletes to the World Athletics Championships Oregon22.

The head coach insists there are plenty of reasons to be cheerful for Kenyan race walking. Apart from Gathimba’s Muscat success, the nation boasts the men's world U20 10,000m race walk champion.

Heristone Wanyonyi strode to victory on home soil in 42:10.84 last June, and he had barely turned 18. He followed that with a fourth-place finish in the U20 event in Muscat.

Kariuki hopes both successes will provide the "little boost" race walking needs at home.

What "little boost" means in practical terms is increased funding to create more bubble camps where all the top race walkers get together, along with the means to compete at more international competitions.

In the world of baby steps, Kenya recently took a few.

“Last year the federation, through the national Olympic committee, accorded three race walkers an opportunity to train at a bubble camp to improve on their performance,” says Kariuki. “It certainly did. Samuel and others were walking times that made me look at the stopwatch twice to make sure I had it correct. It was amazing.

“This year, they facilitated the walkers who took part at Muscat. It was the first time we had a team at the World Team Championships. “What we now need are more camps and competition at the highest level.”

Despite this success, there remains little or no funding for race walkers in Kenya. Any coach that does offer their services, does so for free. Even Kariuki, based in Nairobi, sends training programmes to the likes of Gathimba, based three hours away in Nyeri.

“Kenyan race walkers have what it takes to compete at the top level and win medals, but they lack proper coaches,” said Ngii. “The authorities concerned wait until we make the national team before offering us coaches and other facilities, hence this has stalled their progress.”

Simon Wachira and Dominic Ndigitu are another two athletes starting to make themselves heard on a global level. Kariuki also has hopes for Stephen Ndangili, an 18-year-old race walker with a PB of 45:56 for the 10,000m event.

“If they are supported and put together in a training camp, I am confident we can do much better,” says Kariuki. “Sometimes hard training goes to waste due to a lack of international competitions.”

He adds: “Many countries of the world see race walking as a second-rate event. It sadly discourages potential walkers from excelling, hence the reason for few race walkers. “But with Kenya’s talent and heritage as a great athletics nation, I’m sure we can begin to make serious progress at walking. The success for Heristone and Samuel has been a motivating factor to the rest of Kenyan walkers and possibly to others in a country that is so good at running.”

THIS WEEK

Sunday May 29th 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

**Registrations are open for Sunday at Logan River Parklands, Beenleigh.
Please use the following link to register online:**

<https://www.revolutionise.com.au/qldracewalkingclub/events/143324/>

Members who registered and paid for the postponed Gold Coast Championships, who have not yet used their credit discount code, are invited to use the code to register for this event.

Meet at the picnic tables adjacent to the carpark at the end of Blackbird Street, Beenleigh. Note: this is on the western side of the M1 motorway (the opposite side to the public boat ramp).

The course is a circular circuit around picturesque bushland. Each lap is just less than 900m. Thus, each race requires an additional distance to be covered at the completion of the last circular lap. This involves continuing past the start/finish line, up to the correct cone, going around the cone and then coming back towards the finish line in the opposite direction (ie. going 'up and back'). Please listen carefully to the instructions given at the start of the race to avoid confusion.

Winter warmer Raffle

We are having another raffle this Sunday at Beenleigh. The prize is a cosy Scentsy blanket, kindly donated by Candace.

Bring your loose change!

NEXT WEEK

Take 2

Sunday June 5th Mudgeeraba Gold Coast Road Walk Championships

GCC Open M/W 10km
Invitation M/W 5km Non-Championship
GCC U20 M/W 5km
GCC U18 M/W 5km
GCC U16 M/W 3km
GCC U14 M/W 2km
GCC U12 M/W 2km
GCC U10 M/W 1km
GCC U8 M/W.5km

Entries open on Monday May 30th

Gold Coast Road Walk Championship Records

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 M. Clarke 3.12 2017

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. We would like to start have a canteen at meets. If you would like to help out, please talk to any member of the Committee.

RESULTS RESULTS RESULTS

May 22nd Brisbane Corso, Yeronga Handicap #2

Thank you to everyone who braved the elements on a soggy Sunday morning especially our hardy timekeepers and lapscorers.

A Grade Men 15km

Men: (1) Ignacio Jimenez 1.27.51 (2) Argenis Guevara 1.38.28,

A Grade Women 10km

Women: (1) Brenda Gannon 1.05.27 (2) Jasmine McRoberts 1.14.28 (3) Jennifer Stuckey 1.14.30 (4) Joy Dale **SB** 1.21.45 (5) Noela McKinven **SB** 1.26.52

B Grade 8km

Men: (1) Kai Dale 52.08 (2) Peter Bennett 1.09.00

Women: (1) Summer Millard 47.52 (2) Lyla Williams 51.00

C Grade 5km

Women (1) Mia Bergh 27.48 (2) Natasha Flahey 30.45 (3) Lily Goulding 33.24 (4) Taylah Morris **SB** 33.31

D Grade 3km

Women: (1) Skye Presland **SB** 19.29 (2) Kiara Waterman 21.14 (3) Freya Williams 24.09 (4) Tully Fisher 26.55

E Grade 2km

Men: (1) Lachlan Moore 11.44

Women: (1) Pippa Anderson 13.25

F Grade 1km

Men: Dylan Moore 7.32

Women (1) Amelia Chisholm 7.21

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 CLOSED

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
	PRESENTATIONS EVENTS 1 -10 & SPECIAL AWARDS	
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
	PRESENTATIONS EVENTS 11 - 21	16.00 pm

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 26.05.2022

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	TBC
July		3	Gold Coast Marathon	Southport
		10	RWA Postal Challenge	Beenleigh
		17	QRWC Handicap Meet 6	TBC
		24	QRWC Handicap Meet 7	Skippy Park
		24	USCA Winter Track Champs	Sippy Downs
		31	QRWC Track Championships	UQ
August	Saturday	6	QA Road Walk Championships	QSAC Ring Road
		14	QRWC Handicap Meet 8	TBC
		21	QRWC Handicap Meet 9	
		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 7th 10,000 metres M/W U20

10,000 metres M/W Open

Thursday June 9th 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 11th 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 qrwc REGISTRAR@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/>