

Queensland Race Walking Club Inc.

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



HEEL & TOE

February 28th 2019

Queensland Athletics Championships March 7-10th 2019 State Athletics Facility, QSAC

The Queensland Athletics State Championships will be held on March 7th to March 10th 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 Programme

Saturday March 9th

- 8.00am 10,000 metres Men Open/U20
10,000 metres Women Open/U20
- 9.15am 3,000 metres Women U14/U15/U16
- 9.35am 3,000 metres Men U14/U15/U16
- 9.55am 5,000 metres Women U17/U18
5,000 metres Men U17/U18

Entries as at 28/2/19 (Where are all the boys?)

Girls 10,000 Metre Race Walk Under 20

- 1 Hamann, Charlotte 18 QRWC
- 2 Rowbotham, Milla 18 UNQ

Women 10,000 Metre Race Walk Open

- 1 Hayward, Katie 19 GCC
- 2 Smith, Clara 21 UNQ
- 3 Pickle, Jessica 25 UNQ
- 4 Martin, Katya 22 GCV
- 5 Hamann, Charlotte 18 QRWC

Boys 10,000 Metre Race Walk Under 20

1 Lyttle, Jayden	18 INT
Girls 3,000 Metre Race Walk Under 14	
1 Heap, Ashanti	13 GCC
2 Norton, Amber	13 QRWC
3 Williams, Lyla	12 GCV
4 Chopping, Marlee	12 KPL
Girls 3,000 Metre Race Walk Under 15	
1 Anderson, Jayda	14 GCC
2 Clarke, Anika	14 RED
3 Millard, Summer	14 QRWC
4 Brady, Korey	14 QRWC
Girls 3,000 Metre Race Walk Under 16	
1 Sullivan, Bridget	15 QRWC
2 Chopping, Miranda	15 KPL
Boys 3,000 Metre Race Walk Under 14	
1 McCure, Sam	13 GCV
Boys 3,000 Metre Race Walk Under 15	
1 Norton, Kai	14 QRWC
Boys 3,000 Metre Race Walk Under 16	
1 Hayward, Kris	15 GCC
Girls 5,000 Metre Race Walk Under 17	
1 Novinetz, Camryn	16 IPS
2 Ofield, Mackenzie	15 USC
3 Vickers, Larissa	16 FTA
4 Hill, Gabriella	16 GCV
Girls 5,000 Metre Race Walk Under 18	
1 Hannigan, Caitlin	17 UNQ
2 Manning, Zoe	17 INT

The Countdown is On
QRWC Winter Road Walk Season / AGM
Sunday April 7th

The countdown to the first race of the 2019 season is:

37 days 12 hours 45 minutes and 54 seconds.

Check out the latest countdown to the season on the QRWC website

<http://www.qrwc.com.au>

The 2019 Winter Road Walk season kicks off on **Sunday April 7th** with a Sign on Day and Annual General Meeting at Kalinga Park, Clayfield. This is the ideal opportunity for walkers of all ages to come along and have a go at race walking in a friendly, supportive and casual environment.

The **Annual General Meeting** of the club will be held after the races conclude at **9.15am**. This is the opportunity for members to put their hand up to be elected to the Management Committee or to be appointed to a number of other important volunteer roles within the club. We need your support. This is Your Club.

Nomination forms will be posted shortly on the QRWC Website: www.qrwc.com.au



April 7th

Sign-On Day /AGM / Come & Try Day

Kalinga Park

8.00am 5km

8.30am 3km

9.00am 2km

1km

9.15am AGM

April 14th

Age Races & Handicap #1

Logan River Parklands, Beenleigh

8.00am A Grade 10km (Open/U20)

B Grade 5km (U16/U18/U20)

C Grade 3km (U14/U16)

D Grade 2km (U12/U14)

E/F Grade 1km (U6/U8/U10/U12)

Results Results Results

Gold Coast Masters February 24th

Griffith University, Gold Coast

Yah for Kay for flying the flag for race walkers last weekend.

1 Kay Shaw W59 20:58.08 (17:47.11 65.13%)

Age Graded Time & Percentage in Brackets

Gold Coast Masters Athletics Championships

Griffith University Track

Saturday March 30th

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 22nd

The 2019 Australian Track & Field Championships
Sydney Olympic Park Athletic Centre April 1st to April 7th

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



Walk Schedule - Please note that this schedule is subject to change

Friday April 26th 1,500m Walk

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

10.30am Check in opens

11.00am Check in closes

11.30am 10km AMA Championship Men

11.30am 10km AMA Championship Women

Sunday April 28th No Competition

Monday April 29th 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 9th



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

	AA Team	Regional AA Team
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 1st 10km road walk

Tuesday September 3rd 5km track walk

Friday September 6th 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

March 2nd Qld Masters Meet SAC **Meet Cancelled**

March 7-10th Queensland Athletics Championships (U14-Open) QSAC

March 10th Gold Coast Masters Griffith Uni 3km/5km **Meet Cancelled**

March 16th Qld Masters Meet SAC 3,000 metres 8.00am

March 22nd Qld LA Championships Townsville

March 23th Qld Masters Meet SAC 3,000 metres 8.00am

March 24th Gold Coast Masters Griffith Uni 3km/5km 8.00am
March 27th Qld Masters Athletics 10,000metre Championships SAC 7pm
March 30th Gold Coast Masters C/Ships Griffith Uni 5km 7.30am / 1.5km 10.30am
March 30th – April 7th Australian Athletics Championships (U14-Open) Sydney
April 7th QRWC Sign on Day / AGM Kalinga Park 8.00am
April 13th Queensland Masters Championships SAC 5,000 metres
April 14th QRWC Handicap meet Logan River Parklands Beenleigh 8.00am
April 21st Easter Sunday
April 26-29th Australian Masters Athletics Championships Melbourne Lakeside Stadium
April 28th QRWC Handicap meet 8.00am TBA

Looking further ahead

May 5th QRWC Handicap meet TBA
May 12th Mother's Day
May 25th Great Barrier Reef Masters Games
June 2nd Gold Coast Road Walk Championships Mudgeeraba 8.00am
June 9th LBG Federation Carnival Mt Stromlo Canberra
July 3-14th 30th Summer Universiade, Naples Italy
July 14th RWA Postal Challenge Beenleigh
July 21st QRWC Track Walk Championships UQ St Lucia 8.00am
July 27th **Saturday** QA Open & Age Road Walk Championships **TBA**
August 31st Oceania Masters Games Mackay
Sept 28th - Oct 6th 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 2019/20 – Fees unchanged from last season

Annual subscriptions due April 1st 2019 – New season forms will be on the club website very soon.

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/>