

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



HEEL & TOE

May 10th 2018

IAAF World Race Walking Teams Championships *Medals and Mayhem*

There were two days of superb race walking action in Taicang, China for the IAAF Race Walking World Team Championships last weekend. Australian athletes showed that race walking is still our most successful athletics discipline and that the future is looking very bright.

It was a meet of contrasts for Australia with a number of highs and lows. On day one Claire Tallent brushed off the crushing disappointment of her disqualification at the Commonwealth Games when in the gold medal position by winning a gutsy bronze medal in the 50km. In a race that was won in world record time Claire's time of 4:09:33 was the fourth-fastest performance in women's 50km history and set new Australian and Oceania records.

The second event of the day saw another medal won by Australia when the U20 Men's 10km team of Kyle Swan, Declan Tingay and Mitchell Baker took 3rd place for the bronze medal.

The women's 20km saw a strong performance from Commonwealth Games Gold medallist, Jemima Montag who was in the leading pack deep into the race before a number of red cards saw her being disqualified. Games silver medallist, Alana Barber walked strongly for a new pb and NZ 20km record.

Sunday morning saw the highly anticipated race by Katie Hayward in the Women's U20 10km. Katie showed great composure from the start and took the race right up to the highly fancied competitors from China, Japan and Mexico. She was in medal contention right up until the last lap and was even ahead of the eventually race winner from Mexico before being disqualified. It was a devastating blow for a young athlete in their first overseas trip representing Australia. But we know she has what it takes to make it to the top and will come back stronger for the World Junior Track Championships in July. Here is the AA report on the race by Katie;

“Disappointment in the women’s under-20 10km walk as Katie Hayward (Qld) was disqualified near the finish. The race had started well for Hayward who was looking strong in the lead pack of 11 at mid-way, passed in a quick 23:09. She continued to remain in touch with the leaders as they dwindled to seven at 6km. At 7km the pack really split with Hayward then in fifth place. By 8km, she was up to fourth and then equal third ahead of the 9km mark, but she fell foul of the judges, initially with three red cards, she picked up a fourth and was out of the race. Australian race walking legend Jane Saville comforted her at the finish. Hayward leads a terrific crop of junior race walkers emerging and for sure will be back and will have an opportunity to prove her talent on the track at the World U20 Championships in July.”

More drama and disappointment were to come for Australian in the last event on the programme, the Men’s 20km. The race started in 26-degree temperatures and 86% humidity that had some of the 99 starters heading for the sponge station inside the first kilometre. Soon after the thunderstorms hit. After his sensational Gold medal winning performance at CG2018 last month all Queenslanders had high expectations for Dane heading into the race. Dane was in a large pack in the chasing group, looking in good touch, and going through the half way mark in 41:17 when he started to drop back. Not long after he stopped with the commentator unsure of the reason. He said at one stage it was cramp and Dane had re-joined the race but it was not to be. Dane’s day was over with what was later reported to be a hamstring injury. We all wish Dane a speedy and complete recovery and know for certainty that he will come back stronger and more determined than ever.

IAAF Race Walking World Team Championships Taicang, China

U20 Mens 10km

1. Yao ZHANG CHN 40:07
2. Zhaozhao WANG CHN 40:12
3. José Eduardo ORTIZ GUA 40:17
- 10. Kyle SWAN AUS 41:44**
- 14. Declan TINGAY AUS 42:01**
- 41. Mitchell BAKER AUS 46:47**

U20 Men’s Teams

1. PR of China 3
2. Japan 14
- 3. Australia 24**

Womens 50km

1. Rui LIANG CHN 4:04:36
2. Hang YIN CHN 4:09:09
- 3. Claire TALLENT AUS 4:09:33**

Womens 20km

1. Maria Guadalupe GONZÁLEZ MEX 1:26:38
2. Shijie QIEYANG CHN 1:27:06
3. Jiayu YANG CHN 1:27:22

59. Rachel TALLENT AUS 1:36:34

Jemima MONTAG AUS DQ

Women's U20 10km

1. Alegna GONZÁLEZ MEX 45:08

2. Glenda MOREJÓN ECU 45:13

3. Nanako FUJII JPN 45:29

16. Rebecca HENDERSON AUS 49:25

18. Philippa HUSE AUS 50:25

Katie HAYWARD AUS DQ

Men's 20km

1. Koki IKEDA JPN 1:21:13

2. Kaihua WANG CHN 1:21:22

3. Massimo STANO ITA 1:21:33

47. Rhydian COWLEY AUS 1:28:54

62. Adam GARGANIS AUS 1:31:20

63. Brendon READING AUS 1:31:25

Michael HOSKING AUS DQ

Dane BIRD-SMITH AUS DNF

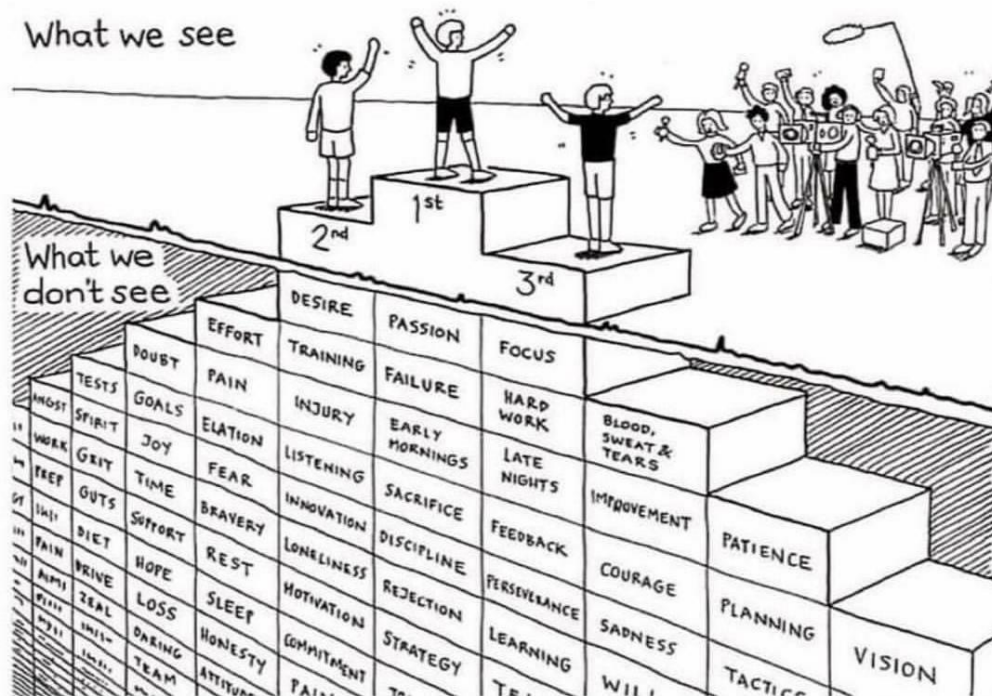
To get all the race results go to

<https://www.iaaf.org/competitions/iaaf-race-walking-challenge>



Katie in the lead pack in the Women's U20 10km with the eventually medalists; Winner Alegna González from Mexico, Glenda Morejón 2nd from Ecuador and Nanako Fujii 3rd from Japan

What people don't see:



This was sent to me this week by a reader and it is very apt especially given the results at the recent Commonwealth Games and World Race Walking Teams Championships.

We all like to see success and be around successful people but don't always appreciate all the hard work and sacrifice they have made to get onto the podium. Nobody gets to the top in international sport because of "good luck", natural ability, knowing the "right" people, being in the right place at the right time, just by their name, etc. You have heard them all used by people not willing to give the athlete full credit for their success.

The illustration above does not just refer to winners of big events. It represents every athlete who has set out to achieve their own goals, no matter at what level. They too face the same challenges, hard work and commitment on their journey to achieving their dream. These athletes deserve our recognition of their efforts, our encouragement and support as they pursue their goals.

The next time you are sleeping in on a dark and cold morning or watching movies on a rainy Friday night just remember one thing; your opposition is out on the road, on the track or in the gym training hard. And when they next race you, they will beat you!!

This is no better illustrated than in this famous quote from the late and great Muhammad Ali “The fight is won or lost far away from witnesses - behind the lines, in the gym, and out there on the road, long before I dance under those lights”. Muhammad Ali

Club Meets coming up ...

May 20th QRWC Handicap Meet # 3 Logan River Parklands Beenleigh

8.00am

A Grade 10km (Open/U20)

B Grade 5km (U16/U18/U20)

C Grade 3km (U14/U16)

D Grade 2km (U12/14)

E Grade 1.5km (U12/14)

F Grade 1km (U8/U10)

- **Race start times subject to change – split start if necessary**

May 27th QRWC Handicap Meet # 4 Morningside

Riverside Place (off Lytton Road)

7.30am A Grade M 15km (Open)

A Grade W 10km (Open)

B Grade 8km (Open/U20)

8.00am C Grade 5km (U18/U16/U14)

D Grade 3km (U14/U16)

E Grade 2km (U12/U14)

F Grade 1km (U8/U10)

Wrap Up Kalinga Park Meet

Sunday May 6th

There was another great turnout at Kalinga Park for our second handicap road walk meet for the season. Conditions were near perfect with beautiful sunny weather and no wind. The only hazards were a couple of cricket balls despatched over the road from a game on the adjacent oval. Our judge on the spot quickly red carded them. We had the pleasure of welcoming some more new families to the club during the morning.

There were some very good performances among the results: Caitlin Hannigan (52.57) and Jessica Pickles (53.47) in the 10km, Mackenzie Ofield (28.35) in the 5km, Sam McCure (16.43) & Ashanti Heap (16.24) in the 3km, Myles Callaghan (10.53), Charlie Capps (11.22) and Tamika Gee (11.16) in the 2km and Flynn Callaghan (5.42), Makenna Clarke (5.41) and Chelsea Capps (5.54) in the 1km. Well done everyone.

There was plenty of activity at the Check In pergola after the racing had concluded. The canteen did a good trade in bacon and egg rolls and other hot food. Thank you to Gladys and Iggy for getting the canteen back up and running. Maxine did a wonderful job

coordinating the Mother's Day raffle with the selling of tickets and organizing the prize draws. "Captain" Paul, resplendent in his captain's cap drew out the names of the five winners. There will be a new raffle starting at Beenleigh on May 20th. Donations of raffle prizes are always welcome.



Our 2018 Captains, Jessica & Paul

The morning finished with a surprise birthday cake for our Co-Patron, Maxine. Despite having just filled up on the canteen food everyone still found room for a slice of chocolate cake. As you do.

Thank you to everyone who volunteered on Sunday with the lap scoring, setting up, judging etc. We cannot run our meets without your welcome support. It was really good to have John and Sharyn step in and take charge of the timekeeping and lap scoring. If anyone can spare some time on race days Gladys would really appreciate a hand with the cooking or serving on the canteen.

No club racing this Sunday. Look after your mum and enjoy your Mother's Day.



RESULTS RESULTS RESULTS

QRWC Handicap Meet Kalinga Park May 6th

A Grade 10km

Men: (1) Iggy Jimenez 54.02 (2) Peter Bennett 58.53 (3) Argenis Guevara 1.00.22 (4) Paul Lindenberg 1.06.57 (5) Mark Carlile 1.11.47.

Women: (1) Caitlin Hannigan 52.57 (2) Jessica Pickles 53.47 (3) Brenda Gannon 59.31 (4) Nyle Sunderland 1.02.08 (5) Noela McKinven 1.21.54.

B Grade 5km

Men: (1) Patrick Sela 40.32. Jonathan Wearne DNF.

Women: (1) Mackenzie Ofield 28.35 (2) Amelia Schofield 30.31 (3) Charlotte Hamann 33.00 (4) Debbie Lindenberg 36.44.

C Grade 3km

Men: (1) Sam McCure 16.43 (2) Kai Norton 18.10

Women: (1) Ashanti Heap 16.24 (2) Lyla Williams 17.32 (3) Torryn Fisher 18.48 (4) Korey Brady 19.30 (5) Amber Norton 20.22 (6) Sophie Porter 21.13 (7) Jasmine McRoberts 21.19.

D Grade 2km

Men: (1) Ethan Clarke 13.08.

Women: (1) Scarlett Schofield 13.08 (2) eq. Isabella Schofield, Amber Tofful 14.17 (4) Robyn Wales 18.19 (5) Jayne Westlin 19.24.

E Grade 2km

Men: (1) Myles Callaghan 10.53 (2) Charlie Capps 11.22 (3) Jacob Petrovic 13.38.

Women: (1) Tamika Gee 11.16 (2) Charlotte Brady 17.00.

F Grade 1km

Men: (1) Flynn Callaghan 5.42.

Women: (1) Makenna Clarke 5.41 (2) Chelsea Capps 5.54 (3) Siaan Fisher 6.16 (4) Isabella Gee 7.13.

Handicappers Tip: For the younger members walking 2km, it is an advantage to sign on in your correct grade unless you are doing a different distance. If you enter the same distance in a higher grade you should be compared to the older group, which makes it harder for you to win a Handicap Trophy at the end of the season.

Inaugural Aitutaki Marathon

Di Adams reports that she had such a fantastic time at the Inaugural Aitutaki Marathon in the Cook Islands that she completely forgot to come along to Kalinga Park for the road walks last Sunday. Likely story! Di said it was enjoyable (I am not sure if she means the Cook Islands or the marathon?) and was well organized for a first time run on a small, remote island.

In a great effort in the hot conditions Di came home in second place and was given a police escort from 32kms. She said she had never been in the front pack before to get a police escort. Husband, John won his age group so they both came home with some race goods. Congratulations, but we want to see you back walking at Beenleigh on the 20th.



Di Adams at the Aitutaki Marathon presentation evening

Read all about it at

<http://www.cookislandsnews.com/sport/other-sports/item/69092-she-s-the-pick-of-the-pack>

COMING EVENTS

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 10th

ENTRIES NOW OPEN

Entries close Wednesday May 23rd.

Entries are now online at

<https://www.registernow.com.au/secure/Register.aspx?E=29858>

This annual Carnival is held each June in Canberra and brings together races walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the AFRWC and has a strong team emphasis. The carnival is over 50 years of age and involves over 300 walkers of all ages. This is a chance for EVERY member of the club to represent your State.

Entry Fees:

Racewalking Australia & ACT Walkers Events \$35.00 per event.

Athletics ACT Championships \$20.00.

Fitness Walks – \$20.00.

AGE

Age for all Racewalking Australia events is age on the day.

Age for Athletics ACT Championships is as at 31 December 2018.

Masters age for both Men & Women is 35+ for all Racewalking Australia Events.

UNIFORMS

The wearing of a club uniform is compulsory at Federation carnivals and failure to do so can result in disqualification.

NOTE

Due to all the new young walkers to the club we have had a run on small uniforms and we have had to place a new order. Game clothing are now making sizes from 6 up, in both crops and singlets. Noela will need to know who wants what, but they would not be ready for Canberra in June unfortunately. Noela will bring along a couple of old design ones for anyone who has now been able to buy a new design uniform. They are acceptable to meet organizers race in.

For a club uniform contact Noela at noelarhoda@gmail.com

Canberra Programme – There is an event for everyone

The one major change to the program of events will be the transition to metric distances for the traditional 10 & 20 mile events and the 5 mile Fitness Walk. The new distances are:

1. Open 30km 8.00am
2. Fitness 30km 8.00am
3. Men & Women ACTA 30km C/Ship 8.00am
4. Open & Vet Women 15km 8.00am
5. Open & Vet Men 15km 8.00am
6. Fitness 15km 8.00am
7. Fitness 8km 9.00am
8. Men 10,000 Metres 10.30am
9. Men U20 ACTA 10km C/Ship 10.30am
10. Women U20 10,000 Metres 10.30am
11. Open (over 20 years) 10km 10.30am
12. Boys U10 1,000 Metres 11.40am
13. Girls U10 1,000 Metres 11.40am
14. Boys U12 2,000 Metres 11.50am
15. Girls U12 2,000 Metres 11.50am
16. Boys U14 2,000 Metres 12.10pm
17. Girls U14 2,000 Metres 12.30pm
18. Boys U16 3,000 Metres 12.50pm
19. Girls U16 3,000 Metres 1.15pm
20. Boys U18 5,000 Metres 1.40pm
21. Girls U18 5,000 Metres 1.40pm
22. Women's Open 5,000 Metres 2.20pm

Events 1, 4, 8, 12-22 are Racewalking Australia individual and team events.

Events 4 & 5 incorporate Racewalking Australia Masters men's & women's individual competition only

Presentations of Awards: Will be at the Ainslie Football Club of Canberra, 52 Wakefield Avenue, Ainslie commencing at 7.30 pm.

Australian Winter Walking Championships **Sunday August 26th Sunshine Coast**

Athletics Australian is yet to announce a venue for the National Championships to be held in August on the Sunshine Coast. AA lost a golden opportunity to advertise and promote our National championships during the Commonwealth Games by not having a venue in place at least a month ago.

The 2018 Australian Winter Walking Championships will ensure a bumper weekend of Athletics on the Sunshine Coast, with the 2018 Australian Cross-Country Championships to be held the day before.

Athletics Australia will offer events for all ages (listed below) at the Winter Walks with entry details to be released shortly. NB: This event will be held in conjunction with Road Walking Australia (RWA) events.

MEN

Open - 20km (including Masters 20km RWA Championship event)

Under 20 - 10km

Under 18 - 10km

Under 16 - 5km

Under 14 - 3km

Under 12 - 2km RWA Championship event

WOMEN

Open - 20km

Open - 10km (including Masters 10km RWA Championships event)

Under 20 - 10k

Under 18 - 5km

Under 16 - 5km

Under 14 - 3km

Under 12 - 2km RWA Championship event

Memory Walk & Jog June 10th 7:00am Pratten Park, Old Burleigh Road, Broadbeach



<https://www.memorywalk.com.au/events>



Australian Masters Athletics 20km Walk Championships

Adelaide, South Australia Sunday 5th August

Entry Fee \$20 Entries Close Sunday 29th July

For more information contact : George H White President SA Masters Athletics

gwhite@adam.com.au



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/>

FRIDAY 13th July 2018

8.45am 3000m Walk Males & Females 14/15yr

8.45am 5000m Walk Males & Females 16-Open

QA Registration for Volunteers

The club encourages all club volunteers, officials, committee members and coaches to register with Queensland Athletics through their Free member option. This membership is

valid up until 30th September 2018 and includes coverage for Personal Accident Insurance under the National Insurance Program.

Go to the QA website membership page and register as a QRWC volunteer.

<http://www.qldathletics.org.au/Membership/Membership-Information>

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

May 13th Mother's Day – No club competition

May 20th QRWC Handicap Meet Beenleigh 8.00am

May 27th QRWC Handicap Meet Morningside 7.30am

June 3rd GC Road Walk Championships/QRWC Handicap Meet Mudgeeraba 8.00am

June 10th LBG Federation Carnival Mt Stromlo Canberra

June 17th QRWC Handicap Meet TBC

June 24th QRWC Handicap Meet Davies Park 8.00am

Looking Further Ahead

July 8th QRWC Handicap Meet TBC

July 10-15th IAAF World Juniors Track Championships Finland

July 15th QRWC Handicap Meet TBC

July 22nd RWA Postal Challenge Beenleigh 8.00am

July 29th QRWC Handicap Meet TBC

August 5th QA Road Walk Championships / QMA Short Walk C/Ships **TBA**

August 5th AMA 20km Road Walk Championships Adelaide

August 12th QRWC Track Championships UQ St Lucia 8.00am

August 19th QRWC Club Championships Kalinga Park 8.00am

August 26th AA/Federation Road Walk Championships Sunshine Coast **TBA**

September 1-16th World Masters Athletics Championships Malaga, Spain

September 2nd QMA Long RW C/Ships / QRWC Invite meet / 20km Murarrie

September 16th Relay/Trophy/BBQ Day Kalinga Park 10.00am

November 11th PPMG 10km Road Walk Runaway Bay 7.00am

Racewalking Queensland

(Trading at 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: I Jimenez, R Wales, J Pickles, S Langley, J Westlin, C Goulding
Patron: Patrick & Maxine Sela **Registrar:** A Wearne
Delegates to QA: R Wales, S Pearson
Handicapper: N McKinven **Trophy Officer:** N McKinven
Social Media / Publicity Officer: J Pickles

Full list of club appointments to come.

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

Race Day Fees

Students \$ 4 / Others \$6

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

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

A great way to save money and not have to worry about paying race fees every week is to invest in a QRWC “Season Ticket”. This enables the athlete to compete in up to 15 club meets a season (10 x handicaps, club road championships, club track championships, Postal Challenge, Invite Meet & relay day). This does not cover QA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet.

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.

qrwceregistrar@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

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>