

**Queensland Race Walking Club Inc.**

*Building on a fine tradition of race walking, 63 years in the making.*



# HEEL & TOE

December 6<sup>th</sup> 2018

## **Australian 50km Race Walking Championships**

**Sunday December 2<sup>nd</sup> Fawkner Park, Melbourne**

### **AA Report**

Cold, wet and windy conditions greeted the four athletes starting the 2018 Australian 50km Race Walking Championships. While the conditions were less than optimal for spectating, they were ideal for race walking 50km.

The pre-race chat centred around Claire Tallent (SA) from Croatian, Ivana Renic, 21, who has over the last few months recorded personal bests of 1:38.33 (20km walk) and 4:35.39 (50km walk). However, her late withdrawal, along with Victorian Tracy Feiner, left Tallent and Victorian Kelly Ruddick chasing the Australian title. Tallent led from wire to wire and took out the inaugural Australian Women's 50km Road Walking Championship in a time of 4:28.52.

“It's a long way from where I was in March, and flying solo is always a difficult task but I'm happy to get through my second 50km and still feeling good at the end of it,” Tallent said.” For me, it was about getting another race in over that distance and having the confidence I'd be able to finish strong.”

Ruddick's day was almost the complete opposite of Tallent's while Tallent looked comfortable and in the zone, Ruddick looked close to withdrawing on more than one occasion during the last 8km. However, every time she stopped, she somehow managed to get moving again. Drawing on the support of the crowd and her family, the Victorian dug deep and muscled her way through the last few laps crossing the finish line in 4:54.31, in the process setting a new Australian Masters record in the 40-45 division.

In the men's event, a late injury to Jared Tallent left Brazil's Caio Bonfim in a field of two with Western Australian master's athlete Andrew Duncan. From the gun, it was evident Bonfim would be racing the clock and when Duncan pulled the pin at the 40km mark, Bonfim was on his own finishing in an impressive 3:55.24.

In the men's 20km Rhydian Cowley took the win in 1:24:24 from Declan Tingay in 1:28:04 with Tyler Jones in third recording a 1:29:27. The women's 20km was taken out by Commonwealth Games Gold Medallist Jemima Montag, who was in a league of her own in more ways than one. She was the only female competitor but was also good enough to finish 7th overall in 1:35:48.

The men's Under 20 10km Invitational saw Oscar Tebutt (NSW) win in a time of 44:59, Jack McGinniskin (NSW) was second in 46:40 and Corey Dickson (VIC) third in 46:58. The women's Under 20 10km Invitational went to Alanna Peart (VIC) in a time of 51:02 with Gabriella Hill (NSW) second in 57:52. The women's 5km Invitational had two competitors with Jemma Peart (VIC) winning in a time of 24:21, Charlotte Hay (VIC) was second in 25:52.

## **RESULTS RESULTS RESULTS**

### **Australian 50km Road Walking Championships - 2/12/2018**

#### **Fawkner Park, Melbourne**

#### **Men 50km Race Walk Championship Open**

1 Caio Bonfim 91 Brazil 3:55:24

-- Andrew Duncan 65 WA DNF

#### **Women 50km Race Walk Championship Open**

1 Claire Tallent 81 SA 4:28:52

2 Kelly Ruddick 73 Vic 4:54:31

#### **Men 20km Race Walk Invitation Open**

1 Rhydian Cowley 91 Vic 1:24:24

2 Declan Tingay 99 WA 1:28:04

3 Tyler Jones 98 Nsw 1:29:27

4 Brendon Reading 89 Act 1:31:17

5 Carl Gibbons 96 Nsw 1:34:16

6 Kim Mottrom 84 SA 1:34:29

7 Dylan Richardson 00 Nsw 1:39:47

8 Kyle Swan 99 Vic 1:42:37

9 Jason Kozica 87 Vic 1:43:16

10 Adam Garganis 97 Vic 1:43:16

11 Pramesh Prasad 74 Vic 1:45:41

-- Albin Hess 60 Vic DQ 230.7c

#### **Women 20km Race Walk Invitation Open**

1 Jemima Montag 98 Vic 1:35:48

#### **Men 10km Race Walk Invitation Under 20**

1 Oscar Tebutt 01 Nsw 44:59

2 Jack McGinniskin 02 Nsw 46:30

3 Corey Dickson 02 Vic 46:58

4 Timothy Fraser 00 Act DQ 230.7c

-- Connor Frew 00 Nsw DNS

#### **Women 10km Race Walk Invitation Under 20**

1 Alanna Peart 03 Vic 51:02  
2 Gabriella Hill 03 Nsw 57:52  
-- Chelsea Goodhew 99 Nsw DNF

**Women 5km Race Walk Invitation Under 18**

1 Jemma Peart 01 Vic 24:21  
2 Charlotte Hay 03 Vic 25:52



*Gabriella Hill competing in her first 10km race*

**QA Shield Series: Joanna Stone Shield QSAC December 1<sup>st</sup>**

**Women 3000 Metre Race Walk Under 16**

1 Novinetz, Camryn Ipswich 14:14.41

**Women 3000 Metre Race Walk Under 14**

1 Anderson, Jayda GCC 14:12.91

2 Clarke, Anika Redlands 15:28.55

3 Millard, Summer QRWC 15:59.19

**Women 3000 Metre Race Walk Under 13**

1 Heap, Ashanti GCC 15:01.48

2 Williams, Lyla GCV 17:04.51

**Australian All Schools  
T&F Championships**  
**Barlow Park, Cairns, Friday December 7<sup>th</sup>**

*Go Queensland*

Queensland has a strong and talented team of walkers in Cairns for the 2018 Australian All Schools Championships. We wish you all every success on Friday evening and hope you achieve your individual goals and do us all proud. Go Team Queensland.

*“This Friday 1095 of the best high school athletes in the nation will converge on Cairns for the 2018 Australian All Schools Championships. The program will feature Paralympians, Commonwealth Games representatives and most of the team members of the highly successful Youth Olympic Games squad.*

*The annual competition held over two-and-a-half days, conducts a full athletics program of events in three age divisions, under-14/16/18. In recent years para-athletics events have been added for age groups under-16 & 18.*

*Competition commences at 3.00pm Friday December 7 at Barlow Park Athletics Centre, Cairns Qld.”* **David Tarbotton Athletics Australia**

<http://athletics.com.au/News/australian-all-schools-championships-preview>

**Live Streaming of this weekends All School Championships in Cairns, Qld**

<https://www.youtube.com/user/AthsAust>

<https://www.facebook.com/AthleticsAustralia/>

## **ENTRY LISTS**

**Friday December 7<sup>th</sup>**

**Boys 3,000 Meter Race Walk Under 16**

**6:20pm**

National: 12:09.30 1995 Troy Sundstrom, NSW

Meet: 12:45.00 2010 Jesse Osborne, QLD

1 Heath Beveridge VIC

2 Mitchell Bostock WA

3 Owen Costin VIC

**4 Kris Hayward QLD**

5 Martin Leerberg NSW

6 Raven Pyda NSW

7 William Robertson TAS

8 Archie Tebbutt NSW  
9 Jonathan Wearne QLD

**Girls 3,000 Meter Race Walk Under 16**

**6:45pm**

National: 12:43.00 1997 Michelle French, NSW

Meet: 13:14.42 2013 Jemima Montag, VIC

1 Grace Beaglehole WA

2 Emma Blanch NSW

3 Hannah Bolton NSW

4 Laura Burns ACT

5 Ellie DeCelis NSW

6 Charlotte Hay VIC

7 Camryn Novinetz QLD

8 Mackenzie Ofield QLD

9 Olivia Sandery SA

10 Bridget Sullivan QLD

11 Olivia Thomson NSW

12 Larissa Vickers QLD

13 Mia Wilks SA

**Girls 3000 Meter Race Walk Under 14**

**6:45pm**

Meet: 14:25.13 2011 Jemima Montag, VIC

1 Jayda Anderson QLD

2 Anika Clarke QLD

3 Izabella Dunne NSW

4 Elli Pusonjic SA

5 Emma Thomas NSW

**Boys 3000 Meter Race Walk Under 14**

**6:45pm**

Meet: 13:46.48 2011 Tyler Jones, NSW

1 Harry Dundon NSW

2 Kai Norton QLD

3 Brendan Pospischil NSW

4 Seth Wasson QLD

5 Toby Wilks SA

**Girls 5,000 Meter Race Walk Under 18**

**7:55pm**

National: 22:11.33 1995 Natalie Saville, NSW

Meet: 21:40.87 2016 Katie Hayward, QLD

1 Bridget Bell NSW

2 Holly Cocking VIC

3 Caitlin Gallagher WA

4 Ebony Gough WA

5 Charlotte Hamann QLD

6 Caitlin Hannigan QLD

7 Janaya Lee NSW  
8 Hannah Manning ACT  
9 Kathleen O'Mahony VIC  
10 Hannah Parker NSW  
**11 Milla Rowbotham QLD**  
**Boys 5,000 Meter Race Walk Under 18**

**7:55pm**

National: 20:06.90 1998 Troy Sundstrom, NSW

Meet: 20:11.80 2016 Declan Tingay, WA

1 Cooper Anderton WA

2 Mathew Bruniges SA

3 Tristan Camilleri SA

4 Corey Dickson VIC

5 William Dynes VIC

**6 Nelson McCutcheon QLD**

**7 Ryan Stewart QLD**

8 Gwyllym Young ACT

## **This Week**

This Friday night all the race walking action is in Cairns at the Australian All Schools Track Championships.

On Saturday morning at Qld Masters Athletics there is 3,000 metres at the SAC starting at 8.00am. This is the annual Memorial Day for Masters. The race walk is in honour of our former member Andrew Ludwig. A Certificate will be awarded to the best age-graded performance by one Male and one Female in the Memorial event.

Then early Sunday morning at Kurrawa the Gold Coast 30km and 50 km races will be held. There are also shorter 5km and 15km options.

## **AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS**

### **Melbourne 2019**

**Draft Schedule** - Please note that this schedule is subject to change

Friday April 26<sup>th</sup> 1,500m Walk

Saturday April 27<sup>th</sup> 10,000, Road Walk

Sunday April 28<sup>th</sup> No Competition

Monday April 29<sup>th</sup> 5,000m Walk

See website for more details <https://melbourne2019.com.au/welcome>

## 2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY

<http://athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>

### Race Walk Programme

Sunday September 1<sup>st</sup> 10km road walk

Tuesday September 3<sup>rd</sup> 5km track walk

Friday September 6<sup>th</sup> 3km track walk

### Event Registration & Fees

Registrations are taken online on the event website. Refer to the website for closing dates.

OMA Registration Fee AU\$40.00 / Administration Fee AU\$50.00

**Total Registration Fee AU\$90.00**

Entry Fee per Event AU\$10.00

## Beginners race walk judging course

AA have developed an on-line Level 1 race walk judging course.

<http://athletics.com.au/Officials/Level-1-Important-Information>

Once you have completed this course ask to stand with one of our qualified judges at a road walk meet to learn practical side of judging.

### Coming Up .....

December 7<sup>th</sup> Australian All Schools Track Championships Cairns

December 8<sup>th</sup> Qld Masters Athletics 3,000 metres SAC Memorial Day 8.00am

December 9<sup>th</sup> GC50 5/15/30/50km Broadbeach

December 16<sup>th</sup> Gold Coast Masters 3/5km Griffith Uni 8.00am

### 2019

January 13<sup>th</sup> Ashmore Little Athletics Walks Day

January 26<sup>th</sup> QA Shield Meet 3,000/5,000 metres SAC

February 10<sup>th</sup> Oceania & Australian 20km Race Walking Championship Adelaide

February 16<sup>th</sup> QA Shield Meet 3,000/5,000 metres SAC

March 7-10<sup>th</sup> Queensland Athletics Championships (U14-Open) QSAC

March 27<sup>th</sup> Qld Masters Athletics 10,000metre Championships SAC 7pm

March 30<sup>th</sup> – April 7<sup>th</sup> Australian Athletics Championships (U14-Open) Sydney

April 7<sup>th</sup> QRWC Sign On Day 8.am TBC

April 13-14<sup>th</sup> Queensland Masters Athletics Championships State Athletics Facility SAC

April 26-29<sup>th</sup> Australian Masters Athletics Championships Melbourne Lakeside Stadium

May 25<sup>th</sup> Great Barrier Reef Masters Games

June 2<sup>nd</sup> Gold Coast Road Walk Championships Mudgeeraba 8.00am

June 9<sup>th</sup> LBG Federation Carnival Mt Stromlo Canberra

July 3-14<sup>th</sup> 30th Summer Universiade, Naples Italy

August 31<sup>st</sup> Oceania Masters Games Mackay

Sept 28<sup>th</sup> - Oct 6<sup>th</sup> IAAF World Championships Doha, Qatar

## Queensland Athletics Registration 2018/19

Registrations with Queensland Athletics for the 2018/19 season become due on October 1<sup>st</sup>. The portal is now live and will accept membership applications. Click on the QRWC as your club. To avoid the problems some members have previously experienced the options on the portal are for QA registration only. No QRWC club fee as it is recognized that our members are already financial with the club up until April 1<sup>st</sup> 2019. If you are not a current financial member of QRWC please contact the club at [qrwcregistrar@outlook.com](mailto:qrwcregistrar@outlook.com)

**You can now Register with Queensland Athletics via the portal on the front page of the QRWC website <http://www.qrwc.com.au>**

**ALL QRWC NON-COMPETING MEMBERS, VOLUNTEERS, COMMITTEE MEMBERS, OFFICIALS AND COACHES ARE REQUESTED TO TAKE ADVANTAGE OF THE \$ 0 FEE AND REGISTER WITH QA TO ENSURE YOU ARE COVERED BY THE AA/QA INSURANCE POLICY**

### *Racewalking Queensland*

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

#### **Racewalking Queensland Management Committee 2018/19**

**President:** S. Pearson                      **Secretary:** N. McKinven  
**Vice President:** P Bennett              **Treasurer:** R Hamann  
**Committee:** C Goulding, I. Jimenez, S. Langley J. Pickles, R. Wales, J. Westlin.  
**Patrons:** Patrick & Maxine Sela  
**Delegates to QA:** R. Wales, S. Pearson  
**Equipment Officers:** A. Wearne  
**Registrar:** A. Wearne  
**Canteen Committee:** M. Sela, S. Wearne, J. Westlin.  
**Handicapper/Results:** N. McKinven  
**Selectors:** S. Langley/I. Jimenez  
**Social Media/Publicity:** J. Pickles  
**Director of Coaching:** D. Smith  
**Trophy Officer:** N. McKinven  
**Newsletter Editor:** P. Bennett  
**Webmaster:** A. Wearne  
**Club Captains:** J Pickles, P. Lindenberg

#### **QRWC Annual Subscriptions 2018/19**



#### Registration Fees

Family \$40

Students & Officials \$15

Others \$25

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

Go to [www.qldathletics.org.au](http://www.qldathletics.org.au)

#### **Race Day Fees**

Students \$ 4 / Others \$6

Club Championships: Road \$8 / Track \$10

**Season Ticket** \$60/\$30 (for students) per athlete

**QRWC Website:** [www.qrwc.com.au](http://www.qrwc.com.au)

#### **Contact emails:**

[qrwc1@optusnet.com.au](mailto:qrwc1@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.

[qrwcregistrar@outlook.com](mailto:qrwcregistrar@outlook.com) Club membership enquiries and information

#### **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/>