

Queensland Race Walking Club Inc.

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



HEEL & TOE

January 3rd 2019

Welcome to 2019

I hope you are all well rested and motivated and ready to go again for another big year of race walking. It won't be as epic as last year with a home Commonwealth Games but still has lots of races to be involved in for our walkers domestically, nationally and overseas,

The championships kick off with the Australian 20km race walking road Nationals in Adelaide on February 10th. March 7-10th sees the Queensland Athletics Championships (U14-Open) being held at QSAC and the Qld Little Athletics Championships are on in Townsville, with the walks on the Friday March 22nd. From March 30th through to April 7th Australian Athletics Championships (U14-Open) will be conducted in Sydney

The **QRWC** winter road walk season begins on Sunday **April 7th** with a Sign on Day. On June 2nd the Gold Coast Road Walk Championships will be held at Mudgeeraba and a week later the LBG Federation Carnival is on at Mt Stromlo in Canberra. Many of our masters aged walkers will be eyeing a trip to Mackay at the end of August to take part in the Oceania Masters Games.

Internationally, the Summer Universiade will be held in Naples, Italy in July and the IAAF World Athletics Championships are on in Doha, Qatar from September 28th to October 6th. We are confident we will have representatives at both these events. And that is only a brief overview on what is happening in the world of race walking this year. Train hard and have a great year everyone.

National Athlete Support Structure

The National Athlete Support Structure is an Athletics Australia high performance system that provides support to individual athletes who are contributing to the Australian Institute of Sport's Winning Edge. The Winning Edge aims for Australia as a nation to be one of the top-five at the Olympic and Paralympic Games, the leading nation at the Commonwealth Games and have 20 world champions each year.

Race Walkers to be supported by the NASS

Athletes provided with tiered benefits aligned to their membership level.

Podium: **Dane Bird-Smith** (Qld), Jared Tallent (SA)

Podium Potential: Jemima Montag (Vic), Claire Tallent (SA)

Development: Tyler Jones (NSW), Declan Tingay (WA)

Emerging: **Katie Hayward** (Qld), (NSW), Kyle Swan (Vic)

Athletics Australia (AA) has extended the offer of National Athlete Support Structure membership to 132 of the nation's best athletes. Athletes supported by the NASS will be fully supported through the National Institute Network and they will also be assigned an Athlete Performance Advisor in the AA office, providing a clear line of communication between the national body, the athlete and their personal coach and support network.

NASS Emerging Squad – a pathway to greatness

A host of 2018 World U20 Championship finalists have been named on the New Emerging Squad for 2018-2019. This New Squad is a pilot program that will focus on the post-secondary school athlete and their personal coaches, providing support in these transitional years as the athletes target selection in senior teams.

The aim of this program is to bridge the gap from the World U20 Championships to World University Games, with the 2019 World University Games Team to have similar support as the current World U20 Team. This will include greater competition opportunities in Australia and overseas. This programme replaces the former U19 Talent Squad.

Race Walkers in the Squad

Katie Hayward Coach: Steve Langley

Kyle Swan Coach Brent Vallance

Congratulation to Dane & Katie on earning selection in these programmes

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 9th

It's on again. A race walking carnival not to be missed

The 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 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.

Canberra Programme – There is an event for everyone (**Age is Age on the Day**)

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

QRWC Club Uniforms

Now is also the time to be thinking on ordering a new club uniform. A reminder that club uniforms are compulsory at Federation meets like the Canberra carnival. A uniform is not a mandatory requirement at our club meets but we do encourage members to wear their uniform AND because they just look so good.

ORDERS

As the club does not keep a large inventory of uniforms and they are all made to order (which can take a number of weeks) now is a good time to let us know if you will be after a crop top or a singlet (and your size) this coming season so that we can place a stock order.

Please email your requirements to Noela at noelarhoda@gmail.com

PS If you have a club uniform that you would like to sell, swap or giveaway please feel free to let us know and will can advertise in this newsletter for you.

Ashmore Walks Day

Sunday January 13th

Ashmore Little Athletics are conducting a walks day on January 13th in conjunction with the QRWC.

What's Happening?

- A workshop for athletes

- Technical training and coaching for parents
- Judging and officiating lessons for parents
- Races
- Parents standing with judges while the races progress
- Feedback following the races

Come along and get an official time to submit if you intend nominating to walk at Regional Championships or if you are interested in learning the correct techniques of race walking.

Who: Boys and Girls Under 9 to Under 17
 Date: Sunday January 13, 2019
 Where: Brian Johnston Athletics Track Currumburra Road, Ashmore
 Cost: \$5 on the day no prior nomination required
 Time: 8.30am for a 9am start

Events:

Under 9.....700metres
 Under 10 - 11...1,100metres
 Under 12 - 17...1,500metres

Any qualified judges, or anyone interested in walks judging are invited to participate on the day.

All enquiries contact ashmorelittleathletics@gmail.com

This Week

Saturday, 5th is the first race walk meet of the year for Qld Masters with a 3,000 metre race starting at 8am at the SAC.

Oceania & Australian 20km Race Walking Championship

Date: Sunday 10th February 2019
Location: War Memorial Drive, Adelaide SA

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 Fee: \$30.00

NB: Entries will close on the 21st January at 5pm.

Entries <https://2019racewalk.eventdesq.com/>

AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

Melbourne 2019

Draft 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)

Sunday April 28th No Competition

Monday April 29th 5,000m Walk

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

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

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

January 5th Qld Masters Meet 3,000 metres SAC 8.00am

January 12th Qld Masters Meet 5,000 Metres SAC 8.00am

January 13th Ashmore Little Athletics Walks Day

January 13th Gold Coast Masters Griffith Uni TBD

January 19th Qld Masters Meet SAC TBD

January 26th Qld Masters Meet SAC TBD

January 26th QA Shield Meet 3,000/5,000 metres SAC 8.10pm

January 27th Gold Coast Masters Griffith Uni TBD

February 2nd Qld Masters Meet SAC TBD

February 10th Oceania & Australian 20km Race Walking Championship Adelaide 7.00am

February 13th Qld Masters Meet SAC TBD (Wednesday night meet)

February 16th QA Shield Meet 3,000/5,000 metres SAC 9.00pm
February 24th Gold Coast Masters Griffith Uni TBD
February 27th Qld Masters Meet SAC TBD (Wednesday night meet)
March 2nd Qld Masters Meet SAC TBD
March 7-10th Queensland Athletics Championships (U14-Open) QSAC
March 10th Gold Coast Masters Griffith Uni (including 3,000m Walk Championships)
March 16th Qld Masters Meet SAC TBD
March 22nd Qld LA Championships Townsville
March 23th Qld Masters Meet SAC TBD
March 24th Gold Coast Masters Griffith Uni TBD
March 27th Qld Masters Athletics 10,000metre Championships SAC 7pm
March 30th Gold Coast Masters Championships Griffith Uni
March 30th – April 7th Australian Athletics Championships (U14-Open) Sydney
April 7th QRWC Sign on Day 8.am TBC
April 13-14th Queensland Masters Athletics Championships State Athletics Facility SAC
April 14th QRWC Handicap meet 8.00am TBA
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
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 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

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.

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

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