

Queensland Race Walking Club Inc.
Building on a fine tradition of race walking, 62 years in the making.



HEEL & TOE

December 21st 2017

Australian 50km Championships

New Swedish 50km Record

Fawkner Park, Melbourne Sunday December 17th

The rescheduled Australian 50km Race Walking Championships were held on Sunday morning at Melbourne's Fawkner Park. Very well done to Clara Smith (1:37:06) and Christina Papadopoulos (1:43:47) who both came home with big pb times in the women's Invitational 20km race.

Report from AA

Just one man made up the field after a deluge of rain two weekends ago washed out the original schedule, with Swede Perseus Karlström setting a new national mark of 3h44m35s – a 14-second improvement.

"I'm very happy," said Karlström, with the long-standing record now his. "It was 29-years-old. It's good that it wasn't older than me," he laughed.

The Open Women's 20km Race Walk Invitational featured a strong field, with New Zealand's national record holder Alana Barber (1h33m36s) setting a Commonwealth Games B qualifying mark with her win. Australia's Claire Tallent finished in second place, 23 seconds in arrears. Tallent had been originally the sole women's entrant in the 50km event, but with the reschedule, was forced to drop back to the shorter distance. Victoria's Jemima Montag impressed with her third place (1h34m18s) in what was her first event in the open ranks. The times set by the Tallent and Montag were well within the Commonwealth Games qualifying standard of 1h36m, as was Regan Lamble's fourth-placed time of 1h35m04s.

In a clean sweep for the internationals in the senior events, New Zealand's Quentin Rew took out the Open Men's 20km Race Walk Invitational in a time of 1h22m17s. New South Welshman Tyler Jones was next across the finish line 92seconds back earning a Commonwealth Games qualifying time, with Carl Gibbons (NSW) third after 1h28m16s.

RESULTS RESULTS RESULTS

Australian 50km Road Walking Championships December 17th Fawkner Park, Melbourne

Men 50,000 Metre Race Walk Championship Open

1 Perseus Karlström Sweden 3:44:35

Women 20,000 Metre Race Walk Invitation Open

1 Alana Barber New Zealand 1:33:36

2 Claire Tallent South Australia 1:33:59

3 Jemima Montag Victoria 1:34:18

4 Regan Lambie Victoria 1:35:04

5 Clara Smith Queensland 1:37:06

6 Simone McInnes Victoria 1:42:01

7 Christina Papadopoulou Queensland 1:43:47

Men 20,000 Metre Race Walk Invitation Open

1 Quentin Rew Victoria 1:22:17

2 Tyler Jones New South Wales 1:26:44

3 Carl Gibbons New South Wales 1:28:16

4 Adam Garganis Victoria 1:28:24

5 Jason Kozica Victoria 1:38:57

6 Pramesh Prasad Victoria 1:45:02

-- Rhydian Cowley Victoria DNF

-- Luke McCutcheon Queensland DNF

-- Albin Hess Victoria DQ IAAF 230.7

-- Mark Blackwood Victoria DQ IAAF 230.7

-- Andrew Jamieson Tasmania DQ IAAF 230.7

Women 10,000 Metre Race Walk Invitation Under 20

1 Philippa Huse Victoria 51:08

2 Jemma Peart Victoria 51:56

-- Alice Randall Tasmania DNF

Men 10,000 Metre Race Walk Invitation Under 20

1 Declan Tingay Western Australia 42:02

2 Kyle Swan Victoria 44:58

3 Dylan Richardson New South Wales 46:05

-- Kyle Bedford New South Wales DNF

Women 5,000 Metre Race Walk Invitation Under 18

1 Alanna Peart Victoria 24:54

2 Jasmin Hass Victoria 26:33

3 Charlotte Hay Victoria 26:50

Men 5,000 Metre Race Walk Invitation Under 18

1 Will Thompson Victoria 24:29

2 Corey Dickson Victoria 25:35

Old Masters Athletics SAF Saturday December 16th

5,000 Metre Race Walk

Ignacio Jimenez M52 Brisbane 24:59.77 (21:53.65 82.03%)

Peter Bennett M62 Brisbane 28:49.37 (23:04.54 77.83%)

Noela McKinven W75 Brisbane 40:40.38 (26:21.86 75.04%)

Age Graded Times & Percentages in Brackets

AA Athlete's Advisory Group

Athletics Australia have announced the establishment of an athlete's advisory groups that includes Rio Olympics race walking medallists Dane Bird-Smith and Jared Tallent. The following is the release from AA.

"Australian athletes will be given greater input into the future of athletics, with the establishment of Athletics Australia's Athlete's Advisory Group. The first of the regular meetings of the Athlete's Advisory Group will take place this week.

The move is key in giving athletes a voice in shaping key deliverables for the National Sporting Organisation and with a remit that includes:

- The administration of athletics in Australia*
- Innovation within the sport*
- Competition schedules and other key issues*
- An organised communication channel for athletes back to Athletics Australia*

In its initial stages the Athlete's Advisory Group will consist of: Carlee Beattie, Dane Bird-Smith; Robbie Crowther; Kurtis Marschall; Scott Reardon; Sally Pearson; Dani Stevens; Jared Tallent; Jess Trengove; Eloise Wellings and Benita Willis. In the future, an election process will take place – with the details determined by the current members.

The Athlete's Advisory Group will work together with CEO Darren Gocher, Interim High Performance Director Adam Bishop, and members of the Athletics Australia Board.

"This is a very important step for Athletics Australia as an organisation," said Gocher.

"We've brought together a great group of athletes who have had a diverse range of experiences and they all have much to offer. I'm looking forward to the Athlete's Advisory Group's input into the future of Athletics Australia."

2018 Australian 10,000m Walk Championships

Date: Saturday 13th January, 2018 **Location:** Canberra, ACT

Entry: \$30.00 per event **Entries close:** Monday 5th January, 2018

<https://10000mwalk.eventdesq.com/>



ENTRIES ARE NOW OPEN

The QRWC is the host organisation for Athletics - Road Race Walks for the 2018 Pan Pacific Masters Games. The road walks will take place on the Luke Harrop Criterium Circuit next to the Sports Super Centre at Runaway Bay on Sunday November 11th 2018.

Every entry in the 10km road walk will benefit the club so please spread the word amongst your Masters friends.

<https://mastersgames.com.au/ppmg/sports/athletics-road-race-walk/>

This Week

With only a few sleeps until Christmas Day we would like to wish all our readers a very Merry Christmas and a safe and prosperous New Year. Our next newsletter will be in the New Year. Take a break and enjoy a relaxing and fun time with family and friends.



Racewalking Queensland

QRWC Annual Subscriptions

Family \$25.00

Students & Officials \$10.00

Others \$15.00

To register with Queensland Athletics, you must use their On-Line Registration.

Go to www.qldathletics.org.au

Race Day Fees

Students \$3.00 / Others \$5.00

Club/Track Championships \$8.00

QRWC Website: www.qrwc.com.au

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.

qrwcregistrar@outlook.com Club membership enquiries and information

Racewalking Queensland Management Committee 2017/18

President: S Pearson

Secretary: N. McKinven

Vice President: P. Bennett

Treasurer: J. Heylen

Committee: I Jimenez, A Wearne, R Wales, R Hamann, J Pickles, S Langley

Patron: Patrick & Maxine Sela **Registrar:** A Wearne, S Wearne

Delegates to QA: R Wales, S Pearson

Equipment Officers: N McKinven, I Jimenez, P Bennett, S Pearson

Handicapper: N McKinven

Trophy Officer: N McKinven

Results: N McKinven

Canteen Convenor: G Jimenez

Publicity Officer: J Pickles

Blue Card Co-ordinator: J Haig

Coming Up

January 7th QA Meet 3,000 /5,000 metres UQ St Lucia

January 13th QMA 5,000 metres SAF 8.00am

January 13th AA 10,000 metre track championships Canberra

January 20th QMA 3,000 metres SAF 8.00am

January 20-27th Oceania Masters Championships, Dunedin NZ

January 26th QA Meet 3,000 / 5,000 metres SAF

January 28th **Sunday** QMA 5,000 metres SAF 8.00am

February 2-4th QA Open Track Championships 10km U20/Open

February 7th **Wednesday** QMA 10,000 metres Championships SAF 7.00pm

February 10th QMA 3,000 metres SAF 8.00am

February 11th AA 20km Road Walk Championships Adelaide

February 15-18th AA Open Track Championships Gold Coast

February 17th QMA 5,000 metres SAF 8.00am

February 22-25th QA Junior Track Championships

February 24th QMA 3,000 metres 8.00am / 1,500 metres 9.40am Main Stadium QE11

Looking Further Ahead

March 3rd QA Meet 3,000 / 5,000 metres SAF

March 14-18th AA Junior Track Championship Sydney

April 8th Commonwealth Games 20km Road Walks Currumbin
April 21-22 QMA Track & Field Championships SAF
April 26-29 AMA Track & Field Championships Perth WA
April 28-29th Australian Little A's Championships Gold Coast
May 5-6th World Race Walking Team Championships Taicang, China
June 10th LBG Federation Carnival Mt Stromlo Canberra
July 10-15th IAAF World Juniors Track Championships Finland
August 26th AA/Federation Road Walk Championships Sunshine Coast **TBA**
September 1-16th World Masters Athletics Championships Malaga, Spain
November 11th PPMG 10km road walk Runaway Bay 7.00am

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(Trading at the Queensland Race Walking Club Inc. ABN 59065512712)

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Club/Track Championships \$8.00

Track Championships – Non-Member \$ 15.00.

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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/>