

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



HEEL & TOE

February 1st

Oceania Track & Field Championships 2019 **Mackay, Queensland**

At the recent Oceania Track & Field Championships in Dunedin, New Zealand it was announced that the Championships would be moved to “odd” years. It was also revealed that the 20th Oceania Masters T&F Championships will be held in Mackay, Queensland. So, get training and prepare for a trip north from the 30th August to the 7th September in 2019.

In case you are wondering where they would hold a major athletics championship in Mackay a new sporting complex is being built with an expected completion date of February, 2019. The new sporting precinct is a partnership proposal between the Mackay Regional Council, CQ University and sporting associations in Mackay. The vision is to jointly develop a multi-facility precinct which caters for the growth of Mackay and the needs of sport and recreation in the region.

Here is what it should look like (no, it's not blue)



Mackay Regional Sports Precinct Project

RESULTS RESULTS RESULTS

QA Meet: Denise Boyd Shield

Friday January 26th QSAC

The first track walks for the year at a QA meet were held on Australia Day with Nelson McCutcheon being the stand out walkers. Nelson recorded a very fast time of 22:33.87 for his debut track 5km

Women 3,000 Metre Race Walk Under 16

- | | | |
|--------------------|-----------------------|----------|
| 1 Hill, Gabriella | 15 Gold Coast Victory | 14:52.10 |
| 2 Novinetz, Camryn | 15 Ipswich & District | 15:41.51 |

Women 3,000 Metre Race Walk Under 15

- | | | |
|---------------------|-----------------|----------|
| 1 Ofield, Mackenzie | 14 University o | 17:40.06 |
|---------------------|-----------------|----------|

Women 3,000 Metre Race Walk Under 14

- | | | |
|-------------------|-----------------|----------|
| 1 Anderson, Jayda | 13 Gold Coast C | 16:30.48 |
| 2 Clarke, Anika | 13 Redlands | 17:02.30 |

Women 5,000 Metre Race Walk Open

- | | | |
|--------------------|----------------------|----------|
| 1 Pickles, Jessica | 24 University of Qld | 23:37.36 |
|--------------------|----------------------|----------|

Women 5,000 Metre Race Walk Under 18

- | | | |
|---------------------|----------------------|----------|
| 1 Hamann, Charlotte | 17 University of Qld | 31:23.85 |
|---------------------|----------------------|----------|

Men 5,000 Metre Race Walk Open

- | | | |
|----------------------|-----------------------|----------|
| 1 McCutcheon, Nelson | 16 Qeii Track Club | 22:33.87 |
| 2 Stewart, Ryan | 16 Ipswich & District | 30:29.21 |
| -- Cooper, James | 30 Rockhampton | DQ |

Qld Masters Athletics SAF Nathan

Sunday January 28th

5,000 Meter Race Walk

- Mark Carlile M44 34:45.33 (33:00.44 54.41%)
James Gooley M49 41:44.84 (38:06.42 47.13%)
Peter Bennett M62 28:09.67 (22:32.76 79.66%)
Noela McKinven W75 41:22.54 (26:49.19 73.76%)

Age Graded Times & Percentages in Brackets

This Week

February 4th GC Masters Championships Runaway Bay 5km 7.30am / 1.5km 10.30am
This Sunday, February 4th the Gold Coast Masters Championships will be conducted at the Runaway Bay Sports Centre. There are two walk events on the programme:

Walk Championships Programme:

- 7.30am 5,000 metre walk Men & Women
- 10.30am 1,500 metre walk Men & Women

Next Wednesday night, February 7th, The Qld Masters 10,000 metres Walk Championships will be conducted at the SAF starting at 7.00pm

Australian 20km Race Walking Championships **Inc. Oceania Championships**

Sunday 11th February 2018

War Memorial Drive, Adelaide, South Australia

Entries close Monday 5th February

Timetable

7:00am: Australian 20km Race Walking Championships

8:00am: Oceania Under 20 10km Race Walking Championship

8:00am: Invitational Under 18 5km Race Walking Championships

<http://www.athletics.com.au/Compete/Events/2018-oceania-australian-20km-race-walking-championships-1>



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/>

Canberra Federation Carnival

Mt Stromlo Canberra Sunday June 10th

This annual Carnival is held each June in Canberra and brings together races walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the AFRWC and has a strong team emphasis. The carnival is over 50 years of age and involves over 300 walkers of all ages. This is a chance for EVERY member of the club to represent your State. Besides competing against your peers from around Australia you will have a lot of fun and meet people who will become lifelong friends. Besides all that there is the opportunity to win individual, team and handicap awards.

So, start looking at accommodation and flights. If you see any super sales prices on flights please let us know so that we can share the deals with your team mates.

CHECK OUT Virgin Happy Hour Sale tonight \$159 each way

Canberra Programme – There is an event for everyone

1. Open 20 Miles 8.00am
2. Fitness 20 Miles 8.00am
3. Men & Women ACTA 30km C/Ship 8.00am
4. Open & Vet Women 10 Miles 8.00am
5. Open & Vet Men 10 Miles 8.00am
6. Fitness 10 Miles 8.00am
7. Fitness 5 Miles 9.00am
8. Men 10,000 Metres 10.30am
9. Men U20 ACTA 10km C/Ship 10.30am
10. Women U20 10,000 Metres 10.30am
11. Open (over 20 years) 10km 10.30am
12. Boys U10 1,000 Metres 11.40am
13. Girls U10 1,000 Metres 11.40am
14. Boys U12 2,000 Metres 11.50am
15. Girls U12 2,000 Metres 11.50am
16. Boys U14 2,000 Metres 12.10pm
17. Girls U14 2,000 Metres 12.30pm
18. Boys U16 3,000 Metres 12.50pm
19. Girls U16 3,000 Metres 1.15pm
20. Boys U18 5,000 Metres 1.40pm
21. Girls U18 5,000 Metres 1.40pm
22. Women's Open 5,000 Metres 2.20pm

Events 1, 4, 8, 12-22 are Racewalking Australia individual and team events.

Events 4 & 5 incorporate Racewalking Australia Masters men's & women's individual competition only

Management Committee Meeting

Sunday February 18th

Coffee Club at the Mega Centre Slacks Creek

Shane has advised that there will be a Management Committee meeting on Sunday 18th. Main agenda items will be the proposed amendments to the club Constitution, setting a date for the AGM and the winter road walk programme. If you have any ideas or items you would like discussed at the meeting please send an email to the Secretary, Noela McKinven at noelanhoda@gmail.com

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

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

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

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

February 4th GC Masters Championships Runaway Bay 5km 7.30am / 1.5km 10.30am

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

Looking Further Ahead

March 3rd QMA 3,000 metres Championships SAF 8.00am/1 Mile 9.30am
March 3rd QA Meet 3,000 / 5,000 metres SAF
March 10th QMA 5,000 metres SAF or Main 8.00am
March 14-18th AA Junior Track Championship Sydney
March 17th QMA 3,000 metres SAF 8.00am
April 8th Commonwealth Games 20km Road Walks Currumbin
April 11th **Wednesday** QMA 10,000 metres SAF 7.00pm
April 14th QMA 3,000 metres SAF 8.15 am
April 21st QMA Track & Field Championships SAF 5,000 metres TBA
April 22nd QRWC Sign On Day / Handicap Meet TBC
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
June 17th Gold Coast Road Walk Championships Mudgeeraba 8.00am
July 10-15th IAAF World Juniors Track Championships Finland
August 5th QA Road Walk Championships / QMA Short Walk C/Ships **TBA**
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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Students \$3.00

Others \$5.00

Club/Track Championships \$8.00

Track Championships – Non-Member \$ 15.00.

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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/>