

**Queensland Race Walking Club Inc.**

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



## HEEL & TOE

February 7<sup>th</sup> 2019

### Australian 20km Race Walking Championship



#### **AA Preview**

*The 2019 Australian 20km Walk Championships in Adelaide this Sunday will feature the return to competition for Olympic medallists Jared Tallent and Dane Bird-Smith and the graduation to senior competition for two of the finest teenage walkers Australia have produced. The Australian's will battle a quality line-up of internationals, providing excellent competition for the Aussies.*

*Since Rio Olympic medallist Dane Bird-Smith (Q) won gold at the Commonwealth Games in April, he has competed just once, in an international race in China in September.*

*But such is the standard of the race in Adelaide on Sunday, he will need to be in close to top-form just to place in the top-three. In particular he faces 2017 world champion, Columbia's Eider Arevalo who owns a personal best of 1:18:53. A group of nearly 10 others are either sub-1:22 athletes or have placed top-30 at the World Championships or Olympics.*

*Some to watch include: New Zealand record holder Quentin Rew, Rio Olympic top-15 athletes Evan Dunfee (CAN) and Ever Palma (MEX) and finally sub-1:21 pair Perseus Karlstrom (SWE) and Artur Brzozowski (POL).*

*It is 23 months since London Olympic champion Jared Tallent (V) has competed. The great news is he is fit and healthy and will be using Adelaide's race as a key build up competition for a 50km race walk in Slovakia in March.*

*In the women's 20km race walk you would expect Commonwealth Games champion Jemima Montag (V) to take the national title, especially off her recent form of a personal best time of 45:36 over 10,000m in Canberra recently. But she is unlikely to cross the line first as she has quality competition from three internationals. Lithuania's sub-1:28 athlete Brigita Virbalyte and fifth place getter at the 2017 World Championships Sandra Lorenas (COL) look to be favourites for the win. New Zealand titleholder and Gold Coast Commonwealth silver medallists Alana Barber will also be competitive.*

*A very fit Claire Tallent (S), courtesy of her 50km walks training, will be a threat for Montag. Last year Tallent placed third just three seconds behind Montag who was second. Last week Claire won the American 50km walk title in Santee, the third 50km race walk competition of her career. Continuing her return, will be Rio Olympian Rachel Tallent (V), sister-in-law of Claire. Rachel's training was limited in 2018 as she competed her thesis for her Honours in Psychology at the University of Canberra.*

*Three top-six places in race walking at the World U20 Championships last year in Tampere was our best ever result at the championships. Two of those athletes, **Katie Hayward (Q)** and Declan Tingay (W) commence their graduation to the senior ranks competing in the 20km walk in Adelaide. Hayward, who just last week added the Australian under-20 10,000m walk national record to her under-18 5000m walk collection, placed a magnificent fifth at the World Under-20 Championships. She will be making her debut over 20km in Adelaide. Tingay, who at the World U20 Championships placed an excellent fourth in an Australian under-20 10,000m national record, has been competing in the longer 20km for two-years and celebrates his twentieth birthday this week as he farewells his tremendous junior career.*

Queensland will be strongly represented on Sunday in Adelaide especially by our girls. Katie Hayward, Jessica Pickles, Katya Martin and Christina Papadopoulos will all line up in the Open 20km vying for representative honours. Rio Olympic bronze medallist and Commonwealth champion Dane Bird-Smith will be looking to make a strong statement in a large and talented men's field. In the U20 10km race Queensland is represented by Charlotte Hamann, Caitlin Hannigan, Caitlin and Milla Rowbotham,

We wish our athletes all the best on Sunday as they strive to qualify for the World Athletics Championships in Doha and the University Games in Italy.

## Timetable

- 7:00am - Australian 20km Race Walking Championship
- 8:00am - Under 20 Oceania 10km Race Walking Championship
- 8:00am - Under 18 Invitational 5km Race Walk

## Entry Lists

### Women 20,000 Metre Race Walk Open

- 1 Barber, Alana New Zealand
- 3 Hayward, Katie Qld
- 4 Huse, Philippa Vic
- 5 Lorenas, Sandra Colombia
- 6 Martin, Katya Qld
- 7 Montag, Jemima Vic
- 8 Ng, Sau Man Hong Kong
- 9 Papadopoulos, Christina Qld
- 10 Pickles, Jessica Qld
- 11 Ruddick, Kelly Vic
- 12 Tallent, Claire SA
- 13 Virbalyte, Brigita Lithuania
- 14 Tallent, Rachel Act

### Men 20,000 Metre Race Walk

- 16 Araya, Edward Chile
- 17 Araya, Yerko Chile
- 18 Arevalo, Eider Colombia
- 19 Arteaga, Mauricio Ecuador
- 20 Bilodeau, Mat Canada
- 21 Bird, Kyle Vic
- 22 Bird-Smith, Dane Qld
- 23 Blocki, Damian Poland
- 24 Brzozowski, Artur Poland
- 25 Cowley, Rhydian Vic
- 27 Dunfee, Evan Canada
- 28 Espada, Luis Chile
- 29 Gibbons, Carl Nsw
- 30 Jones, Tyler Nsw
- 31 Karlstrom, Perseus Sweden
- 32 Kozica, Jason Vic
- 33 Melendez, Jose Puerto Rico
- 34 Palma, Ever Mexico
- 35 Prasad, Pramesh Fiji
- 36 Reading, Brendon Act
- 37 Rew, Quentin New Zealand
- 38 Richardson, Dylan Nsw

39 Ruiz, Jorge Colombia  
40 Sikora, Rafal Poland  
41 Suskevicius, Tadas Lithuania  
42 Tallent, Jared SA  
43 Tebbutt, Oscar Nsw  
44 Tingay, Declan WA  
45 Tse, Chun Hung Hong Kong  
46 Uradnik, Miroslav Slovakia  
47 Yamamoto, Toru Japan  
48 Ziukas, Marius Lithuania  
49 Cortes, Araya Chile

### **Women 10,000 Metre Race Walk Under 20**

51 Bolton, Hannah Nsw  
52 Hamann, Charlotte Qld  
53 Hannigan, Caitlin Qld  
54 Lovegrove, Rhiannon SA  
55 Pitchers, Alannah Nsw  
56 Rowbotham, Milla Qld  
58 De Orbeta, Rachele Puerto Rico  
59 Upton, Victoria SA

### **Men 10,000 Metre Race Walk Under 20**

60 Bruniges, Mathew SA  
61 Camilleri, Tristan SA  
62 Dickson, Corey Vic  
63 Fraser, Timothy Act  
64 McGinniskin, Jack Nsw  
65 Moreu, Jan Vic

### **Women 5,000 Metre Race Walk Under 18**

68 Ross, Kiera SA  
69 Sandery, Olivia SA  
71 Upton, Kitarni SA  
72 Wilks, Mia SA

### **Men 5,000 Metre Race Walk Under 18**

74 Wilks, Toby SA

## **The Future of Race Walking? Has the sport been sold out by the RWC?**

From : Luis Saladie, Head of Competition Management, IAAF

This is the Race Walking Committee statement about the future competition programme and introduction of the electronical insoles as well the IAAF Press release highlighting the proposals taken during the recent meeting in Monaco.

These are the official recommendations going to the IAAF Council that will meet in March in Doha.

## **RACE WALKING COMPETITION PROGRAMME**

After careful consideration the Race Walking Committee has agreed to recommend some key competition changes to the IAAF Council, which it believes will help to secure the future of race walking at the highest international level.

The proposed change to distances (as outlined below) will be presented and discussed during the next IAAF Council Meeting in Doha (QAT) on 10-11 March 2019.

- Equality between the sexes should be achieved in Olympic Games and maintained in all major international competitions, with two men's and two women's events included on championships programmes;
- Distances for senior competitions should be changed from 20km and 50km to 10km and 30km from the 2023 World Championships
- RWECS electronic chip insole technology should be incorporated into competitions from 2021

Event Men Women

Tokyo 2020 Olympic Games

20km / 50km

20km (\*)

Oregon 2021 World Athletics Championships

20km / 30km

20km / 30km

2022 Race Walking Team Championships

10km / 30km

10km / 30km

Budapest 2023 World Athletics Championships

10km / 30km

10km / 30km

Paris 2024 Olympic Games

10km / 30km

10km / 30km

(\*) At its December 2018 meeting, Council made a recommendation to propose to the IOC that the women's 50km be added to the Tokyo programme.

The decisions and associated recommendations in Monaco on February 2, 2019, were made after considerable thought, discussion, and deliberation both in the meetings and, importantly, throughout the preceding two years (and more). In fact, the consultation process with the elite athletes started in September 2016 for the development of the Race Walking strategic plan.

The RWC is proud of the unprecedented efforts made to engage stakeholders (including athletes, coaches, judges, other IAAF Commissions and Committees, fans, sponsors, meet promoters, broadcasters, and others). This was accomplished in part through a worldwide bilingual survey (conducted in early 2018) that attracted input from over 1650 individuals and 100 IAAF Member Federations, as well as (more recently) through opportunities for input on a draft outline of proposals. The RWC carefully balanced the input from all stakeholders in arriving at its proposals for change.

Of significance, the members of the RWC are delighted that several current leading athletes took the time to provide their input and suggestions. The RWC was impressed by the thoughtful responses received and its members will continue to work diligently with

internal and external partners to ensure that the following athlete recommendations are brought to fruition:

- Improved promotion and presentation of the discipline including on-screen graphics, knowledgeable announcers and commentators, and the portrayal of athlete biometric data
- Creatively promote the speed and technique of the discipline by engaging public participation in an interactive event on race day, for example “walk this way, race the champions”
- The development of mass participation walking events (in conjunction with major Championships, other IAAF World Athletics Series events, or as stand-alone promotions) to leverage the indisputable health and community benefits of walking.
- Promotion of race walking’s current star athletes and, as a means of honouring the tradition of the discipline, its all-time greats
- A review of the current rules that will, as appropriate, incorporate the implementation of new technology
- Improved education and training for international and (by extension) national level judges to help ensure more uniform application of the rules
- The promotion of the universality and accessibility of race walking
- Highlighting race walking’s worldwide competitiveness and proven potential for athletes from all six IAAF Areas to excel at the podium level.

In proposing changes to Championship distances, the RWC is acutely mindful that this will affect the preparation of current athletes. However, in providing at least two years’ advance notice, the RWC is confident that the adaptability, mental fortitude, and resourcefulness of athletes within the discipline will once again be proven.

The proposals to modify the distances and incorporate technology will help ensure greater participation at the development level, while also providing a pathway for the next generation of race walkers that encourages more athletes to continue practising the discipline (and competing more often) as they age.

While many members of the RWC were exponents of the longer distances that have been on the international programme since the 1930s, these same individuals recognized that today’s sports environment is operating under different competitive pressures for athletes, fans, media, and sponsors than was the case even 10 years ago. Each member of the RWC recognises that the longer distances have provided excitement at the elite level in the Olympic Games or World Championships but the decrease in numbers at development and elite level is an issue that cannot be overlooked.

In order to survive in this environment, the decision to propose a change in Championship distances was made in concert with several other modifications that were supported by today’s elite athletes and other stakeholders (as outlined above). It should be reiterated that the proposal to change the distances, if approved, would occur over time, and the 10km event would only be introduced once the technology has been proven effective in providing greater consistency in judging.

IAAF Race Walking Committee Monaco, 6 February 2019

## **BREAKING NEWS: PRESS RELEASE**

**Peter Marlow (IAAF Member) resigns in Protest at Proposed Change to Racewalking**

A high-level member of the IAAF has submitted his resignation after 43 years in protest against proposed changes to athletics events made last weekend in Monaco.

Peter Marlow, who represented Great Britain at the Munich Olympics in 1972 in the 20km racewalk on Monday morning stated;

*"I resigned after 43 years from the IAAF Race Walking Committee yesterday at protest of the decisions taken by the committee last weekend."*

**Current World Champion and French Olympic medallist Yohann Diniz has responded:**

*"We can evolve but we must not lose the drama of the athletic walk. Why have we opened the 50km to everyone for two years only to bury it immediately? As we can see, from the 2017 World Championships to the European Championships last year, more and more women are getting involved."*

## **RESULTS RESULTS RESULTS**

### **Old Masters Athletics QSAC**

#### **Saturday February 2<sup>nd</sup>**

Congratulations to Brenda Gannon and Iggy Jimenez on their record breaking performances in the 1 mile walk on Saturday. Brenda set a new mark in the W40 age group and Iggy broke his own record in the M50 age group

#### **1 Mile Race Walk**

Ignacio Jimenez M53 7:15.42 (6:19.60 87.56%)

Brenda Gannon W44 8:16.90 (7:58.27 75.69%)

Peter Bennett M63 8:20.79 (6:38.73 83.36%)

Charlotte Hamann W17 9:03.81 (9:03.82 66.57%)

Noela McKinven W76 13:07.21 (8:49.56 68.36%)

#### **Sunday February 3<sup>rd</sup>**

#### **3,000 Metre Race Walk Spiral Handicap**

Noela McKinven W76 25:00.73 (16:30.79 70.15%)

Bridget Sullivan W14 18:01.00 (18:01.01 64.29%)

*Age Graded Times & Percentages in Brackets*

Little Athletics Regional Championships are now underway and thank you to Shane Pearson for forwarding these results. More Regional results will be posted as they come to hand.

### **2019 Met North Regional Championships**

#### **Arana 1/02/2019 to 3/02/2019**

#### **Girls Under 9 700 Meter Race Walk**

1 Miller, Imogen Strathpine Lac 5:03.50 5:01.90

2 Williams-Oldfield, Lily Arana Lac 5:38.37 5:23.20

3 Madders, Harlyn Arana Lac 5:31.25 5:27.30

4 Farren-Price, Amelia Arana Lac 5:39.81 6:08.80

#### **Girls Under 10 1,100 Meter Race Walk**

- 1 Toplis, Olivia Arana Lac 8:12.90
- 2 Kriel, Mia Redcliffe Lac 8:53.90 8:35.20
- 3 Graske-Borst, Rhianna The Gap Lac 9:18.50 8:38.30
- 4 Whipps, Sienna City North Lac 8:58.10

**Girls Under 11 1,100 Meter Race Walk**

- 1 Gale, Shantel Strathpine Lac 7:09.90 7:17.40
- 2 Presland, Skye Redcliffe Lac 7:47.90 7:35.10
- 3 Brady, Charlotte Aspley Lac 8:23.47 7:37.10

**Girls Under 12 1,500 Meter Race Walk**

- 1 Porter, Charlotte Aspley Lac 9:50.50
- 2 Farren-Price, Hayley Arana Lac 11:36.89 11:33.90

**Girls Under 13 1,500 Meter Race Walk**

- 1 Norton, Amber Arana Lac 7:22.91 7:53.50`
- 2 Woodward, Trinity Arana Lac 8:50.75 8:39.30
- 3 Tonges, Imogen Strathpine Lac 9:28.70 9:15.00
- 4 Chadwick, Phoebe Bracken Ridge Lac 11:25.80 11:03.60

**Girls Under 14 1,500 Meter Race Walk**

- 1 Sentance, Charlotte Arana Lac 8:31.63
- 2 Brady, Korey Aspley Lac 8:35.20 8:37.20
- 3 Porter, Sophie Aspley Lac 10:03.79 8:56.90
- 4 Collins, Kyla Bracken Ridge Lac 9:47.70

**Girls Under 16 1,500 Meter Race Walk**

- 1 Statham, Jaymee Arana Lac 10:08.29 9:17.30

**Girls Under 17 1,500 Meter Race Walk**

- 1 McRoberts, Jasmine-Rose Redcliffe Lac 8:40.40 9:00.50

**Boys Under 9 700 Meter Race Walk**

- 1 Miller, Brock Strathpine Lac 4:59.90 5:55.30
- 2 Bryant, Callum Arana Lac 6:24.22 6:25.30

**Boys Under 10 1,100 Meter Race Walk**

- 1 Gration, Ethan City North Lac 7:54.90
- 2 McDonald, Dylan Strathpine Lac 8:19.80 8:00.70

**Boys Under 11 1,100 Meter Race Walk**

- 1 Cooper, Blake Arana Lac 8:31.25 8:12.90
- 2 Piper, Elfie Aspley Lac 8:33.60

**Boys Under 12 1,500 Meter Race Walk**

- 1 Higham, Tristan Strathpine Lac 10:54.80 10:35.20
- 2 Goodwin, Fred The Gap Lac 11:22.70

**Boys Under 14 1,500 Meter Race Walk**

- 1 Norton, Kai Arana Lac 7:14.65 7:34.10

**REGIONAL RESULTS 2019**

**Tropical North**

**Girls Under 9 700m Race Walk**

- 1 Fawkes, Aaliyah Tully 6:21.65
- 1 Jeffrey, Emily Tully 11:18.29

**Boys Under 13 1500m Race Walk**



1 Jeffrey, Graeme Tully 14:50.25

**Maranoa (2018)**

**Girls Under 11 1100m Race Walk**

- 1 Lang, Annabelle Texas 8:36.05  
2 Zimmerman, Rori Goondiwindi 8:42.74  
3 Pender, Ellie Texas 9:06.24

**Girls Under 12 1,500m Race Walk**

- 1 Pender, Sophie Texas 12:17.83  
--- Bond, Faith Mitchell & Dist NT DQ

**Girls Under 14 1500m Race Walk**

- 1 Collins, Jamie-Lee Mitchell & Dist 12:43.81

**Boys Under 9 700m Race Walk**

- 1 Pender, Thomas Texas 5:59.55

**Boys Under 11 1,100m Race Walk**

- 1 Cooke, Ethan Texas 8:35.81

**Boys Under 13 1,500m Race Walk**

- 1 Lang, Matthew Texas 12:24.17

**Boys Under 14 1,500m Race Walk**

- 1 Gee, Nicholas Goondiwindi 11:33.55

**Central North (2018)**

**Girls Under 9 700m Race Walk**

- 1 Kororiko, Felicity Biloela 5:41.49  
2 Bryant, Samantha Gin Gin 5:45.01  
3 Colquhoun, Bailey Gracemere 6:23.94

**Girls Under 10 1,100m Race Walk**

- 1 Kororiko, Awhena Biloela 7:46.29  
2 Thompson, Alexis Gracemere 7:47.11  
3 Campbell, Ella Agnes Water 9:29.97  
4 Armstrong, Taya Nth Rockhampton 11:36.14  
--- Wood, Shyla Agnes Water DQ

**Girls Under 11 1,100m Race Walk**

- 1 Hearn, Isla Bargara Lac 7:47.78

**Girls Under 12 1,500m Race Walk**

- 1 Chopping, Marlee Nth Rockhampton 10:37.63  
2 Smallwood, Shakina Biloela 12:29.23  
3 Turnbull, Willow Bargara Lac 13:11.85  
--- Morton, Tylor Gin Gin DQ

**Girls Under 13 1,500m Race Walk**

- Abbott, Georgia Agnes Water DQ  
--- Holmberg, Hayley Agnes Water DQ

**Girls Under 14 1,500m Race Walk**

- 1 Turnbull, Lacey Bargara Lac 11:00.30  
2 Jones, Caitlin Yeppoon 13:55.43

**Girls Under 15 1,500m Race Walk**

- 1 Chopping, Miranda Nth Rockhampton 9:35.13

2 Jarvis, Taleah Gin Gin 12:35.98  
**Girls Under 17 1,500m Race Walk**  
1 Spanner, Georgia Nth Rockhampton 14:06.47  
**Boys Under 9 700m Race Walk**  
1 Lane, Kooper Bargara Lac 5:32.79  
2 Abbott, Harrison Agnes Water 5:41.81  
3 McDermott, Ethan Bargara Lac 6:04.71  
**Boys Under 10 1,100m Race Walk**  
1 Kororiko, Tama Biloela 8:46.63  
--- Hodgson, Isaac Bargara Lac DQ  
**Boys Under 11 1,100m Race Walk**  
1 Philo, Lachlan Bargara Lac 7:35.97  
2 Lane, Steven Bargara Lac 7:52.33  
3 Spanner, Liam Nth Rockhampton 8:49.70  
**Boys Under 13 1,500m Race Walk**  
1 Tindel-Dimes, Harper Bargara Lac 13:11.10  
--- Lane, Hunter Bargara Lac DQ  
**Boys Under 14 1,500m Race Walk**  
1 Wyatt, Caden Bargara Lac 11:43.60  
**Boys Under 15 1,500m Race Walk**  
1 Spanner, Jye Nth Rockhampton 9:20.31  
2 Isherwood, Zayden Bargara Lac 10:09.88

### **North Queensland**

**Girls Under 9 700m Race Walk**  
1 Katthagen, Aleah Wulguru 8:14.80  
**Girls Under 10 1,100m Race Walk**  
1 Barron, Maya North Mackay 8:49.20  
2 Glasgow, Sarah Townsville Cent 8:53.00  
3 Goodwin, Alannah Townsville Cent 9:05.50  
**Girls Under 11 1,100m Race Walk**  
1 Harcoo, Cheyenne Wulguru 8:10.60  
2 Monk, Lili-Jay Wulguru 8:29.00  
**Girls Under 12 1,500m Race Walk**  
--- de Haan, Sarah Townsville Cent DQ  
**Boys Under 9 700m Race Walk**  
1 Arthur, Edward Townsville Cent 8:13.90  
2 Bartel, Otto Wulguru 9:35.30  
**Boys Under 10 1,100m Race Walk**  
1 Cronje, David Townsville Cent 8:52.50  
--- de Haan, Tristan Townsville Cent DQ  
**Boys Under 12 1,500m Race Walk**  
1 Lee, Joshua Townsville Cent 11:50.60

## **This Week**

The most important athletics event on the weekend will be held on War Memorial Drive in Adelaide with the AA 20km National road walk Championships, Adelaide SA

On Sunday at Griffith University at Southport the QMA 3,000 metre walk Championships will be held starting at 7.30 am. Ground fees \$10, Championships fees \$7.

Next Wednesday night (February 13<sup>th</sup>) Qld Masters have a meet at SAC with the 30min walk starting at 7.00pm.

## **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.

All the details, including how to order, are on the QMA website or contact Kathy:

Email: [kathy@qldmastersathletics.org.au](mailto: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



## **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 10<sup>th</sup> Oceania & Australian 20km Race Walking Championship Adelaide 7.00am

February 10<sup>th</sup> Gold Coast Masters Griffith Uni Inc. QMA 3,000m C/Ship 7.30am

February 13<sup>th</sup> Qld Masters Meet SAC 30min walk 7.00pm (Wednesday night meet)

February 16<sup>th</sup> QA Shield Meet 3,000/5,000 metres UQ St Lucia 9.00pm  
February 24<sup>th</sup> Gold Coast Masters Griffith Uni TBD  
February 27<sup>th</sup> Qld Masters Meet 8,000 metres SAC 7.00pm (Wednesday night meet)  
March 2<sup>nd</sup> Qld Masters Meet SAC TBD  
March 7-10<sup>th</sup> Queensland Athletics Championships (U14-Open) QSAC  
March 10<sup>th</sup> Gold Coast Masters Griffith Uni  
March 16<sup>th</sup> Qld Masters Meet SAC TBD  
March 22<sup>nd</sup> Qld LA Championships Townsville  
March 23<sup>th</sup> Qld Masters Meet SAC TBD  
March 24<sup>th</sup> Gold Coast Masters Griffith Uni TBD  
March 27<sup>th</sup> Qld Masters Athletics 10,000metre Championships SAC 7pm  
March 30<sup>th</sup> Gold Coast Masters Championships Griffith Uni  
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 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  
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.

[qrwceregistrar@outlook.com](mailto:qrwceregistrar@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/>