

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



HEEL & TOE

December 7th 2017

Australian All Schools Championships

Friday December 8th - Sunday December 10th
SA Athletics Stadium, Adelaide, South Australia

Our junior walkers are in the spotlight this week with the walk events at the Australian All Schools Championships being held this Friday in Adelaide. There is an abundance of talent in the strong Queensland team of walkers at these Championships. We would like to wish our athletes all the best and know you will all be fine ambassadors for Queensland.

Queensland Team

Nelson McCutcheon, Ryan Stewart, Caitlin Hannigan, Camryn Novinetz, Amelia Schofield, Mackenzie Ofield, Bridget Sullivan, Kris Hayward, Katie Hayward, Milla Rowbotham.

Final Timetable

3,000 metres Walk Under 16 Boys 3:00 PM
3,000 metres Walk Under 16 Girls 3:20 PM
3,000 metres Walk Under 14 Girls 3:45 PM
3,000 metres Walk Under 14 Boys 3:45 PM
5,000 metres Walk Under 18 Girls 6:50 PM
5,000 metres Walk Under 18 Boys 6:50 PM

Start Lists

Boys 3,000 Metre Race Walk Under 16

1 1137 Cooper Anderton WA
2 764 Lachlan Bellen SA
3 243 Hayden Blaskett ATHLETICS NSW
4 886 Bayley Campbell TAS
5 776 Joe Cross SA
6 1012 William Dynes VIC

7 799 Liam Killick SA
8 1030 Nikola Mandic VIC
9 630 Nelson McCutcheon QLD
10 296 Jack McGinniskin ATHLETICS NSW
11 1170 Jayden Peak WA
12 435 Bradyn Popow NEW ZEALAND CAA
13 907 William Robertson TAS

14 661 Ryan Stewart QLD

15 1061 Will Thompson VIC
16 115 Gwyllym Young ACT

Girls 3,000 Metre Race Walk Under 16

1 124 Emma Blanch ATHLETICS NSW
2 125 Hannah Bolton ATHLETICS NSW

3 505 Caitlin Hannigan QLD

4 945 Charlotte Hay VIC
5 952 Chloe Karagiorgos VIC
6 39 Hannah Manning ACT

7 1105 Richelle Morales WA

8 527 Camryn Novinetz QLD

9 969 Alanna Peart VIC
10 202 Allannah Pitcher ATHLETICS NSW
11 1116 Ashleigh Pringle WA
12 431 Alice Ritchie NEW ZEALAND CAA
13 735 Olivia Sandery SA

14 543 Amelia Schofield QLD

15 448 Brianna Simmonds NT
16 747 Victoria Upton SA
17 753 Mia Wilks SA

Girls 3,000 Metre Race Walk Under 14

1 1074 Sienna Andristos WA
2 918 Brianna Briet VIC
3 26 Laura Burns ACT
4 947 Kaylah Heikkila-Dubowik VIC
5 187 Elizabeth McMillen ATHLETICS NSW
6 1106 Brooke Mortimore WA

7 529 Mackenzie Ofield QLD

8 876 Demi Petterwood TAS
9 733 Kiera Ross SA
10 52 Sidney Shaw ACT

11 552 Bridget Sullivan QLD

12 223 Olivia Thomson ATHLETICS NSW
13 746 Kitarni Upton SA

Boys 3,000 Metre Race Walk Under 14

1 609 Kris Hayward QLD

2 795 Hayden Howard SA

3 85 Tom Hunt ACT
4 281 Tom Jessep ATHLETICS NSW
5 312 Raven Pyda ATHLETICS NSW
6 825 Ryan Rivett SA

Girls 5,000 Metre Race Walk Under 18

1 847 Anna Blackwell TAS
2 699 Bethany Cross SA
3 1091 Tyla Gough WA
4 506 Katie Hayward QLD
5 31 Elizabeth Henderson ACT
6 1105 Richelle Morales WA
7 195 Molly O'Neill ATHLETICS NSW
8 970 Jemma Peart VIC
9 199 Teegan Pengilley ATHLETICS NSW
10 1116 Ashleigh Pringle WA
11 877 Alice Randall TAS
12 540 Milla Rowbotham QLD
13 745 Chloe Upton SA

Boys 5,000 Metre Race Walk Under 18

1 65 Mitchell Baker ACT
2 239 Kyle Bedford ATHLETICS NSW
3 771 Tristan Camilleri SA
4 76 Timothy Fraser ACT
5 77 Connor Frew ACT
6 1166 Patrick Murphy WA
7 333 Ryan Thomson ATHLETICS NSW
8 842 Toby Wilks SA

RESULTS RESULTS RESULTS

Not so much in the way of “results” this week, more like just “result”.

Well done to Noela for keeping the race walking flag flying at the Qld Masters meet on Sunday morning.

Qld Masters Athletics SAF – Sunday December 3rd

5000 Metre Race Walk

1 Noela McKinven W75 Brisbane 40:50.02 (26:28.11 74.74%)

Age Graded Times & Percentages in Brackets

Coming Up

Rescheduled

Australian 50km Championships

Fawkner Park, Melbourne Sunday December 17th

The much anticipated Australian 50km Championships and invitational 20km events were cancelled last weekend due to the bad weather conditions in Melbourne.

“Athletics Australia have announced that the Australian 50km Racewalking Championships and supporting events will be rescheduled to Sunday 17th December, at Fawkner Park. All entries will be automatically rolled over to the new event date, however if you are unable to attend please email Athletics Australia for a refund of your entry fee.”

Programme

7:00am Men's Australian 50km Championship

7:00am Women'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

You can't control the weather but it is still hard on the athletes to prepare and re-focus and not to mention the financial strains.

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 race walking action kicks off on Friday this week at the Australian All Schools Championships Adelaide. Go Queensland!

On Saturday morning at Qld Masters at the SAF in Brisbane there is a 3,000 metres walk race at 8.00am. This race is part Memorial Day and the walk is in memory of Andrew Ludwig. The Brisbane Masters Christmas Party and awards presentation will follow the meet.

Then on Sunday morning Gold Coast Masters will have a 3/5km walk at Griffith Uni starting at 8.00am followed by their Christmas Party.

Early Sunday morning on the Gold Coast at Kurrawa Beach the annual Gold Coast 50 will commence. There are races over 15,30 & 50km and some of our club members will be lining up for these races.

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 8th Australian All Schools Championships Adelaide
December 9th QMA 3,000 metres SAF 8.00am Memorial /Awards & Christmas Party
December 10th GC Masters 3/5km Griffith Uni 8.00am & Christmas Party
December 16th QMA 5,000 metres SAF 8.00am
December 17th AA 50km & 20km Invite events, Melbourne

Looking Further Ahead A big year coming up

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 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 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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Race Day Fees

Students \$3.00

Others \$5.00

Club/Track Championships \$8.00

Track Championships – Non-Member \$ 15.00.

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/>