

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 62 years in the making.



HEEL & TOE

August 23rd 2018

Australian Road Walking Championships



Sunday August 26th Lake Kawana Sports Precinct, Sunshine Coast

320 Nicklin Way Kawana, 4575

Weather Forecast for Sunday at Kawana: 11–23°C Light Rain

The Nationals road walk championships are almost here and the club is prepared for a big day. We wish our athletes every success in achieving their goals in their races on Sunday. The opportunity to participate in a National road walk championship only comes around once every seven years so please make the most of the opportunity at an individual and at a team level. Our small but loyal and hardworking team led by Shane has put in a lot of work to ensure the success of this carnival so please give them every assistance on the day. Even if you can only assist for a short period your contribution will be welcome e.g. helping to pack up or relieving on the canteen so that other volunteers can have a break and get to watch some of the races.

Make sure you give yourself plenty of time to travel to the venue especially those that are planning on driving up from Brisbane on the day. You need to allow ample time to check in, collect your race numbers and timing chip, to warm up and to get to the Call Room on time. Don't forget to doubly check that you have packed your race uniform. But most of all have fun and enjoy the day.

Race Day Photos. We would be grateful if one or more of our members would be able to take photographs of all the races on Sunday so that they can be shared on our Facebook page and on our website. All club members send their best wishes to Crystal and hoping you will be back taking your awesome snaps at our club meets real soon.

Saturday Night Team Dinner



A table has been booked at The Dicky Beach Surf Club (1A Coochin Street, Dicky Beach) for dinner on Saturday nights starting at 5.30pm.

The booking is Shane's name if you get there early (you can also mention QRWC) If you are interested in coming along and you haven't already said you are, please let me Shane know. If you know anybody else that might be interested in coming along please let them know they would be most welcome.

Shane Pearson

Dinner Suggestion: Parma for a Farmer, \$1 From every parmy sold this month will be donated to Buy a Bale to assist struggling Aussie Farmers.

We are not Alone!

Race Walking will not be the only sport event on the Sunshine Coast this weekend. The Australian Cross-Country Championships will be held at the Maleny Golf Club on Saturday. On Sunday the Ironman Sunshine Coast (1.9km swim , 90km bike ride and finishing with a half marathon) will be centered on the Mooloolaba Esplanade but utilizing the Sunshine Motorway for the bike ride. Joining us at the Kawana Sports Precinct on Sunday afternoon will be a hoard of netball fans. The Super Netball Grand Final featuring the Sunshine Coast Lightning will be shown live on the big screen at the adjacent Sunshine Coast Stadium. This is from midday until 5pm.

QRWC Volunteers Information

Homebake Needed

If you're coming to the Australian Road Walking Championships on Sunday August 26th, can you please take some time to bake any of the following and bring them along on the day so we can provide refreshments for the many volunteers and officials, and so we can sell them and raise funds for our club:

- biscuits

- cup cakes
- muffins
- slices

Any contribution you can provide, no matter how big or small, will be very much appreciated.

Our wonderful members have so far pledged to bring along goodies such as Lamington fingers, boiled fruit cake, banana Bread, chocolate & sponge cake, pineapple and coconut slice, muffins. etc.

If you can further assist would be most grateful. If you have no time to bake there are some good specials in the bakery department at Coles

Cold Drinks

If you can't provide any home bake goods, could you please bring along a box of cold Coke, Lemonade or Solo soft drink that we can sell on the day? We won't have the use of a fridge on the day, so we'd appreciate it if any drinks you bring to donate can be cold.

Donate Raffle Prizes

Raffles tickets for a cash prize will be sold throughout the morning. Draws will take place when a book of ticket has been sold.

We will be also be selling tickets throughout the morning in a multi draw raffle. All donations welcome; health & beauty, sporting goods, wine, unwanted gifts etc. Bear in mind we will have interstate visitors in attendance so any goods or gift vouchers would need to be able to be taken on their return flight or used outside of the Sunshine Coast or Brisbane.

Prizes for the raffle can be dropped at the Canteen on the day . There are plenty of "positions vacant" for enthusiastic ticker sellers on the day!

QRWC Invite Events: Entry & Sign In

Our Club Co-patron, Pat Sela will be taking entries for the invitation races from the canteen area.

TEAMWORK by Shane Pearson

Teamwork is the collaborative **effort** of a **team** to achieve a common goal or to complete a task in the most effective and efficient way. This concept is seen within the greater framework of a **team**, which is a **group** of individuals who **work** together towards a common goal.

*"The difference between success and failure is a **great team**."*

Some quotes I've found relating to teamwork. *"Individual commitment to a group effort -that is what makes a team work, a company work, a society work, a civilization work."* --Vince Lombard

"Unity is strength. . . when there is teamwork and collaboration, wonderful things can be achieved." --Mattie Stepanek

Athletics in general is seen as an individual sport. We compete for first, second, third and so on. "We" all want to achieve the very best "We" can. However, I can guarantee the most successful athletes will have a team around them to reach their goals. A team of coaches, doctors, physios, massage therapist, dietician and the list goes on.

So, to with our club..... This Sunday we are on show. We all have jobs to do, We're not a one man band. Our athletes will be out their all trying their very best no matter where they finish. Be proud. Support all the team members. Athletes, Coaches, Families, Friends, Everybody..... A lot of work has gone into this Sunday. Let's stand tall, unified, collectively and proudly show all the Australian Race Walking community what we are and who we are.

Support each other. Cheer for everyone, work together, come together, be a team. **Team QRWC.**

Finally, to all the Queensland Team athletes, I wish you all the very best of luck and success. Race strong, Race smart. We have teams in most events. Make sure your techniques are all perfect. "Get your mind set and confidence will lead you too success." I hope you all achieve your goals. Thanks again everybody and see you on Sunday.....

Support Your Team Come along on the day wearing your club cap and polo shirt if you have one or just dress in maroon and support our walkers. There are walkers coming from all over Australia so give them a big cheer to. Remember, a race is not over until the last competitor has crossed the line.

OUR QRWC TEAM

U12 Boys Callaghan Myles /Capps Charlie / Petrovic Jacob

U12 Girls Goulding Lily / Williams Lyla /Teahen Rebecca

Open Men's 20km Bennett Peter / Jimenez Solis Ignacio /McCutcheon Luke

Women Open 20km Pickles Jessica

U14 Boys 3km McCure Sam / Norton Kai /Bradley Alex / Bannister Jack

Women U14 3km Anderson Jayda / Brady Korey / Clarke Anika /Fisher Torryn / Heap Ashanti / Millard Summer / Norton Amber / Schofield Scarlett / Tofful Amber

U16 Men 5km Hayward Kris / Wearne Jonathan

Women U16 5km Ofield Mackenzie / Schofield Amelia

U18 Men 10km McCutcheon Nelson

Women U18 5km Hamann Charlotte / Hannigan Caitlin / Schofield Isabella /McRoberts Jasmine-Rose

Women U20 10km Hayward Katie

Women Open 10km McKinven Noela / Papadopoulou Christina

Boys U10 1 km Flynn Callaghan

Girls U10 1km Siaan Fisher, Makenna Clarke

Open 5km Patrick Sela

FINAL PROGRAMME

1	8.30 am	A.A R.W.A R.W.A	Open Men Masters Men Open Men	20km Championship 20km Championship 20km Teams Race
2	8.30 am	A.A.	Open Women	20km Championship
3	8.30 am	R.W.A. R.W.A. R.W.A.	Open Women Open Women Masters Women	10km Championship 10km Teams Race 10km Championship
4	10.30 am	A.A. R.W.A	Under 20 Men Under 20 Men	10km Championship 10km Teams Race
5	10.30 am	A.A. R.W.A	Under 20 Women Under 20 Women	10km Championship 10km Teams Race

6	10.30 am	A.A. R.W.A	Under 18 Men Under 18 Men	10km Championship 10km Teams Race
7	11.00 am	A.A. R.W.A	Under 18 Women Under 18 Women	5km Championship 5km Teams Race
8	11.00 am	Invitation	Open	5km
9	11.45 am	A.A. R.W.A	Under 16 Boys Under 16 Boys	5km Championship 5km Teams Race
10	11.45 am	A.A. R.W.A	Under 16 Girls Under 16 Girls	5km Championship 5km Teams Race
11	12.15 pm	A.A. R.W.A	Under 14 Boys Under 14 Boys	3km Championship 3km Teams Race
12	12.15 pm	A.A. R.W.A	Under 14 Girls Under 14 Girls	3km Championship 3km Teams Race
13	12.35 pm	R.W.A. R.W.A.	Under 12 Boys Under 12 Boys	2km Championship 2km Teams Race
14	12.35 pm	R.W.A. R.W.A.	Under 12 Girls Under 12 Girls	2km Championship 2km Teams Race
15	12.55 pm	Invitation Invitation	Under 10 Boys Under 10 Girls	1km 1km

IMPORTANT RACE DAY INFORMATION (this was emailed to all AA entrants this week)

Technical Regulations

1. The Championships will be conducted according to the rules of the IAAF and Athletics Australia.

2. UNIFORMS:

Walkers in Athletics Australia Championship events may be nominated to represent their State as official representatives provided that they are current members of Athletics Australia affiliated clubs. These walkers should wear State uniforms. State or Australian

Institute of Sport walkers may wear their official Institute competition uniform. **The remaining Race Walking Australia club athletes must wear their official Walking Club uniform.** Other walkers should wear a uniform that conforms to IAAF standards.

3. COMPETITION NUMBERS:

Competition numbers can be collected from the administration area from 7:00am on Sunday. The competition bib numbers issued to competitors for these Championships must be worn on the front and back of your competition uniform firmly attached with not less than four (4) pins, so the entire number and sponsorship information can be easily read. No part of the number shall be folded under the uniform.

ATHLETICS AUSTRALIA WILL ENFORCE IAAF RULE 143.8, WHICH RENDERS AN ATHLETE LIABLE TO DISQUALIFICATION IF S/HE TAMPERS IN ANY WAY WITH THE COMPETITION NUMBER.

4. TIMING TAG Timing tags will be firmly attached to your competition number, please ensure the bib with the tag attached is worn on the front.

5. WARM UP:

Warm up should not take place on the course whilst events are underway. There are ample walking paths around the venue for this purpose.

6. CALL TIMES:

There will be Call Times via the announcer starting 15 minutes prior to each event. Athletes must report to the Call Room, no later than 15 minutes prior to the starting time of their event to confirm their entry. Basic uniform checks, including non-conforming advertising will be made. Athletes must then be assembled in the assembly area adjacent to the start/finish line 5 minutes prior to the official start time for the event. There will be a 5-minute and 3-minute warning announcement for athletes in the assembly area.

7. PIT LANE

Pit lane will be in operation for the Australian Winter Walks Championships for the following age groups;

- • Open (Male & Female)
- • Under 20 (Male & Female)
- • Under 18 male & Female)
- • Under 16 (Male & Female)
- • Masters (Male & Female)

An athlete will be required to enter the Pit Lane and remain there for the applicable period once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by him. The applicable periods in the Pit Lane shall be:

20km – 2mins

10km – 1 min

5km – 0.5min

If, at any time, the athlete receives an additional Red Card from a Judge other than one of the three who had previously sent a Red Card, he shall be disqualified. An athlete who fails to enter the Pit Lane when required to do so, or remain there for the applicable period, shall be disqualified by the Chief Judge.

Special Sneak Preview of our Canteen Menu for Sunday Open from 7am

(the breakfasts for officials and volunteers will ready by 7am. All AA officials and QRWC Volunteers will be entitled to a breakfast and lunch voucher).



Sausage Sizzle -Onion, Sausage, on Bread	\$2.50
Sausage Sizzle -Onion, Sausage, on Bread Plus Drink	\$4.00



Burger – Bacon and Egg	\$ 6.00
Burger– Bacon and Egg plus Drink	\$ 7.50



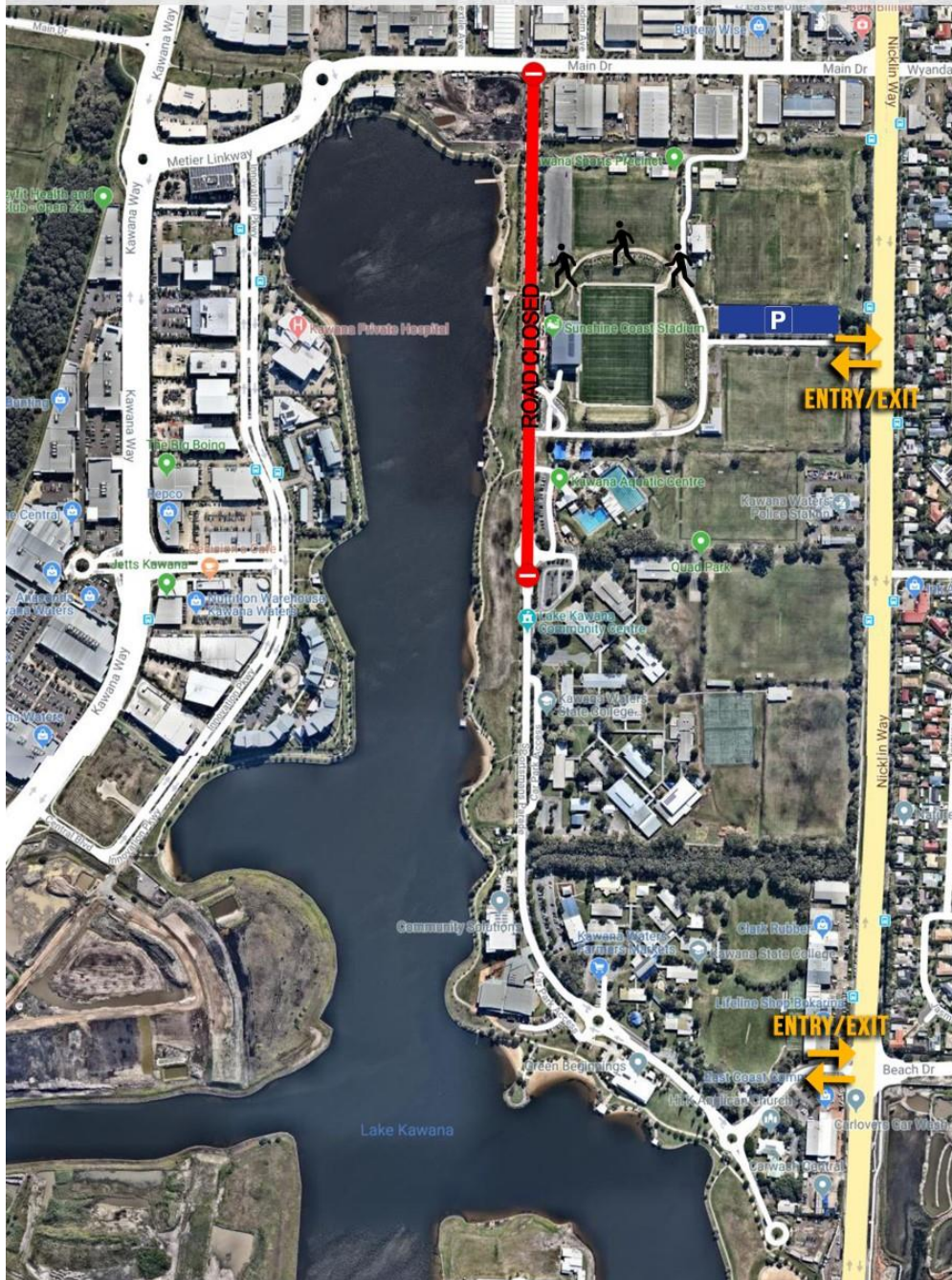
Beef Burger – Tomato Lettuce Onion	\$ 6.00
Beef Burger - Tomato Lettuce Onion plus Drink	\$7.50

Cakes	\$2.00
Biscuits	\$1.00
Slices	\$2.00
Poppers	\$2.00
Soft Drinks	\$2.00



The 1km race loop is highlighted in Blue

2018 AUSTRALIAN WINTER RACE WALKING CHAMPIONSHIPS



The race venue showing the entry and exits off the Nicklin Way & the parking area

RESULTS RESULTS RESULTS

QRWC Club Championships

Kalinga Park, Sunday August 19th

Congratulations to all competitors in the QRWC road walk championships on Sunday at Kalinga Park. Great effort by Jayda Anderson (9.20) to smash the U14 2km record and by Ashanti Heap (9.51) who finished second and just outside the previous record mark

Open/Masters 10km

Men: (1) Ignacio Jimenez 51.00 (2) Argenis Guevara 59.30 (3) Patrick Sela 1.19.51

Women: (1) Noela McKinven 1.25.42

U18 6km

Women: (1) Caitlin Hannigan 35.14 (2) Charlotte Hamann 42.31

U16 4km

Men: (1) Jonathan Wearne 21.26

Women: (1) Amelia Schofield 26.26 (2) Jasmine-Rose McRoberts 27.33

U14 2km

Men: (1) Kai Norton 10.56 (2) Sam McCure 11.00

Women: (1) Jayda Anderson 9.20 (2) Ashanti Heap 9.51 (3) Mackenzie Ofield 10.15 (4) Anika Clarke 10.19 (5) Amber Norton 10.33 (6) Korey Brady 11.49 (7) Scarlett Schofield 12.06 (8) Torryn Fisher 12.14 (9) Amber Tofful 14.35

U12 1.5km

Men: (1) Myles Callaghan 7.48

Women: (1) Lyla Williams 7.43 (2) Rebecca Teahen 7.47 (3) Kamara Stewart 9.11 (4) Lily Goulding 9.18

U10 .75km

Men: (1) Flynn Callaghan 4.28

Women: (1) Makenna Clarke 3.59 (2) Siaan Fisher 5.34 (3) *Charlotte Brady 7.07.

*Charlotte Brady accidentally walked 1km.

QRWC Club Championship Records

As at 19/08/18

Men's Open 10 km Rhydian Cowley 2012 40:38.00
Under 20 Men 8 km Dane Bird-Smith 2009 34.59.00
Under 18 Men 6 km Dane Bird-Smith 2009 26.16.00
Under 16 Men 4 km Jesse Osborne 2010 18:30.00
Under 14 Boys 2 km Ben Tesch 2009 9:22.00
Under 12 Boys 1.5 km Ryan Pollock 1990 7:31.00
Under 10 Boys 750 m Mathew Houston 1995 3:40.00
Women's Open 10 km Karen Foan 2002 49:15.00
Under 20 Women 8 km Jessica Pickles 2013 38:55.00
Under 18 Women 6 km Katie Hayward 2016 27:13:00
Under 16 Women 4 km Clara Smith 2013 18.59.00
Under 14 Girls 2 km Jayda Anderson 2018 9.20.00 **NEW**
Under 12 Girls 1.5 km Rachel Barker 2007 7.29.00
Under 10 Girls 750 m Theresa Dorman 1994 3:47.00
Men's Master's 10 km Ignacio Jimenez 2012 49:41.00
Women's Master's 10 km Nyle Sunderland 2013 57:22.00

COMING UP

QMA Long Road Walk Championships

Club 20km Championship / Invitation Meet

Sunday, September 2nd Sports Reserve, Murarrie.

This is our last road walk meet of the season and incorporates the Queensland Masters Athletics Long Road Walk Championships. (Entry to these championships is on the day.)

The club Men's 20km championships for the Dave Smith Medal will be held in conjunction with the Masters 20km race. The Masters Championships races & Open 20km will start at 7.30am. All Invitation races will start at 8.00am.

7.30am QMA Long Walk Championships

M30+ 20km / W30+ 10km / M60 + 10km * Option

RWQ Open 20km Championship - Dave Smith Medal Open Men's 20km

8.00am Invitation Races

10km (U20/Open)

5km (U16/U18/U20)

3km (U14/U16)

2km (U12/U14)

1km (U8/U10/U12)



ENTRIES ARE NOW OPEN

Entries Close: •Wednesday 31 October 2018

EARLY BIRD FEE CLOSING SOON



Hurry! Early bird entry fee for the 11th Pan Pacific Masters Games Road Race Walk competition close **Sunday 2 September!** Play it, Live it, Love it at the world's biggest and best biennial master's game!

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/>

Dates & Times •Sunday 11 November 2018: 7am start

Events: •10km Road Race Walk

Age Requirements

- Age is determined as at 11 November 2018
- Minimum age for competition is 30 years

Fees: Sport Fee: \$20 per person

Games Fee: Competitor: Early bird – \$120 | Standard – \$140

2019 OMA CHAMPIONSHIPS MACKAY QLD



Date: 31 August to 7 September 2019

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

August 26th AA/Federation Road Walk Championships Kawana Sunshine Coast

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. 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

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

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

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/>