

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



## HEEL & TOE

June 7th 2018

### 10<sup>th</sup> Gold Coast Road Walk Championships *Records Galore & Pumpkin Soup*



### **What a Team!!**

What a magic morning at Mudgeeraba for the 2018 Gold Coast Road Walk Championships last Sunday. It was the biggest attendance we have ever had at these championships and the day was a success due to the efforts of the athletes and the wonderful support we received from our volunteers. Thank you to everyone involved in running the meet from setting up, sign on, judging, lap scoring, timekeeping and packing up.

There were four record breaking performances; Jessica Pickles ((10km) ) Katie Hayward (5km) Jonathan Wearne (2km) and Jayda Anderson (2km ) as well as good times recorded by Ignacio Jimenez (10km ) and Flynn Callaghan & Makenna Clarke (1km) . Jessica lost an age group record to Katie Hayward but picked up another record in the Open 10km. Looking at the updated record list it seems you have the best chance of breaking a record if your first name starts with J, K or L!  
Special mention to Jade Pearson who raced 5km to take the silver medal after walking 30km on Saturday in the Kokoda Challenge event!

The homemade pumpkin soup, lovingly prepared by Maxine, was sensational as were the hot potatoes & sour cream supplied by Kay. Great work by Gladys on the canteen again today. Preparing, setting up cooking and serving and packing up is a huge undertaking each week and we all appreciate the dedication shown by Gladys and Iggy. Thank you to Sharyn for helping on the canteen today, to Robyn & Noela for their donations also to those that donated a plate of sweets and to the kind donor of the bag of home grown mandarins. Congratulations to the winners of the raffle and to everyone who purchased tickets. Raffle takings all goes directly to support our athletes.in the form of a travel subsidy.

Thank up to the **Mudgeeraba Little Athletics** club for allowing us the use of their grounds and club facilities. It was very much appreciated. A big thank you also to the **Gold Coast Victory Athletics Club** for providing the medals today.

No club racing this Sunday as the LBG Carnival is on in Canberra. All the best to those members making the trip south for the weekend. Stay warm and don't forget to pack your club uniform. Club racing resumes on Sunday June 17th at Kalinga Park.

## **RESULTS RESULTS RESULTS**

**Sunday 3rd June, 2018 Mudgeeraba**

**QRWC Handicap Meet / GC Championships**

### **Gold Coast Championships**

Medalists – For times see QRWC Handicap race results below

Open Men 10km: (1) Ignacio Jimenez (2) Peter Bennett (3) Mark Carlile.

Open Women 10km: (1) Jessica Pickles Rec (2) Brenda Gannon (3) Nyle Sunderland.

U20/U18 Women 5km: (1) Katie Hayward Rec (2) Jade E Pearson (3) Isabella Schofield.

U16 Men 3km: (1) Joshua Zirbel.

U16 Women 3km: (1) Amelia Schofield (2) Jasmine McRoberts

U14 Men 2km: (1) Jonathan Wearne Rec.

U14 Women 2km: (1) Jayda Anderson Rec (2) Anika Clarke (3) Ashanti Heap.

U12 Men 2km: (1) Myles Callaghan (2) Sam McCure (3) Charlie Capps.

U12 Women 2km (1) Lyla Williams (2) Scarlett Schofield (3) Kamara Stewart.

U10 Men 1km (1) Flynn Callaghan (2) Blake Zirbel.

U10 Women 1km: (1) Makenna Clarke (2) Chelsea Capps (3) Siaan Fisher.

U8 Men 500m: (1) Knox Anderson.  
U8 Women 500m (1) Mikayla Zirbel.

## **QRWC Handicap Meet**

### **A Grade 10km**

Men: (1) Ignacio Jimenez 50.07 (2) Peter Bennett 58.38 (3) Mark Carlile 1.14.14. Paul Lindenberg DNF.

Women: (1) Jessica Pickles 52.40 (2) Brenda Gannon 59.01 (3) Nyle Sunderland 1.02.47 (4) Kay Shaw 1.13.35 (5) Noela McKinven 1.24.14.

### **B Grade 5km**

Women: (1) Katie Hayward 22.39 (2) Jade Elizabeth Pearson 33.09 (3) Bella Schofield 35.19 (4) Debbie Lindenberg 36.34.

### **C Grade 3km**

Men: (1) Joshua Zirbel 19.44.

Women: (1) Amelia Schofield 18.22 (2) Torryn Fisher 18.43 (3) Jasmine McRoberts 20.19.

### **D Grade 2km**

Men: (1) Jonathan Wearne 9.28.

Women: (1) Jayda Anderson 9.24 (2) Anika Clarke 10.16 (3) Ashanti Heap 11.07 (4) Torryn Fisher 12.15 (5) Korey Brady 12.23 (6) Robyn Wales 18.31.

### **E Grade 2km**

Men: (1) Myles Callaghan 10.12 (2) Sam McCure 11.40 (3) Charlie Capps 12.01.

Women: (1) Lyla Williams 11.35 (2) Scarlett Schofield 12.23 (3) Kamara Stewart 13.03 (4) Cheyenne Zirbel 14.00. Rebecca Teahen DNF.

### **F Grade 1km**

Men: (1) Flynn Callaghan 5.37 (2) Blake Zirbel 7.35.

Women: (1) Makenna Clarke 5.38 (2) Chelsea Capps 6.00 (3) Siaan Fisher 6.56 (4) Charlotte Brady 6.59

### **F Grade 500m**

Men: (1) Knox Anderson 3. 15.

Women: (1) Mikayla Zirbel 3.28.

## **Gold Coast Road Walk Championship Records**

**Last updated June 3<sup>rd</sup> 2018**

Open 10km Men: B Dewar 44.12 2012

**Open 10km Women: J. Pickles 52.40 2018 NEW**

U20 5km Men: L. McCutcheon 21.14 2017

U20 5km Women: J. Pickles 25:04 2013

U18 5km Men: J. Osborne 21:30 2011

**U18 5km Women: K. Hayward 22.39 2018 NEW**

U16 3km Men: N. McCutcheon 13.20 2017

U16 3km Women: K Hayward 13:26 2015

**U14 2km Men: J. Wearne 9.28 2018 NEW**

**U14 2km Girls: J. Anderson 9.24 2018 NEW**

U12 2km Boys: K Hayward 10:04 2016

U12 2km Girls: J. Anderson 9.50 2017  
U10 1km Boys: K Hayward 5:09 2014  
U10 1km Girls: L. Williams 5.18 2017  
U8 .50km Boys: K Hayward 2:30 2012  
U8 .50km Girls Makenna Clarke 3.12 2017

## **Canberra Federation Carnival** **Mt Stromlo Canberra Sunday June 10<sup>th</sup>**

This annual Carnival being held this Sunday in Canberra and brings together races walkers of all ages and abilities from race walking clubs all around the country. Expect the weather to be cold and possibly wet. Make sure you have a set of warm and dry clothes to change into after your event. A t shirt worn under your racing singlet and a set of gloves make be needed .

All the best to our Queensland team competitors competing in the Nation's capital on Sunday. Great to see a number of our officials, judges and parents are making the trip and helping out at the meet.

### **QRWC Competitors**

Argenis Guevara Open Men 15lm  
Peter Bennett Open Men 30km  
Jono Wearne U16 Boys 3km  
Sam McCure U12 Boys 2km  
Sam McCure U14 Boys 2km  
Noela McKinven Open/Masters Women's 15km  
Anika Clarke U14 Girls 2km  
Makenna Clarke U10 Girls 1km  
George Megas Fitness Men's 15km  
Charlie Capps U12 Boys 2km  
Chelsea Capps U10Boys 1km

**UNIFORMS:** The wearing of a club uniform is compulsory at Federation carnivals and failure to do so can result in disqualification. **Make sure it is the first thing you pack.**

### **Programme**

1. Open 30km 8.00am
2. Fitness 30km 8.00am
3. Men & Women ACTA 30km C/Ship 8.00am
4. Open & Vet Women 15km 8.00am
5. Open & Vet Men 15km 8.00am
6. Fitness 15km 8.00am
7. Fitness 8km 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

**Presentations of Awards:** Will be at the Ainslie Football Club of Canberra, 52 Wakefield Avenue, Ainslie commencing at 7.30 pm.

**Meals:** Are available at the Club from 6.00 pm. Bookings are recommended

## **NEXT WEEK**

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

**8.00am**

- A Grade 10km
- B Grade 5km
- C Grade 3km
- D Grade 2km
- E Grade 2km
- F Grade 1km

## **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

**If you are not going to Canberra this weekend get along to Broadbeach  
this Sunday morning and support this event**

**Memory Walk & Jog June 10<sup>th</sup> 7:00am  
Pratten Park, Old Burleigh Road, Broadbeach**



<https://www.memorywalk.com.au/events>



## **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.

## **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 10<sup>th</sup> LBG Federation Carnival Mt Stromlo Canberra

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

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

July 8<sup>th</sup> QRWC Handicap Meet TBC

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/>