

**Queensland Race Walking Club Inc.**

*Building on a fine tradition of race walking, 63 years in the making.*



## HEEL & TOE

February 21<sup>st</sup> 2019

### **Queensland Athletics Championships** **March 7-10<sup>th</sup> 2019** **State Athletics Facility, QSAC**

The Queensland Athletics State Championships will be held on March 7<sup>th</sup> to March 10<sup>th</sup> at QSAC. This is the last and best chance for all athletes to secure qualification for the 2019 Australian Athletics Championships to be held in Sydney.

#### **Walks Draft Programme**

##### **Saturday March 9<sup>th</sup>**

8.00am 10,000 metres Men Open/U20 (62:00 / 62:00)

10,000 metres Women Open/U20 (62:00 / 68:00)

9.15am 3,000 metres Women U14/U15/U16 (19:30 / 19:00 / 19:00)

9.35am 3,000 metres Men U14/U15/U16 (20:00 / 19:30 / 19:00)

9.55am 5,000 metres Women U17/U18 (35:00 / 35:00)

5,000 metres Men U17/U18 (31:30 / 30:30)

#### **Eligibility – Respective age group qualifying times in brackets above**

All currently registered QA athletes who have achieved the qualifying performances are invited to participate. Unregistered athletes who would like to participate must register with Queensland Athletics prior to entering online

Entries close this **Thursday February 21st at 9am**. Late Entries extra \$10 up until Tuesday February 26<sup>th</sup> at 9am.

<http://www.qldathletics.org.au/Events/Upcoming-Events/ArtMID/6764/ArticleID/2059620/Coles-Queensland-Athletics-Championship-U14-to-Open>

## **Results Results Results**

### **Queensland Little Athletics Regional Championships**

#### **South Coast Regional Championships, Ashmore**

##### **Girls U10 1,100m Race Walk**

- 1 Capps, Chelsea Gold Coast 6:08.46
  - 2 Stewart, Holly Gold Coast 7:42.83
  - 3 Hill, Ivy Gold Coast 7:52.40
  - 4 Scott, Melita Tweed 8:15.84
- Mehta, Hannah Mudgeeraba DQ

##### **Girls U11 1,100m Race Walk**

- 1 Templeton, Chelsea Tweed 7:14.92
- 2 Heap, Aliesha Gold Coast 7:26.91
- 3 Barkworth, Taylor Tweed 7:33.81

##### **Girls U12 1,500m Race Walk**

- 1 Williams, Lyla Tweed 7:53.96

##### **Girls U13 1,500m Race Walk**

- 1 Heap, Ashanti Gold Coast 7:30.21
- 2 Schofield, Scarlett Ashmore 8:36.78
- 3 Madden, Lacey Tweed 10:24.09

##### **Girls U14 1,500m Race Walk**

- 1 Anderson, Jayda Gold Coast 7:24.18
- 2 Bergh, Mia Ashmore 8:26.56
- 3 Hogan, Payten Tweed 9:09.78
- 4 Pearson, Asha Tweed 9:10.31

##### **Girls U15 1,500m Race Walk**

- 1 Milosevic, Vivian Gold Coast 9:07.56

##### **Girls U16 1,500m Race Walk**

- 1 Schofield, Amelia Ashmore 8:26.78

##### **Girls U17 1,500m Race Walk**

- 1 Schofield, Isabella Ashmore 9:03.30

##### **Boys U9 700m Race Walk**

- 1 Ngauamo, Lennox Ashmore 5:40.02
- Soi, Arth Soi Helensvale DQ

##### **Boys U10 1,100m Race Walk**

- 1 Tilton, Noah Tweed 7:39.35
- 2 Bricknell-Hewitt, Korbyn Mudgeeraba 8:09.46
- 3 Roberts, Oliver Ashmore 8:12.06

##### **Boys U11 1,100m Race Walk**

- 1 Teasel, Bailey Helensvale 7:16.00
- 2 Dale, Kai Ormeau 10:11.96

##### **Boys U12 1,500m Race Walk**

- 1 Capps, Charlie Gold Coast 8:52.28
- 2 Kennedy, Jye Mudgeeraba 10:25.06

**Boys U13 1,500m Race Walk**

1 McCure, Sam Ashmore 8:45.00

**Boys U14 1,500m Race Walk**

1 Moore, Seth Gold Coast 9:05.21

**Boys U15 1,500m Race Walk**

1 McCure, Lachlan Ashmore 8:29.37

2 Soi, Samarth Helensvale 10:25.62

**Boys U16 1,500m Race Walk**

1 Madden, Reece Tweed 6:38.60 **Regional Championship Best Performance**

**Central Coast Regional Championships, Bundaberg Athletics Facility**

**Girls U10 1,100m Race Walk**

1 Cook, Lacey Maryborough 11:43.60

**Girls U11 1,100m Race Walk**

1 Sharpe, Milly Gladstone 7:48.30

**Girls U13 1,500m Race Walk**

1 Lourigan, Daniella Maryborough 8:55.90

**Boys U10 1,100m Race Walk**

1 Blair, Xavier Bundaberg 7:27.10

2 Axen, Cooper Maryborough 7:37.70

**Boys U11 1,100m Race Walk**

1 Ellis, Ryan Maryborough 9:41.90

**Boys U12 1,500m Race Walk**

1 Cook, Xander Maryborough 12:36.60

**Qld Shield Series Saturday February 16<sup>th</sup>**

**UQ Athletics Centre**

**Women 3,000 Metre Race Walk**

1 Heap, Ashanti 13 GCC 15:06.10

2 Williams, Lyla 12 Gold Coast Victory 16:00.53

3 Schofield, Amelia 16 Gold Coast Victory 18:23.16

4 Schofield, Scarlett 13 Gold Coast Victory 18:29.76

5 Bergh, Mia 14 Gold Coast Victory 18:57.96

**Women 5,000 Metre Race Walk**

1 Hannigan, Caitlin 17 UNQ 24:11.85

2 Novinetz, Camryn 16 Ipswich & District 25:12.58

3 Hill, Gabriella 16 Gold Coast Victory 28:59.43

4 Vickers, Larissa 16 FTA 29:02.93

5 Hamann, Charlotte 18 QRWC 30:09.77

**Men 3,000 Metre Race Walk**

1 McCure, Sam 13 Gold Coast Victory 16:16.04

**Men 5,000 Metre Race Walk**

1 McCutcheon, Nelson 17 Qeii Track Club 22:51.25

## **Qld Masters Athletics**

**Griffith University, Gold Coast Sunday 10th February**

### **3,000 metres Race Walk Championship**

Brenda Gannon W44 16:43.74 (16:06.10 71.94%)

Nyle Sunderland W51 17:02.57 (15:07.54 76.58%)

Kay Shaw W59 21:53.09 (18:33.77 62.40%)

Noela McKinven W76 25:13.83 (16:39.44 69.54%)

Ignacio Jimenez M53 14:19.16 (12:30.48 84.14%)

*Age Graded Times & Percentages in Brackets*

## **Qld Masters Athletics**

**SAF Nathan Wednesday February 13<sup>th</sup>**

### **30 Minute Walk**

Karen Lay-Brew W59 3,800 metres

Noela McKinven W76 3,522 metres

## **This Week**

This Sunday, February 24<sup>th</sup> at the Gold Coast Masters meet on the track at Griffith Uni there is a combined start 3/5km starting at 8.00am.

Next Wednesday night, February 27<sup>th</sup>, Qld Masters a have 5,000 metres walk at the SAC starting at 7.00pm.

## **Gold Coast Masters Athletics Championships** **Griffith University Track** **Saturday March 30<sup>th</sup>**

### **Walk Events**

7.30am 5,000m Walk M/W

10.30am 1,500m Walk M/W

For more details and an entry form go to; <https://www.goldcoastmasters.com>

**Entries close March 22<sup>nd</sup>**

## **The 2019 Australian Track & Field Championships** **Sydney Olympic Park Athletic Centre April 1<sup>st</sup> to April 7<sup>th</sup>**

### **Draft Walks Timetable**

#### **Monday 1st April**

9:00am 10000 metres Walk Under 20 Men

9:00 am 10000 metres Walk Under 20 Women

4:30 pm 3000m Race Walk Under 15 Boys

4:30 pm 3000m Race Walk Under 16 Boys

5:00 pm 3000m Race Walk Under 15 Girls

5:00 pm 3000m Race Walk Under 16 Girls

**Tuesday 2nd April**

11:30 am 3000 metres Race Walk Under 14 Girls

11:30 am 3000 metres Race Walk Under 14 Boys

**Friday 5th April**

8:10 pm 10000 metres Race Walk Open Men

8:10 pm 10000 metres Race Walk Open Women

**Saturday 6th April**

9:00 am 5000m Race Walk Under 18 Women

9:00 am 5000m Race Walk Under 18 Men

9:40 am 5000 metre Walk Under 17 Women

9:40 am 5000 metre Walk Under 17 Men

**AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS**  
**Melbourne 2019**



**Draft Schedule** - Please note that this schedule is subject to change

Friday April 26<sup>th</sup> 1,500m Walk

Saturday April 27<sup>th</sup> 10,000, Road Walk (In conjunction with a VRWC meet)

Sunday April 28<sup>th</sup> No Competition

Monday April 29<sup>th</sup> 5,000m Walk

See website for more details <https://melbourne2019.com.au/welcome>

**UNIFORM NEWS REMINDER:** if you are intending to compete at the AMA National Championships in Melbourne in April, you **MUST** wear the current QMA singlet, t-shirt or crop top. If you don't have one, get your order in ASAP, and certainly by the 27th February to ensure delivery in time. Contact Kathy: Email:

kathy@qldmastersathletics.org.au Ph: 34253918 Mobile: 0417754126

**Canberra Federation Carnival Mt Stromlo Canberra**  
**Sunday June 9<sup>th</sup>**



The annual Carnival is held each June in Canberra and brings together race walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the Australia Federation of Race Walking Clubs (Race Walking Australia) 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. So now is the time to start looking at accommodation and flights.

## 2019 Oceania Regional Championships

**Event Date:** 25-28th June 2019  
**Location:** Townsville Sports Reserve

The **2019 Oceania Area Championships** will be held in Townsville, Australia from 25-28 June 2019. The Oceania Area Championships will include U18, U20 and Open age groups.

### Standards

	<b>AA Team</b>	<b>Regional AA Team</b>
Open Men 10km	41:30.0	56:00
Open Women 10km	46:30.0	62:00
Under 20 Men 10km	42:48.0	59:30
Under 20 Women 10k	46:30.0	54:00
Under 18 Men 5km	21:25.0	30:30
Under 18 Women 5km	23:29.0	35:00

**To find out on eligibility and selection policy more go to**

### AA Team

<http://www.athletics.com.au/High-Performance/Able-Bodied/Team-Information/Oceania-Area-Championships>

### Regional Team

<http://www.athleticsnorthqld.org.au/2019rat>

## 2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY



<http://athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>

### Race Walk Programme

Sunday September 1<sup>st</sup> 10km road walk

Tuesday September 3<sup>rd</sup> 5km track walk

Friday September 6<sup>th</sup> 3km track walk

### Event Registration & Fees

Registrations are taken online on the event website. Refer to the website for closing dates.

OMA Registration Fee AU\$40.00 / Administration Fee AU\$50.00

**Total Registration Fee AU\$90.00**

Entry Fee per Event AU\$10.00



## **Entries Now Open**

<http://australianmastersgames.com>

## **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 .....**

#### **2019**

February 24<sup>th</sup> Gold Coast Masters Griffith Uni 3/5km 8.00am

February 27<sup>th</sup> Qld Masters Meet 5,000 metres SAC 7.00pm (Wednesday night meet)

March 2<sup>nd</sup> Qld Masters Meet SAC **Meet Cancelled**

March 7-10<sup>th</sup> Queensland Athletics Championships (U14-Open) QSAC

March 10<sup>th</sup> Gold Coast Masters Griffith Uni 3km/5km 8.00am

March 16<sup>th</sup> Qld Masters Meet SAC 3,000 metres 8.00am

March 22<sup>nd</sup> Qld LA Championships Townsville

March 23<sup>th</sup> Qld Masters Meet SAC 3,000 metres 8.00am

March 24<sup>h</sup> Gold Coast Masters Griffith Uni 3km/5km 8.00am

March 27<sup>th</sup> Qld Masters Athletics 10,000metre Championships SAC 7pm

March 30<sup>th</sup> Gold Coast Masters C/Ships Griffith Uni 5km 7.30am / 1.5km 10.30am

March 30<sup>th</sup> – April 7<sup>th</sup> Australian Athletics Championships (U14-Open) Sydney

April 7<sup>th</sup> QRWC Sign on Day / AGM Kalinga Park 8.00am

April 13-14<sup>th</sup> Queensland Masters Athletics Championships State Athletics Facility SAC

April 14<sup>th</sup> QRWC Handicap meet Logan River Parklands Beenleigh 8.00am

April 21<sup>st</sup> Easter Sunday

April 26-29<sup>th</sup> Australian Masters Athletics Championships Melbourne Lakeside Stadium

April 28<sup>th</sup> QRWC Handicap meet 8.00am TBA

#### **Looking further ahead**

May 5<sup>th</sup> QRWC Handicap meet TBA

May 12<sup>th</sup> Mother's Day

May 25<sup>th</sup> Great Barrier Reef Masters Games

June 2<sup>nd</sup> Gold Coast Road Walk Championships Mudgeeraba 8.00am

June 9<sup>th</sup> LBG Federation Carnival Mt Stromlo Canberra

July 3-14<sup>th</sup> 30th Summer Universiade, Naples Italy  
July 14<sup>th</sup> RWA Postal Challenge Beenleigh  
July 21<sup>st</sup> QRWC Track Walk Championships UQ St Lucia 8.00am  
July 27<sup>th</sup> **Saturday** QA Open & Age Road Walk Championships **TBA**  
August 31<sup>st</sup> Oceania Masters Games Mackay  
Sept 28<sup>th</sup> - Oct 6<sup>th</sup> IAAF World Championships Doha, Qatar

## **Queensland Athletics Registration 2018/19**

You can now Register with Queensland Athletics via the portal on the front page of the QRWC website <http://www.qrwc.com.au>

**ALL QRWC NON-COMPETING MEMBERS, VOLUNTEERS, COMMITTEE MEMBERS, OFFICIALS AND COACHES ARE REQUESTED TO TAKE ADVANTAGE OF THE \$ 0 FEE AND REGISTER WITH QA TO ENSURE YOU ARE COVERED BY THE AA/QA INSURANCE POLICY**

### ***Racewalking Queensland***

*(Trading as 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](http://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](http://www.qrwc.com.au)

### **Contact emails:**

[qrwc1@optusnet.com.au](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club

[racewalkqld@outlook.com](mailto:racewalkqld@outlook.com) Articles for the newsletter, to send in results, to join

newsletter mailing list.

[qrwcregistrars@outlook.com](mailto:qrwcregistrars@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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>