

Queensland Race Walking Club Inc.

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



HEEL & TOE

August 9th 2018



What a Champion Team

All photos courtesy of Crystal Goulding

RESULTS RESULTS RESULTS

It certainly was a fine and sunny morning at Murarrie on Sunday for the 2018 QA Road Walk championships. It was probably a bit too fine and sunny for the 20km walkers who had to battle it out in the heat with the late starting time. All up it was a great meet and congratulations to every competitor. The broad smiles on all the medal winners was so good to see especially those who won their first ever Qld medal.

QLD Athletics State Road Walking Championships 2018

Murrarrie Recreation Ground, August 5th

Under 10 Male 1km Championship

1 Flynn Callaghan 5:46

2 Blake Zirbel 7:15



Under 10 Female 1km Championship

1 Makenna Clarke 5:37

2 Siaan Fisher 5:58

3 Charlotte Brady 6:44

Under 12 Male 2km Championship

1 Myles Callaghan 11:10

2 Jacob Petrovic 14:54

Under 12 Female 2km Championship

1 Lyla Williams 11:00

2 Rebecca Teahan 11:16

3 Lily Goulding 13:41

Under 14 Male 3km Championship

1 Sam McCure 16:41

2 Alex Bradley 16:55

3 Seth Wasson 18:35

Kai Norton DQ

Under 14 Female 3km Championship

- 1 Jayda Anderson 14:58
- 2 Ashanti Heap 15:34
- 3 Anika Clarke 16:05
- 4 Amber Norton 16:44
- 5 Scarlett Schofield 18:20
- 6 Korey Brady 18:37
- 7 Torryn Fisher 18:43
- 8 Sabrina Guse 18:46
- 9 Summer Millard 20:14

Under 16 Male 5km Championship

- 1 Jonathan Wearne 25.22

Under 16 Female 5km Championship

- 1 Mackenzie Ofield 29.55
- 2 Amelia Schofield 33.17

Under 18 Female 5km Championship

- 1 Caitlin Hannigan 25.13
- 2 Jasmine Rose McRoberts 34.37
- 3 Isabella Schofield 39.45

Under 18 Male 10km Championship

- 1 Nelson McCutcheon 49.18
- 2 Jayden Lyttle 1.08.11



Winners are Grinners

Open Male 20km Championship

1 Ignacio Jimenez 1.41.00

2 Peter Bennett 2.02.11

Open Female 20km Championship

1 Jessica Pickles 1.58.26

2 Nyle Sunderland 2.05.45

Masters Male 34 - 54 10km Championship

1 Ignacio Jimenez 49.09

2 Argenis Guevara 59.54

Masters Male 55+ 10km Championship

1 Peter Bennett 1.00.23

Masters Female 55+ 5km Championship

1 Noela McKinven 41.48



QRWC Track Championships

University of Queensland, St Lucia

Sunday August 12th

Programme

8.00am Open M/W 5,000 metres

 U20 M/W 5,000 metres

 U18 M/W 5,000 metres

8.45am U16 B/G 3,000 metres

9.10am U14 B/G 1,500 metres

 U12 B/G 1,500 metres

9.25am U10 B/G 1,000 metres

Entry Fees: Members \$ 10 / Non-Member Guests \$ 15.00. (This includes UQ Track Fee surcharge). No charge for Season Pass holders.

Entry is on the day, Age is Age on Day.

Note: Medals for these Championships will be presented on September 16th at the Club Relay / Trophy Day

We will need a number of volunteers to assist with lap scoring and time keeping on Sunday. We would be very grateful for your help in this regard even if it is just for one race.

The canteen will be in operation serving up a storm of good food. Arrive early as there is a Uni Open Day on later in the morning.

Race Walking Queensland Track Championship Records

As at 13/08/2017

Open Men's 5,000 metres Dane Bird-Smith 2012 19.22.22

Under 20 Men's 5,000 metres Luke McCutcheon 2016 21.48.98

Under 18 Men's 5,000 metres Brad Aiton 2010 22.25.90

Under 16 Boys 3,000 metres Nelson McCutcheon 2017 13.20

Under 14 Boys 1,500 metres Kris Hayward 2017 6:36

Under 12 Boys 1,500 metres Jonathan Wearne 2015 7.00.24

Under 10 Boys 1,000 metres Yanis Benzenati 2009 6.08.90

Open Women's 5,000 metres Jessica Pickles 2017 23.03

Under 20 Women's 5,000 metres Jessica Pickles 2013 24.26.00

Under 18 Women's 5,000 metres Katie Hayward 2017 21:56

Under 16 Girls 3,000 metres Katie Hayward 2015 13.23.97

Under 14 Girls 1,500 metres Katya Martin 2010 6.51.90

Under 12 Girls 1,500 metres Rachel Barker 2007 7.19.70

Under 10 Girls 1,000 metres Lyla Williams 2016 5.22.27

Vale Ron Crawford

The members of the QRWC have been saddened with the news of the death of Ron Crawford OAM, one of the all-time greats of Australian race walking and a triple Olympian.

"It is with great sadness that Athletics Australia reports the passing of Ron Crawford OAM. A life member of AA & Athletics NSW he competed at the 1956, 1960 and 1964 Olympic Games and was an AA Board Director from 1996 to 1999.

An enormous contributor to the sport of athletics in NSW and Australia." AA

RIP Ron

Australian Road Walking Championships

Sunday August 26th

Lake Kawana Sports Precinct, Sunshine Coast

320 Nicklin Way Kawana, Q. 4575

<https://winterwalks.eventdesq.com/reg/types>

ENTRIES CLOSE: 5pm Friday August 10th 5pm

Athletics Australian Championship events will be held from Under 14'S up to Open. Under 12's and Masters events will be Race Walking Australia events. All teams' medals and handicap trophies will be awarded by Race Walking Australia. You will need to be a current member of the club to be eligible. Three walkers make up a team and we can have numerous teams in each age group so every member of the club can participate.

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 - 10km

Under 18 - 5km

Under 16 - 5km

Under 14 - 3km

Under 12 - 2km RWA Championship event

ENTRY FEE: \$30.00 per event

In addition, there will be two QRWC Invitation events on the programme:

U10 1 km

Open 5km

Entry to these two events will be on the day. **Entry Fee \$ 10.** Trophies to place getters.

It would be appreciated if you could advise Noela if you intend to enter either of these events noelarhoda@gmail.com

Donate Raffle Prizes

We will 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.

Age Designation

Age for all A.A. and R.W.A. events is age as at 31 December of the current year.

Athletics Australia Affiliation

It is recognized that for the Carnival, there may be R.W.A. competitors who are not current members of affiliated A.A. clubs. Permission is given for these athletes to compete in the Australian championship events.

Awards

- Athletics Australia Championship medals will be presented to 1st, 2nd and 3rd place getters in the Australian Championship events.
- Racewalking Australia medals will be awarded to 1st, 2nd and 3rd place getters in the Racewalking Australia events.

Note: Placegetters in individual events cannot win a handicap trophy.

IMPORTANT INFORMATION

1. **Technical Regulations** 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 Federation

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. PROTESTS:

Protests must be lodged initially with the Referee as per IAAF rules. Appeals to the Jury are to be made in writing on the appropriate Appeal Form and lodged with the \$50 fee. Appeals can be made by either the athlete or Team Manager and should be lodged at the Administration tent where forms will be available.

8. WATER: will be available for athletes at the Call Room and finish line area.

9. FIRST AID: will be set up for anyone requiring treatment at the finish line area.

10. AMENITIES:

Toilet and change room facilities for athletes, officials and spectators will be available at the venue.

TECHNICAL MEETING:

There will be no Technical Meeting. Race numbers and any final information will be available from the Administration Area from 7:30am



The race venue

Coming up

August 19th 2018 QRWC Club Championships

Kalinga Park

Programme: 8.00am Open & Masters 10km

Under 20 M & W 8km

Under 18 M & W 6km

8.30am Under 10 M & W 0.75km

Under 12 M & W 1.5km

Under 14 M & W 2km

Under 16 M & W 4km

- Age is taken as Age on the Day. Athletes eligible for awards in their own age group event only.

- Trophies will be awarded to the first three placings of registered club members in each age group (male & female) and medals in the Masters age group.

- For Masters Athletes please note that the first three finishers of registered club members in Open races will be the Open place getters and the next three Masters Age competitors to finish after that will be eligible for Masters Medals.

Club Championship Records

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 Amelia Schofield 2016 9.48.00

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

Entry Fees for all athletes is \$8

Note: If you have a Perpetual Club Trophy from last season could you please bring it t along to Kalinga Park on the 19th or arrange to give it to Noela beforehand.

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

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

The race walk schedule on the track has been moved to avoid conflict with the Road Race Walk on the Sunday.

The new schedule for the 3,000m Race Walk is as per below:

Day 2 - 3,000 Metre Race Walk

11:30 AM - Women 30+ / Men 30+

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 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 Kawana Sunshine Coast

Looking Further Ahead

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/>