

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



HEEL & TOE

December 14th 2017

Australian All Schools Championships

Medals & PB's for our Walkers

The race walking events at the Australian All Schools track championships were held last Friday evening in Adelaide and our Queensland walkers performed with distinction and did the State proud.

The walk events started and finished with medal winning performances for Queensland. A stirring performance by Nelson McCutcheon saw him push himself to a big pb time of 13:05.30 in the U16 3,000 metres to take the silver medal just behind the winner from New South Wales.

Kris Hayward won the silver in the boys U14 3,000 metres in a time of 14:49.65 and Katie Hayward dominated the field in the U18 5,000 metres to win the gold medal in a fast time of 22:06.65 finishing ahead of all the boys in the process.

In her first ever National event, Bridget Sullivan walked a pb time of 15:50.13 to finish 4th in the U14 3,000 metres. Camryn Novinetz was also in pb form in finishing 7th in the U16 3,000 with a time of 14:42.94.

Congratulation to all our athletes who participated in the Championships and well done to all our walks coaches who prepared the athletes for the Nationals.

This report on Katie Hayward's performance was written by Jane Aubrey for Athletics Australia.

Katie Hayward (Qld) closed out her final Australian All Schools showing with a dominant performance in the under 18 girls 5000m walk. Hayward, who earlier this year won the Australian 10,000m Championship ahead of more experienced athletes, even finished ahead of the boys with the two events run concurrently. The Gold Coast student won gold in a time of 22:06.65, over two minutes ahead of Jemma Peart (Vic) and Alice Randall (Tas).

Friday's victory gave Hayward back-to-back gold in the event, having also dominated in 2016 where she set the meet record of 21:40.87.

Ominously, Hayward said she was off her best form, as she's hoping to be in top shape for the under 20 world championships mid-2018.

"I'm about 30 seconds slower, but I'm happy. This is a good hit out," Hayward said. "I tried my best. Because this is my last nationals, I wanted to finish knowing that I did everything that I could so as soon as the gun went off, I went for it."

RESULTS RESULTS RESULTS

Australian All Schools Championships Adelaide Friday December 8th

Boys 3,000 Metre Walk Under 16

1	Jack McGinniskin	NSW	13:02.45
2	Nelson McCutcheon	QLD	13:05.30
3	Will Thompson	VIC	13:15.84
4	Joe Cross	SA	13:19.59
5	Cooper Anderton	WA	13:34.07
6	Nikola Mandic	VIC	13:37.34
7	William Robertson	TAS	14:08.91
8	Bayley Campbell	TAS	14:17.60
9	Hayden Blaskett	NSW	14:26.82
10	William Dynes	VIC	14:48.99
11	Ryan Stewart	QLD	16:36.58
12	Liam Killick	SA	16:37.27
13	Lachlan Bellen	SA	17:18.56
14	Jayden Peak	WA	17:41.08
15	Brady Popow	NZ	X17:49.40

Girls 3,000 Metre Walk Under 16

1	Emma Blanch	NSW	13:41.73
2	Allanah Pitcher	NSW	13:45.78
3	Alanna Peart	VIC	13:58.79
4	Victoria Upton	SA	14:27.01
5	Olivia Sandery	SA	14:31.53
6	Hannah Bolton	NSW	14:39.58
7	Camryn Novinetz	QLD	14:42.94
8	Chloe Karagiorgos	VIC	15:01.21
9	Charlotte Hay	VIC	15:24.47
10	Hannah Manning	ACT	15:34.75
11	Alice Ritchie	NZ	X16:17.61
12	Richelle Morales	WA	16:47.87
13	Ashleigh Pringle	WA	17:15.80
14	Mia Wilks	SA	17:23.87
15	Amelia Schofield	QLD	17:36.05

16 Brianna Simmonds NT 20:21.71
-- Caitlin Hannigan QLD DQ IAAF 230.7

Girls 3,000 Metre Walk Under 14

1 Elizabeth Mcmillen NSW 14:40.24
2 Laura Burns ACT 15:16.68
3 Brooke Mortimore WA 15:42.12
4 Bridget Sullivan QLD 15:50.13
5 Kiera Ross SA 16:00.37
6 Kitarni Upton SA 16:04.03
7 Olivia Thomson NSW 16:20.40
8 Sienna Andristos WA 16:23.74
9 Mackenzie Ofield QLD 17:28.11
10 Brianna Briet VIC 17:28.60
11 Sidney Shaw ACT 17:53.14
12 Kaylah Heikkila-Dubowik VIC 18:29.50
-- Demi Petterwood TAS DQ IAAF 230.7

Boys 3,000 Metre Walk Under 14

1 Tom Hunt ACT 14:10.19
2 Kris Hayward QLD 14:49.65
3 Tom Jessep NSW 15:45.80
4 Raven Pyda NSW 18:44.01
5 Ryan Rivett SA 19:27.01
-- Hayden Howard SA DQ IAAF 230.7

Girls 5,000 Metre Walk Under 18

1 Katie Hayward QLD 22:06.65
2 Jemma Peart VIC 24:12.32
3 Alice Randall TAS 24:26.53
4 Anna Blackwell TAS 25:53.43
5 Bethany Cross SA 26:16.65
6 Molly O'Neill NSW 26:23.47
7 Teegan Pengilley NSW 26:33.44
8 Elizabeth Henderson ACT 28:22.10
9 Milla Rowbotham QLD 28:30.43
10 Chloe Upton SA 28:38.51
11 Tyla Gough WA 32:36.52

Boys 5,000 Metre Walk Under 18

1 Mitchell Baker ACT 22:12.26
2 Connor Frew ACT 22:17.80
3 Tristan Camilleri SA 22:27.59
4 Timothy Fraser ACT 22:55.15 3 RC - 30s penalty
5 Kyle Bedford NSW 23:44.09

6 Ryan Thomson	NSW	23:47.04
7 Toby Wilks	SA	25:10.91
8 Patrick Murphy	WA	26:47.73

Qld Masters Athletics SAF Saturday December 9th

3,000 Metre Race Walk Andrew Ludwig Memorial

Ignacio Jimenez M52 Brisbane 14:20.20 (12:31.39 84.03%)

Peter Bennett M62 Brisbane 16:22.98 (13:04.42 80.50%)

Noela McKinven W75 Brisbane 24:00.26 (15:50.86 73.09%)

Age Graded Times & Percentages in Brackets

Congratulations to Noela and Iggy for being awarded the Brisbane Masters walking awards for the year at the QMA Christmas Party on Saturday.

GC50 Kurrawa Sunday December 10th

50km Peter Bennett 5:40.10

15km George Megas 2:16.13 & 1st M80 finisher!

Coming Up

Australian 50km Championships

Fawkner Park, Melbourne Sunday December 17th

The re-scheduled AA 50km Championships and Invitational events will be conducted this Sunday morning at Fawkner Park in Melbourne. These races were originally set down for December but had to be cancelled due to adverse weather conditions.

Unfortunately, being two weeks after the original date a number of entrants have had to withdraw. The men's 50km now lists only the one starter and Claire Tallent has moved from the 50km to the 20km. There are still good line ups in the 20 km Invitation races with athletes looking for qualifying times for the Commonwealth Games and World Race Walking Team Championships.

Programme for Sunday

7:00am Men's Australian 50km Championship

8:00am Men's Open Invitational 20km

8:00am Women's Open Invitational 20km

9:00am Men's Under 20 Invitational 10km

9:00am Women's Under 20 Invitational 10km

10:00am Men's Under 18 Invitational 5km

10:00am Women's Under 18 Invitational 5km

Revised Start Lists

Men 50,000 Metre Race Walk Championship Open

1 3 Perseus Karlstrom Sweden

Men 20,000 Metre Race Walk Invitation Open

- 1 5 Mark Blackwood Victoria
- 2 6 Rhydian Cowley Victoria
- 3 7 John Dutty Algeria
- 4 9 Adam Garganis Victoria
- 5 10 Carl Gibbons New South Wales
- 6 11 Albin Hess Victoria
- 7 13 Andrew Jamieson Tasmania
- 8 14 Tyler Jones New South Wales
- 9 15 Jason Kozica Victoria
- 10 16 Luke McCutcheon Queensland
- 11 17 Pramesh Prasad Victoria
- 12 18 Quentin Rew Victoria
- 13 20 Rupert van Dongen Victoria

Women 20,000 Metre Race Walk Invitation Open

- 1 21 Alana Barber New Zealand
- 2 22 Tayla-Paige Billington New South Wales
- 3 23 Regan Lamble Victoria
- 4 51 Simone McInnes Victoria
- 5 24 Jemima Montag Victoria
- 6 25 Christina Papadopoulos Queensland
- 7 28 Kelly Ruddick Victoria
- 8 29 Beki Smith ACT
- 9 30 Clara Smith Queensland
- 10 4 Claire Tallent South Australia
- 11 31 Rachel Tallent ACT

Men 10,000 Metre Race Walk Invitation Under 20

- 1 32 Kyle Bedford New South Wales
- 2 35 Dylan Richardson New South Wales
- 3 36 Kyle Swan Victoria
- 4 38 Declan Tingay Western Australia

Women 10,000 Metre Race Walk Invitation Under 20

- 1 41 Philippa Huse Victoria
- 2 42 Jemma Peart Victoria
- 3 44 Alice Randall Tasmania

Women 5,000 Metre Race Walk Invitation Under 18

- 1 46 Jasmin Hass Victoria
- 2 47 Charlotte Hay Victoria
- 3 48 Alanna Peart Victoria

Men 5,000 Metre Race Walk Invitation Under 18

- 1 49 Corey Dickson Victoria
- 2 50 Will Thompson Victoria

2018 Pan Pacific Masters Games

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/>

2018 Australian 10,000m Walk Championships

Date: Saturday 13th January, 2018 **Location:** Canberra, ACT

Entry: \$30.00 per event **Entries close:** Monday 5th January, 2018

<https://10000mwalk.eventdesq.com/>

This Week

The last Qld Masters walk for the year is on this Saturday, December 16th at the SAF. The 5,000 metres walk will start at 8.00am.

And, on Sunday morning in Melbourne the AA 50km and Invite 20 km events etc will be on at Fawkner Park.

Racewalking Queensland

QRWC Annual Subscriptions

Family \$25.00

Students & Officials \$10.00

Others \$15.00

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

Go to www.qldathletics.org.au

Race Day Fees

Students \$3.00 / Others \$5.00

Club/Track Championships \$8.00

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

Racewalking Queensland Management Committee 2017/18

President: S Pearson

Secretary: N. McKinven

Vice President: P. Bennett

Treasurer: J. Heylen

Committee: I Jimenez, A Wearne, R Wales, R Hamann, J Pickles, S Langley

Patron: Patrick & Maxine Sela **Registrar:** A Wearne, S Wearne

Delegates to QA: R Wales, S Pearson

Equipment Officers: N McKinven, I Jimenez, P Bennett, S Pearson

Handicapper: N McKinven

Trophy Officer: N McKinven

Results: N McKinven

Canteen Convenor: G Jimenez

Publicity Officer: J Pickles

Blue Card Co-ordinator: J Haig

Coming Up

December 16th QMA 5,000 metres SAF 8.00am

December 17th AA 50km & 20km Invite events, Melbourne

Looking Further Ahead

January 7th QA Meet 3,000 /5,000 metres UQ St Lucia

January 13th QMA 5,000 metres SAF 8.00am

January 13th AA 10,000 metre track championships Canberra

January 20th QMA 3,000 metres SAF 8.00am

January 20-27th Oceania Masters Championships, Dunedin NZ

January 26th QA Meet 3,000 / 5,000 metres SAF

January 28th **Sunday** QMA 5,000 metres SAF 8.00am

February 2-4th QA Open Track Championships 10km U20/Open

February 7th **Wednesday** QMA 10,000 metres Championships SAF 7.00pm

February 10th QMA 3,000 metres SAF 8.00am

February 11th AA 20km Road Walk Championships Adelaide

February 15-18th AA Open Track Championships Gold Coast

February 17th QMA 5,000 metres SAF 8.00am

February 22-25th QA Junior Track Championships

February 24th QMA 3,000 metres 8.00am / 1,500 metres 9.40am Main Stadium QE11

March 3rd QA Meet 3,000 / 5,000 metres SAF

March 14-18th AA Junior Track Championship Sydney

April 8th Commonwealth Games 20km Road Walks Currumbin

April 21-22 QMA Track & Field Championships SAF

April 26-29 AMA Track & Field Championships Perth WA

April 28-29th Australian Little A's Championships Gold Coast

May 5-6th World Race Walking Team Championships Taicang, China

June 10th LBG Federation Carnival Mt Stromlo Canberra

July 10-15th IAAF World Juniors Track Championships Finland

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

September 1-16th World Masters Athletics Championships Malaga, Spain
November 11th PPMG 10km road walk Runaway Bay 7.00am

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

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

Go to www.qldathletics.org.au

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/>