

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 64 years in the making.



HEEL & TOE

April 25th 2019



Dane 6th in 20km at IAAF Race Walking Challenge Mexico

Well done to Dane who finished 6th in a tough race in a world class field at the IAAF Race Walking Challenge event in Mexico last weekend

Extract from IAAF report.

Sweden's Perseus Karlstrom achieved a historic win while Brazil's Erica de Sena confirmed her favourite status as they dominated the 20km on the opening day of the 2019 Pan American Race Walking Cup in the south-eastern city of Lazaro Cardenas for the fifth leg of the IAAF Race Walking Challenge on Saturday (20). With a solid sub-four-minute kilometre pace for the last two two-kilometre laps, 28-year old Karlstrom became the first European man to take the 20km in the Mexican leg of the challenge, first held in 2003. Spain's European champion Diego Garcia finished second, ahead Carlos Sanchez, who kept the host country on the podium after his runner-up performance in 2018.

Karlstrom was happy to stay in the lead group of about 12 men as they reached the halfway point in 42:47. They maintained that pace until 14km, but with three laps to go the Swede sped up to 8:20 for the next 2km circuit and cemented his win with the fastest lap of the day: 7:43 between 16 and 18 kilometres. He finished with another sub-eight-minute lap to cross the finish line across Lazaro Cardenas City Hall in 1:23:40, 19 seconds head of Garcia, his first podium finish in Mexico.

*Sanchez crossed the finish line two seconds later for bronze, followed by Cesar Augusto Rodriguez of Peru. **Two Olympic medallists completed the top six: Guatemala's Erick Barrondo and Australia's Dane Bird-Smith.** South Africa's defending champion Shange Lebogang finished seventh.*

Top 12 Men (64 starters)

1. Perseus Karlström SWE 1:23:40
2. Diego García Carrera ESP 1:23:59
3. Carlos Sánchez MEX 1:24:01
4. César Augusto Rodríguez PER 1:24:14
5. Érick Bernabé Barrondo GUA 1:24:46
- 6. Dane Bird-Smith AUS 1:25:01**
7. Lebogang Shange RSA 1:25:16
8. Andrés Olivás MEX 1:25:23
9. Jhonatan Amores ECU 1:25:27
10. Ever Palma MEX 1:25:36
11. Caio Bonfim BRA 1:25:43
12. Jose Alejandro Barrondo GUA 1:26:10

Top 12 Women (45 starters)

1. Erica De Sena BRA 1:29:22
2. Kimberly Garcia PER 1:29:33
3. Maria Perez ESP 1:31:11
4. Ana Cabecinha POR 1:31:20
- 5. Jemima Montag AUS 1:32:19**
6. Mirna Ortiz GUA 1:33:16
7. Karla Jaramillo ECU 1:33:35
8. Leyde Guerra PER 1:34:37
9. Robyn Stevens USA 1:35:09
10. Rebeca Pamela Enriquez MEX 1:35:15
- 11. Claire Woods AUS 1:35:38**
12. Mayra Carolina Herrera GUA 1:35:45

Christina wins Silver medal in Greek Championships

20/4/2019 Balkan Championships incorporating Greek 20km championships

Congratulations to our club member, Christina, who won the silver medal in the Greek National 20km road walk championships. These were held last Saturday in the city of Alexandroupolis, 800km north-east of Athens and near the border with Turkey. The race was held in conjunction with the Balkan Championships that were contested by walkers from Greece, Turkey, Romania, Ukraine, Serbia, Croatia, Slovenia and Bulgaria. Reports say the weather was cool (to Brisbanites read “cold”) and windy.

20km Women Greek Championship

1. Tsinopoulou Panagiota 1990 G.S Velos P.Faliro 1.34.55
- 2. Papadopoulou Christina 1996 Panellinos G.S 1.39.51**
3. Makri Aggeliki 1978 A.O Olympias Patra 1.41.27

THIS WEEK

The 2018/19 track season winds up this weekend with National Championships for both Masters and Little Athletics. The Australian Masters Athletics Championships start in Melbourne tomorrow and go through to Monday. The Australian Little Athletics Championships will be held in Hobart this weekend. The club has a number of members competing interstate this weekend and we know they will all do us proud. On the local race walking scene our club races are on at Kalinga Park this Sunday morning.

AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS Melbourne 2019



Friday April 26th

8.00am 1,500m WALK W75+ M70+

8.15am 1,500m WALK W60 - W70, M55 - M65 Jan Biggam

8.30am 1,500m WALK W30 - W55, M30 - M50

Saturday April 27th

10.30am

10km M30+Men & Women Argenis Guevara, Brenda Gannon, Nyle Sunderland

11.30am

10km M60+ Men & Women

Monday April 29th

1.15pm

5,000m W70+, M75+

2.35pm

5,000m W30-W50, M30-M55 Argenis Guevara, Brenda Gannon, Nyle Sunderland

3.15pm

5,000m W55 - W65, M60 - M70

All the best to our Masters walkers making the trip to Melbourne this weekend.

Little Athletics Championships Hobart



The Australian Little Athletics Championships will be held in Hobart this weekend with the two walking races scheduled for Saturday afternoon.

Qld U13 Team 1,500 Walk

Saturday April 27th

3.05pm Anika Clarke / Ashanti Heap / Amber Norton
3.25pm Alex Bradley / Danny Kavanagh / Sam McCure

All the best to our young athletes representing Queensland at these Championships.

April 28th QRWC Handicap Meet # 2 Kalinga Park

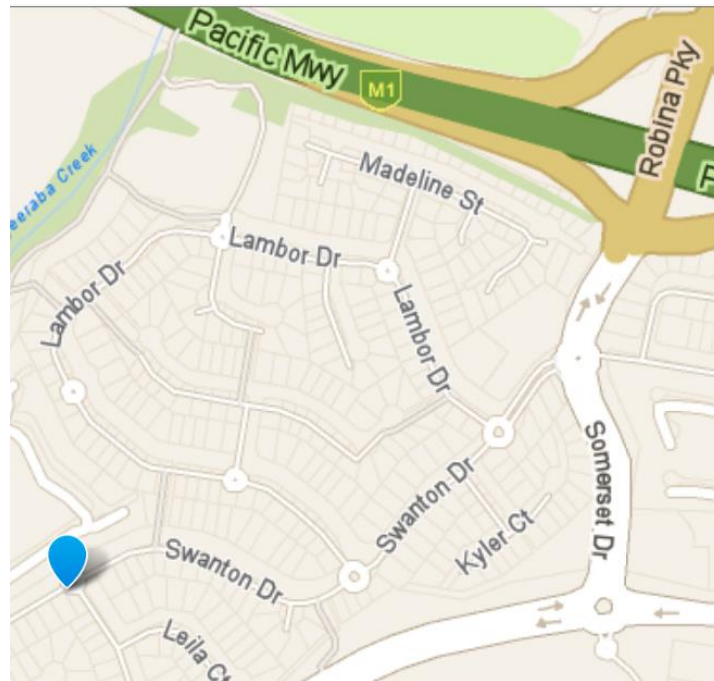
Club race walking resumes this Sunday morning at Kalinga Park with our second Handicap Meet of the season. All races will start at 8.00am. Please allow plenty of time to check in and warm up. Once again, we will need volunteers especially for Lapscoreing (6) and timekeeping so please help out if you can.

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 (U10/12)
- F Grade 1km (U8/U10)

NEXT WEEK

May 5th QRWC Handicap Meet # 3 Mudgeeraba



Mudgeeraba LA's Woodlands Park, Swanton Drive, Mudgeeraba

8.00am

- A Grade 10km
- B Grade 5km
- C Grade 3km
- D Grade 2km
- E Grade 2km

F Grade 1km

Thank you to Mudgeeraba LA's for allowing the club to use their facilities.

***Ask not what your club can do for you ...
but what you can do for your club.***

We need your help... Fund Raising Club Canteen & Raffles

As well as lapscorers, timekeepers and judges we are on the lookout for some club members to take charge or to help out with a race morning canteen and with weekly raffles.

The club has all the equipment needed; generator, gas portable bbq, tables, urn, coffee machine frying pans and all utensils. We don't need anything elaborate (we have been spoiled in recent years with our canteen thanks to some wonderful volunteers) just some volunteers (it can be on a roster basis if you would just like to put your hand up for a specific week) to run a sausage sizzle and to have tea & coffee available as a basic service . We all get up early so a coffee and a bite to eat is always appreciated.

All profit from the race day canteen goes into a fund for a travel subsidy for walkers going to the National Winter Road Walk championships.

Weekly Raffles have been a feature of our race day meets for many years and we would like to kick them off again this season. Like the canteen, profits go towards the travel subsidy for our athletes. If you are able to donate a raffle prize (meat tray, fruit basket, bottle of wine etc) please let us know as well as the race meet you would be able to donate the prize.

Club Meets coming up ...

May 19th QRWC Handicap Meet # 4 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)

May 26th QRWC Handicap Meet # 5 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)

June 3rd GC Road Walk Championships Mudgeeraba

8.00am

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

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 9th



ENTRIES NOW OPEN ONLINE ONLY

Entries close 5 pm Wednesday May 22nd

Entries must be made on line using Trybooking

<https://www.trybooking.com/book/event?eid=477790&>

The LBG Walking carnival is an annual interstate / international walking carnival held on the long weekend June which was first held in 1967. It attracts walkers of all ages in a variety of distances and caters for both Race Walkers & Fitness Walkers.

ACT Walkers have reintroduced a cap of \$60 for persons who enter 3 or more events and have also introduced a cap for families of \$150. **There will however be an additional 50 cents per event payable to Trybooking by the entrant.** Also as is often the case with systems which are not designed for specific scenarios, while achieving a better outcome than last year, there are still some limitations namely;

If a person enters more than 3 events they will be charged an additional \$5 (plus the 50 cents booking fee). While we have a family cap of \$150 **each individual entrant must be entered separately** and will be charged in accordance with the normal fee structure. **Please read before lodging your entry**

In these instances the individual or family should immediately contact Robin Whyte by email at robinwhyte42@bigpond.com seeking reimbursement of any overcharge.

ENTRY FEES

RACE WALKING AUSTRALIA EVENTS - \$35.00 for first event, \$20.00 for second event (including an Athletics ACT Championship), or \$60.00 if entering three or more events. **A family cap of \$150 will also apply.** *Fitness Walk & Open 10k fee is \$20.00.*

2019 Programme

1. Open 30 kilometres	8.00am	
2. Fitness 30 kilometres	8.00am	Non Hcp/Judged contact only
3. AACT W&M 30 kilometres Chp	8.00am	Non-Handicap event
4. Open Womens 15 kilometres	8.00am	Includes RWA Masters 15k
5. Open Mens 15 kilometres	8.00am	Includes RWA Masters 15k
6. Fitness 15 kilometres	8.00am	Non Hcp/Judged contact only
7. Fitness 8 kilometres	9.00am	Non Hcp/Judged contact only
8. Mens U20 10 kilometres	10.30am	
9. AACT Mens U20 10 kilometre Chp	10.30am	Non Handicap Event
10. Open (over 19 years) 10 kilometres	10.30am	Non Handicap Event
11. Womens U20 10 kilometres	10.30am	
12. Boys U10 1 kilometre	11.40am	
13. Girls U10 1 kilometre	11.40am	
14. Boys U12 2 kilometres	11.50am	
15. Girls U12 2 kilometres	12.10pm	
16. Boys U14 2 kilometres	12.30pm	
17. Girls U14 2 kilometres	12.50pm	
18. Boys U16 3 kilometres	1.10pm	
19. Girls U16 3 kilometres	1.35pm	
20. Boys U18 5 kilometres	2.00pm	
21. Girls U18 5 kilometres	2.00pm	
22. Womens 5 kilometres	2.40pm	

Uniform. All Racewalking Australia event competitors **MUST wear the uniform of their Club**, as registered with RACEWALKING AUSTRALIA. Failure to do so may result in disqualification.

Presentation of Awards will be at the Ainslie Football Club, 52 Wakefield Avenue, Ainslie commencing at **7.30 pm**.

Australian Road Walk Championships Adelaide September 8th

Athletics Australia has announced that the 2019 Australian Road Walk Championships will be held in Adelaide on Sunday September 8th. This decision finally gives athletes and their families a chance to plan their flights and accommodation.



Registrations close on 9th May

Venue: Barlow Park, Cairns
3,000m Walk & 5,000m Walk
Email: carnivalcairnsathletics@gmail.com
<https://gbrmg.com.au/the-games>

2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY



Event registration is now open and closes July 21st

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

Race Walk Programme

Sunday September 1st 10km road walk
Tuesday September 3rd 5km track walk
Friday September 6th 3km track walk

Event Registration & Fees

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

Total Registration Fee AU\$90.00

Entry Fee per Event AU\$10.00

Track events will be held on the new Mackay Aquatic, Sport & Recreational Centre at CQUniversity, Ooralea located 7km from the Mackay CBD. There is public transport from the town centre to the Uni every hour.

The 10km road walk will be conducted on a circuit on the harbour breakwater road approx. 6km from the town centre.

10KM ROAD RACE WALK



The Harbour Breakwater is a flat course with spectacular scenery.

The course would be a 500m loop and the turns would be on the road side to give the required 7.5m.



Entries Now Open

<http://australianmastersgames.com>

Track Walks SA Athletics Stadium

Saturday 5th - Tuesday October 8th 8:00am–5:00pm

1,500m Walk

3,000m Walk

5,000m Walk

Road Walk

10km Saturday October 12th: 8:00am Start: Peacock Rd - Adelaide Harriers clubrooms

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

2019

April 26-29th Australian Masters Athletics Championships Melbourne Lakeside Stadium

April 27-28th Australian Little Athletics Championships Hobart

April 28th QRWC Handicap # 2 meet 8.00am Kalinga Park 8.00am

May 5th QRWC Handicap # 3 meet Mudgeeraba 8.00am

May 12th Mother's Day No Club Competition

May 19th QRWC Handicap # 4 meet Beenleigh 8.00am

May 25th Great Barrier Reef Masters Games Cairns

May 26th QRWC Handicap meet Morningside # 5 **7.30am**

June 2nd Gold Coast Road Walk Championships Mudgeeraba 8.00am

June 9th LBG Federation Carnival Mt Stromlo Canberra

Looking further ahead

June 16th QRWC Handicap # 6 meet TBA

June 23rd QRWC Handicap # 7 meet TBA

June 25-28th Oceania Area Championships Townsville

June 30th QRWC Handicap # 8 meet TBA

July 3-14th 30th Summer Universiade, Naples Italy

July 7th Gold Coast Marathon. No club competition

July 14th RWA Postal Challenge Beenleigh

July 21st QRWC Track Walks UQ St Lucia 8.00am

July 27th **Saturday** QA Open & Age Road Walk Championships Ipswich **TBC**

August 4th QRWC Handicap # 9 meet TBA

August 11th QRWC Handicap # 10 meet TBA

August 11th Australian Masters 20km road championships Adelaide

August 18th QRWC Road Walk Championships Beenleigh

August 25th QRWC Track Walks UQ St Lucia 8.00am **TBC**

September 1st Father's Day

September 1st Oceania Masters Games Mackay 10km road walk

September 8th Australian Road Walk Championships, Adelaide, SA

September 15th Relay/Trophy/BBQ day Kalinga Park

Sept 28th - Oct 6th IAAF World Championships Doha, Qatar

Racewalking Queensland

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

Racewalking Queensland Management Committee 2019/20

President: S. Pearson

Secretary: N. McKinven

Vice President. P Bennett **Treasurer** R Hamann
Committee. C Goulding, I. Jimenez, S. Langley, T. Norton, S McCure, J. Westlin.
Patrons: Patrick & Maxine Sela
Handicapper/Results: N. McKinven
Social Media/Publicity: C Goulding
Director of Coaching: D. Smith
Trophy Officer: N. McKinven
Newsletter Editor: P. Bennett

Full List to follow when all positions have been finalised.

Annual subscriptions due April 1st 2019

Are you financial?

If you have not already done so could you please ensure you are financial for 2019/20. This applies to both athletes, volunteers and Committee members. Athletes will not be eligible for handicap points, trophies or awards if they are not financial. All volunteers & officials are strongly advised to register with QA (see details below). It is \$ 0 to register if you are a QRWC member and it ensures you are covered by insurance.

Our goal for 2019 is 100 registered members.

2019/20 Registration Fees

Family \$40

Students & Officials \$15

Others \$25

Note: 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 (for entry to all QRWC events for the season including track and road championships. Does not cover QA, AA or RWA championship and other events organised by those organisations). Recommended if you intend doing all the races during the season and it saves the hassle of trying to find coins to pay your race fees each Sunday.

QRWC Website: www.qrwc.com.au

BlueCard: The club recommends that all volunteers and athletes over 18 apply for a Queensland Government BlueCard. Please read the requirements on who needs a card at the following website. <https://www.bluecard.qld.gov.au/volunteers/howdoiapply.html>
An application form can be printed off from this site.

Queensland Athletics Registration 2018/19

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

Season Handicap Points

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.

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.

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/>