

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



HEEL & TOE

July 26th 2018

**QRWC is heading north to Skippy Park
Sunday July 29th**

See you all this Sunday for our last Handicap Meet of the season when we are at Skippy Park, Old Landsborough Road, Landsborough (off Steve Irwin Way). We hope as many of our members as possible are able to make the trip north

July 29th QRWC Handicap Meet Skippy Park 9.00am
Old Landsborough Road, Landsborough (off Steve Irwin Way)

Programme

9.00am

A Grade 10km

B Grade 5km

C Grade 3km

D Grade 2km

E Grade 2km

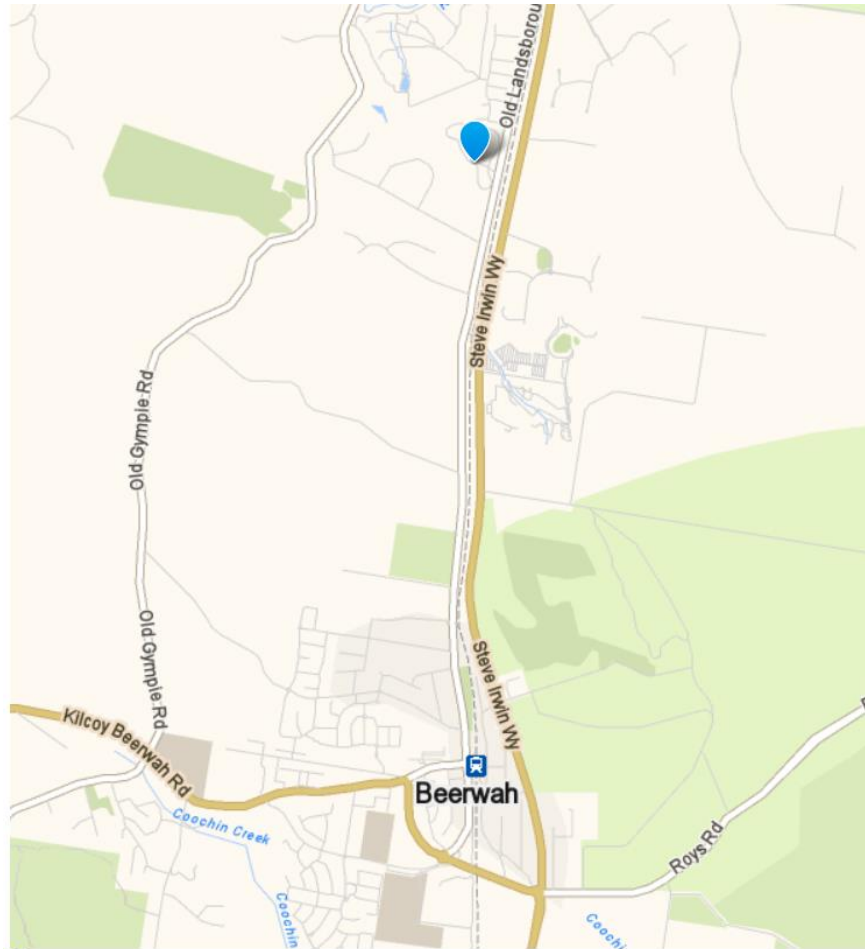
F Grade 1km

(If required we will put on a 500 metre race for any very young walkers who want to have a go.)

We will be supported on the day by the Glasshouse Little Athletics Club We invite race walkers or those who would like to try race walking to be at Skippy Park on Sunday morning to talk to our members about the club and all aspects of race walking We are looking forward to welcoming Little Athletics athletes from Sunshine Coast clubs and race walkers of all ages to our club meet.

Volunteers helpers will be required to assist with the running of the meet in the canteen, lap scoring, timekeeping and course marshals. Our club canteen will have the sausage sizzle going and there will be tea and coffee on sale. We thank you for your assistance.

A venue map is located on the QRWC website at
<http://www.qrwc.com.au/Maps/SkipPyPark.png>



Presidents Report by *Shane Pearson*

Respect and Thank our Volunteers and Officials

One of the most important lessons I learnt when competing was respect of all Volunteers and Officials. I also know that sometimes this can be very difficult.

There are guidelines relating to the Code of Conduct.

These are outlined in the QA (Old Athletics) Website.

Codes are set up for the protection of the Athletes, Coaches, Officials and Parents.

I would like to quickly take this opportunity to remind our members that we all have responsibility and abide by these rules. There will be times that we don't agree to the decisions given by officials or judges. However, we have to accept them, and definitely don't abuse these people.

As we are an event that does get heavily scrutinized and judged, there will be times we doubt these outcomes. No matter how much you like or dislike an official or judge please remember the Code of Conduct rules. Accept the decision, don't argue or bring the sport or our club into question or disrepute.

We need to have Officials and Judges at our events to make our results official. Without these people who are Volunteers, our events would not happen at all. We should thank these people for making themselves available. A lot of them no longer have family members competing. So they do it in their own time. Make them feel welcome, Thank them. They are an asset to us. We need these people.

We ourselves are always looking for more volunteers each week. Opportunities are available to learn how to Judge, Start, Time Keep, Lap Score, Set Up the Course etc. As most our members are young athletes, you as their parents have the opportunity to assist in anyway. This can also lead to other opportunities from Little Athletics and upwards. We do have very familiar faces week in and week out that volunteer their time to make our races happen. I would like to thank each and everyone of you. The time you spend assisting is greatly appreciated.

This leads me into my next Topic.

We are assisting Athletics Australia host the National Winter Race Walking Championships and RWA 2nd Federation Cup this season. This Event will be held at Lake Kawana Sports Precinct on Sunday, August 26th. I'm hoping that every competing member of our club enters these Championships. There will be more info through this newsletter about the Races Available and How to Enter.

Athletics Australia will have their Key Technical Officials, but we need to provide volunteers to also make the event run smoothly.

I hope that we can have all spare hands available to make this event an extremely successful day. The list of areas we have been asked to help in is quite large and the more people we can have help will go along way to making our event a great day. We only get the opportunity to host this once every 7 years. Let's make it happen.

I please ask for everybody to be involved. QRWC is a great club with fantastic members. Be proud and support the club where ever you can. Thanking you all.

Thanks again everybody and see you on Sunday.....

RESULTS RESULTS RESULTS

QRWC Postal Challenge Sunday July 22nd

Logan River Parklands Beenleigh

Open/Masters 10km

Men: (1) Ignacio Jimenez 48.42 (2) Peter Bennett 57.33.

Women: (1) Jessica Pickles 51.36 (2) Brenda Gannon 57.45 (3) Noela McKinven 1.23.11.

U16 5km

Men: (1) Jonathan Wearne 30.12.

Women: (1) Amelia Schofield 31.54 (2) Jasmine McRoberts 34.10.

Invitation 5km (non-challenge) Men: (1) Mark Carlile 38.38.

U14 3km

Women: (1) Ashanti Heap 15.50 (2) Korey Brady 18.12 (3) Scarlett Schofield 18.30 (4) Torryn Fisher 18.44. Anika Clarke DNF.

U12 2km

Men: (1) Jacob Petrovic 13.51.

Women: (1) Lyla Williams 11.07 (2) Lily Goulding 12.31.

U10 1.5km

Women: (1) Makenna Clarke 9.12 (2) Siaan Fisher 10.10 (3) Charlotte Brady 11.10.

Focus and determination



Good performances by Ashanti Heap (15.50) in the U14 3km and Jessica Pickles with 51:36 in the Open 10km. Iggy Jimenez broke his own Masters M50 10km record with a time of 48:42. Well done to everyone who raced on Sunday morning in the chilly conditions.



Old Masters Record Update: As mentioned above Iggy broke his own M50 10km record that he set on May 21st. QMA have advised that Brenda Gannon is now recognised as the holder of the W40 best performance for the 8km after recording a time of 46.06 at Morningside on July 15th. Iggy Jimenez broke his own M50 record for the 15km at the same meet with a time of 1:15.28. Congratulations to Brenda and Iggy.



QMA w40 8km record Holder Brenda Gannon in action

All the action photos of our walkers courtesy of Crystal Goulding

Thank you to everyone who volunteered in the running of the meet on Sunday from setting up, sign on, judging, lap scoring, timekeeping, the canteen and packing up. Thank you to Crystal for capturing all the action with some great photos. We appreciate the support and dedication of all our volunteers.

NEXT WEEK

Don't forget to get your entry in to QA for the Championships on Sunday week.

**QUEENSLAND ROAD WALKING
CHAMPIONSHIPS**
Incorporating QMA Short Course Road Walk Championships

Entries are taken online at www.qldathletics.org.au
and close at **midnight on Thursday 2nd August.**

Sunday August 5th Murarrie Recreation Reserve, Murarrie

PROGRAM OF EVENTS

9:15am 20km Open Men
20km Open Women
10km Masters Men 35+ / Under 20 Men / Under 20 Women / Under 18 Boys
9:45am 5km Masters Women 35+ / Under 18 Girls / Under 16 Boys / Under 16 Girls
10:15am 3km Under 14 Girls / Under 14 Boys
10:45am 2km Under 12 Girls / Under 12 Boys
1km Under 10 Girls / Under 10 Boys

HOW TO ENTER

Entries online at www.qldathletics.org.au and close midnight on Thursday 2nd August.
Late entries submitted on the day will incur an additional late entry of \$10.00 per athlete.

New Members * \$ 30.00

QA Platinum Members FREE

QA Traditional or Dual Members \$ 20.00

QA Base Members \$ 20.00

*New Members only need to pay \$30.00 when entering their first event which includes a Base Membership with QA.

STATE CHAMPIONSHIP MEDALS

ü Queensland State Championship medals will be awarded to the first three individual male and female

place getters in each age group.

ü Queensland Championship medals will also be awarded to the first three placed QA club teams in each

age group.

AGE GROUPS

ü Athletes are permitted to compete in an older age group where appropriate.

ü Age groups are determined by the athlete's age as on 31 December 2018 (i.e. year born). For example, if an athlete will be turning 12 years old during 2018 (born 2006), they are considered to be 12 years old and therefore in the Under 14 age group. Refer to the program above for guidance.

ü All races and results are conducted as separate male or female events, for each age group listed, with concurrent start times.

ü The Open age group is open to all ages, as appropriate, although generally for athletes aged 20 year old and above.

ü The minimum age for these championships is 6 years (born 2012).

ü For Masters events age is calculated as at the day of competition and will be run in 10 year age groups. (35-44, 45-54, 55-64, 65+)

ü Certificates will be awarded to QMA registered athletes who enter the Masters Events in the 5 year age groups.

TEAMS

ü Queensland State Championship medals will also be awarded to the first three placed QA club teams in each age group.

ü A team consists of three competitors who are all;

- the same gender

- entered into the same age group

- registered members of the same Queensland Athletics club

- ü Athletes are automatically placed in teams according to their QA club and their finishing order. If there are more than three walkers in an age group from a club, then the first three walkers from the club to finish will constitute the first team and the second three walkers from that club to finish shall be deemed to be the second team and so on.
- ü Athletes are only eligible for team medals in the age group they specifically entered.
- ü Masters Teams will be in the 35-54 and 55+ year age groups.

Australian Winter Walking Championships
Sunday August 26th
Lake Kawana Sports Precinct, Sunshine Coast

ENTRIES NOW OPEN ON-LINE AT

<https://winterwalks.eventdesq.com/reg/types>

ENTRIES CLOSE: 5pm Monday August 6th

The 2018 Australian Winter Walking Championships will ensure a bumper weekend of Athletics on the Sunshine Coast, with the 2018 Australian Cross-Country Championships to be held the day before. NB: This event will be held in conjunction with Road Walking Australia (RWA) events.

Athletics Australian Championship events will be held from Under 14'S up to Open. Under 12's and Masters events will be Race Walking Australia events. All teams' medals and handicap trophies will be awarded by Race Walking Australia. You will need to be a current member of the club to be eligible. Three walkers make up a team and we can have numerous teams in each age group so every member of the club can participate.

***** IMPORTANT NOTE.** There will not be any organized accommodation offered at the Curramundi Recreation Centre.

A final timetable of races has not been released by AA at this stage

EVENTS

MEN

- Open - 20km (including Masters 20km RWA Championship event)
- Under 20 - 10km
- Under 18 - 10km
- Under 16 - 5km
- Under 14 - 3km
- Under 12 - 2km RWA Championship event

WOMEN

- Open - 20km

Open - 10km (including Masters 10km RWA Championships event)
Under 20 - 10km
Under 18 - 5km
Under 16 - 5km
Under 14 - 3km
Under 12 - 2km RWA Championship event

ENTRY FEE: \$30.00 per event

In addition, there will be two **QRWC Invitation** events on the programme:

U10 1 km

Open 5km

Entry to these two events will be on the day. Entry Fee \$ 10. Trophies to place getters.

It would be appreciated if you could advise Noela if you intend to enter either of these events noelarhoda@gmail.com

GET INVOLVED IN THE NATIONALS

To ensure this carnival is a success and a day to remember we invite each and every member of our club and their families to become involved.

How can you help?

Enter an event (AA/RWA or QRWC invitation race) We would like to see a QRWC team or teams in every age group.

Volunteer to;

Set Up (from 7.00am) and Pack Up

Check In desk / Distribution of race numbers / Lapscorers

Canteen Cooking/ serving /food preparation

Race Marshalls & crown control

Timekeepers / Results / Trophies & medals coordinating

Bikes and riders (collecting red cards along the course). We would like to hear from anyone who can bring a bike to the meet and can spare some time, on a roster, on the course (you will have the best view of the races!)

Donate supplies for the canteen

Starting this Sunday at Skippy Park we will be accepting donations of no perishable goods that can be sold at the canteen on the day or used as raffle prizes. What to Bring?

Canned soft drinks in the popular favours; Coke, orange, lemon, lemonade.

Popper Juices & small bottled waters.

If you are able to make or bake (e.g. Muffins, patty cakes etc.) please talk to our canteen volunteers at let them know how can help.

Donate Raffle Prizes

We will be selling tickets throughout the morning in a multi draw raffle. All donations welcome; health & beauty, sporting goods, wine, unwanted gifts etc. Bear in mind we

will have interstate visitors in attendance so any goods or gift vouchers would need to be able to be taken on their return flight or used outside of the Sunshine Coast or Brisbane.

Important Notes on the Events

- Open Women can enter either the A.A. 20 km event OR the R.W.A. 10 km event but not both. However, all women, whether in the A.A. 20 km event or the R.W.A. 10 km event, are automatically eligible to score points in the R.W.A. 10 km Teams Championship provided they are members of a R.W.A. club. 10 km split times will be used for this purpose.
- Masters Men and Women do not need to enter separately. Simply enter the 20 km Open Men or the 10 km Open Women. Your age (M35+ or W35+) will automatically put you in the 10 km Masters category as well.
- Because of the close scheduling of events and because of the longer distances being raced by our younger walkers, only walkers 12 years and older on the day may enter multiple events. This is a duty of care consideration. By way of example, we do not want to see very young walkers racing the Under 12 2 km event and then following up with a second race over either the 3 km or 5 km distance with little or no break.
- If events are held concurrently, walkers may only enter ONE of the events on offer. For instance, if the Under 20 Men 10km and Under 18 Men 10km are held concurrently, walkers may only enter ONE of the events.

State Representation and Uniforms

Walkers in Athletics Australia Championship events may be nominated to represent their State as official representatives provided that they are current members of Athletics Australia affiliated clubs. These walkers should wear State uniforms. State Institute of Sport walkers may wear their official Institute competition uniform. The remaining Race Walking Australia club athletes must wear their official Walking Club uniform. Other walkers should wear a uniform that conforms to IA.A.F standards.

Age Designation

Age for all A.A. and R.W.A. events is age as at 31 December of the current year.

Athletics Australia Affiliation

It is recognized that for the Carnival, there may be R.W.A. competitors who are not current members of affiliated A.A. clubs. Permission is given for these athletes to compete in the Australian championship events.

Race Numbers and Chips

All race numbers and race chips will be provided by A.A.

Awards

- Athletics Australia Championship medals will be presented to 1st, 2nd and 3rd place getters in the Australian Championship events.

• Racewalking Australia medals will be awarded to 1st, 2nd and 3rd place getters in the Racewalking Australia events.

Masters and Under 12 events.

• Handicap Trophies will be awarded to 1st, 2nd and 3rd place getters in all Racewalking Australia events.

• Racewalking Australia medals will be awarded to 1st, 2nd and 3rd placed teams in Racewalking Australia events.

Teams Events.

• Racewalking Australia Perpetual trophies will be awarded to the winning teams in Racewalking Australia events.

• Racewalking Queensland medals will be awarded to 1st, 2nd and 3rd places in the Under 10 events.

Note: Placegetters in individual events cannot win a handicap trophy.

Perpetual Trophies

- | | |
|------------------------------|-----------------------|
| • Glover Shield | Open Men 20km Teams |
| • Carrington Cup | Open Women 10km Teams |
| • Troy Sundstrom Trophy | U/20 Men 10km Teams |
| • Jane Saville Trophy | U/20 Women 10km Teams |
| • Nathan Deakes Trophy | U/18 Men 10km Teams |
| • Jacobson Trophy | U/18 Women 5km Teams |
| • Goble Trophy | U/16 Boys 5km Teams |
| • Knight Trophy | U/16 Girls 5km Teams |
| • Ron Crawford Trophy | U/14 Boys 3km Teams |
| • Deanna Rahill Trophy | U/14 Girls 3km Teams |
| • Under 12 Boys Team Trophy | U/12 Boys 2km Teams |
| • Under 12 Girls Team Trophy | U/12 Girls 2km Teams |

Current perpetual trophy holders are asked to return the engraved trophies to the organizers on or before the day of the carnival.



ENTRIES ARE NOW OPEN

Entries Close: •Wednesday 31 October 2018

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/>

Dates & Times •Sunday 11 November 2018: 7am start

Events: •10km Road Race Walk

Age Requirements

•Age is determined as at 11 November 2018

•Minimum age for competition is 30 years

Fees: Sport Fee: \$20 per person

Games Fee: Competitor: Early bird – \$120 | Standard – \$140

Great news! The race walk schedule on the track has been moved to avoid conflict with the Road Race Walk on the Sunday.

The new schedule for the 3,000m Race Walk is as per below:

Day 2 - 3,000 Metre Race Walk

Time	Event
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11:30 AM	- Women 30+
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11:30 AM	- Men 30+
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QA Registration for Volunteers

The club encourages all club volunteers, officials, committee members and coaches to register with Queensland Athletics through their Free member option. This membership is valid up until 30th September 2018 and includes coverage for Personal Accident Insurance under the National Insurance Program.

Go to the QA website membership page and register as a QRWC volunteer.

<http://www.qldathletics.org.au/Membership/Membership-Information>

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

July 29th QRWC Handicap Meet Skippy Park 9.00am

August 5th QA Road Walk Championships / QMA Short Walk C/Ships **TBA**

August 12th QRWC Track Championships UQ St Lucia 8.00am

August 19th QRWC Club Championships Kalinga Park 8.00am

August 26th AA/Federation Road Walk Championships Kawana Sunshine Coast

Looking Further Ahead

September 1-16th World Masters Athletics Championships Malaga, Spain
September 2nd QMA Long RW C/Ships / QRWC Invite meet / 20km Murarrie
September 16th Relay/Trophy/BBQ Day Kalinga Park 10.00am
November 11th PPMG 10km Road Walk Runaway Bay 7.00am

Racewalking Queensland

(Trading at 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

A great way to save money and not have to worry about paying race fees every week is to invest in a QRWC "Season Ticket". This enables the athlete to compete in up to 15 club meets a season (10 x handicaps, club road championships, club track championships,

Postal Challenge, Invite Meet & relay day). This does not cover QA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet.

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/>