

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



## HEEL & TOE

June 21<sup>st</sup> 2018

### **Race Walking Round Up from Kalinga Park Sunday June 17<sup>th</sup>**

Another pleasing turnout on Sunday for our club meet at Kalinga Park, Clayfield. The winter mornings are getting cooler but we were thankful that the Canberra carnival was last week after seeing the strong freezing winds and subzero temperatures they have experienced this week.

Most of our club representatives from the Canberra carnival backed up at the race today and medals and trophies were presented to the athletes that were unable to attend the Presentation Evening last Sunday night. After the racing Club President, Shane Pearson presented the athletes who raced at the LBG Carnival with a \$50 travel subsidy. This was made possible only by the generosity and hard work by our members through our canteen and raffles. Thank you to everyone for your support.

It was a mass start at 8am with lots of fast starters and some good racing. Best performances came from Nelson McCutcheon (48.52) & Ignacio Jimenez (49.27) in the 10km, the fast and consistent Jayda Anderson (14.48) in the 3km and Myles Callaghan (10.30) in the 2km. Our 1km walkers continue to push each other and have been improving every week and we saw standout walks by Makenna Clarke (5.34), Flynn Callaghan (5.35) and Chelsea Capps (5.37).

Thank you to everyone involved in running the meet from setting up, sign on, judging, lap scoring, timekeeping, canteen and packing up. It was very pleasing to see so many volunteers arrive early and get everything organized and ready for the morning. Thank you to Sharyn and Maxine for their work on the canteen and the raffle table today. A reminder to all that we are putting together a canteen roster for the remainder of the season. We really appreciate those that have already offered to help out and there are still plenty of dates where we need volunteers.

Our raffle winner on Sunday was Mark Carlile who took home the Fruit Box. The prize, brought along by Shane, had been kindly donated by Simply Fresh, a fruit and vege supplier who have made previous prize donation to the club and we thank them for their support. Second prize of chocolates and a bottle of red wine went to Charlie Capps.

All in all, a fabulous morning at Kalinga Park and we are thankful to everyone who came along to race, volunteer or cheer on the athletes. Special thanks to Helen Scarborough who pops up everywhere our athletes are racing to give her support. Last week Helen was in Canberra cheering everyone on so we acknowledge her dedication to the sport and to the athletes.

## **Canteen Roster Update**

Volunteers are welcome every week on the canteen but our roster has a number of dates where we need people to put their hand up. If you are willing to take charge of the canteen on these dates please let us know on Sunday at Davies Park. Thank you kindly.

**July 8<sup>th</sup>** Kalinga Park

**July 29<sup>th</sup>** Skippy Park Maybe someone from the Sunshine Coast could volunteer?

**August 26<sup>th</sup>** Federation Meet Sunshine Coast – All hands-on deck required. We will need at least 10-12 volunteers for the canteen working in 2-hour shifts. If you can only spare 1 hour we still want to hear from you.

# **RESULTS RESULTS RESULTS**

## **QRWC Handicap Meet June 17<sup>th</sup> Kalinga Park**

### **A Grade 10km**

**Men:** (1) Nelson McCutcheon 48.52 (2) Ignacio Jimenez 49.27 (3) Peter Bennett 58.51.  
Mark Carlile DNF

**Women:** (1) Noela McKinven 1.22.15. Jessica Pickles DNF.

### **B Grade 5km**

**Men:** (1) Jonathan Wearne 25.42 (2) Patrick Sela 40.15.

**Women:** (1) Mackenzie Ofield 29.24 (2) Amelia Schofield 31.25 (3) Di Adams 31.38 (4) Jasmine McRoberts 34.32.

### **C Grade 3km**

**Men:** (1) Kai Norton 17.35.

**Women:** (1) Jayda Anderson 14.48 (2) Ashanti Heap 16.28 (3) Amber Norton 18.07 (4) Torryn Fisher 18.46 (5) Amber Tofful 21.55

### **D Grade 2km**

**Women:** (1) Lyla Williams 11.05 (2) Rebecca Teahen 11.44 (3) Scarlett Schofield 12.44 (4) Bella Schofield 12.53 (5) Robyn Wales 17.30.

### **E Grade 2km**

**Men:** (1) Myles Callaghan 10.30 (2) Charlie Capps 11.03 (3) Jacob Petrovic 13.46.

### **F Grade 1km**

**Men:** (1) Flynn Callaghan 5.35 (2) Knox Anderson 7.36.

**Women:** (1) Makenna Clarke 5.34 (2) Chelsea Capps 5.37 (3) Siaan Fisher 6.28

# THIS WEEK

## QRWC Handicap Meet Davies Park Sunday June 24<sup>th</sup>

QRWC road walking is at Riverside Drive near Davies Park, West End this Sunday. This will be a return to Davies Park for road walking first time in more than a decade. Race set up and the start/finish area is near the big fig trees off Jane Street (turn at Montague Road) beside the rowing sheds.

Volunteers helpers will be required to assist with the canteen (there are still some spots on the roster to fill), lap scoring, timekeeping and course marshals. We thank you for your assistance.

See you all on Sunday.

we are racing at Riverside Drive near Davies Park, West End for the first time in more than a decade. Start area is near the big fig trees off Jane Street (turn at Montague Road) bedside the rowing sheds.



### Programme

8.00am

A Grade 10km

B Grade 5km

C Grade 3km

D Grade 2km

E Grade 2km

F Grade 1km

It will be a 1km loop course along Riverside Drive.

Volunteers helpers will be required to assist with the canteen, lap scoring, timekeeping and course marshals. We thank you for your assistance .  
See you all on Sunday.

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

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. Athletics Australia will offer events for all ages (listed below) at the Winter Walks with entry details to be released shortly. NB: This event will be held in conjunction with Road Walking Australia (RWA) events.

Events will most likely kick off from 8.30am will all races planned to be finished by 1pm

An Invitation 5km is expected to be programmed to cater for our men and women who want to participate in the carnival but do not wish to race over 20km or 10km distances

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.

### **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 - 10k
- Under 18 - 5km
- Under 16 - 5km
- Under 14 - 3km
- Under 12 - 2km RWA Championship event



## **Australian Masters Athletics 20km Walk Championships**

**Adelaide, South Australia Sunday 5th August**

**Entry Fee \$20 / Entries Close Sunday 29th July / Start Time 10am**

For more information contact: George White [gwhite@adam.com.au](mailto:gwhite@adam.com.au)



**ENTRIES ARE NOW OPEN**

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

Entries Close: •Wednesday 31 October 2018

# Downunder Meet 2018

**Griffith University, Southport, Friday July 13<sup>th</sup>**

The annual Downunder Championships is the biggest track and field competition on the QA winter calendar. In 2017, more than 700 athletes participated, 220+ of whom were from American High Schools.

**Note: Those athletes who turn 13 this year can enter the Downunder 3,000 metre walk for 14/15year olds.**

## **Walks Downunder**

### **Friday July 13<sup>th</sup>**

8.45am 3000m Walk Males & Females 14/15yr

8.45am 5000m Walk Males & Females 16-Open

EARLY BIRD \$25.00 per event

**Early Bird entries close at 11:59 p.m. on Tuesday, 19th June**

STANDARD \$30 per event

Standard Entries close at 11:59 p.m. on Tuesday, 3rd July

For more information and to enter online, visit [www.sportscredentials.com.au](http://www.sportscredentials.com.au)

## **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 .....**

June 24<sup>th</sup> QRWC Handicap Meet Davies Park 8.00am

July 8<sup>th</sup> QRWC Handicap Meet Kalinga Park 8.00am

July 10-15<sup>th</sup> IAAF World Juniors Track Championships Finland

July 13<sup>th</sup> Friday Down Under Meet

July 15<sup>th</sup> QRWC Handicap Meet Morningside 7.30am

July 22<sup>nd</sup> RWA Postal Challenge Beenleigh 8.00am

July 29<sup>th</sup> QRWC Handicap Meet Skippy Park

## **Looking Further Ahead .....**

August 5<sup>th</sup> QA Road Walk Championships / QMA Short Walk C/Ships TBA  
August 5<sup>th</sup> AMA 20km Road Walk Championships Adelaide  
August 12<sup>th</sup> QRWC Track Championships UQ St Lucia 8.00am  
August 19<sup>th</sup> QRWC Club Championships Kalinga Park 8.00am  
August 26<sup>th</sup> AA/Federation Road Walk Championships Kawana Sunshine Coast  
September 1-16<sup>th</sup> World Masters Athletics Championships Malaga, Spain  
September 2<sup>nd</sup> QMA Long RW C/Ships / QRWC Invite meet / 20km Murarrie  
September 16<sup>th</sup> Relay/Trophy/BBQ Day Kalinga Park 10.00am  
November 11<sup>th</sup> 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](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

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](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.

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

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