

Queensland Race Walking Club Inc.

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



HEEL & TOE

March 14th 2019

Dane & Katie named in Australian Team for World Athletics Championships

After their super qualifying performances in winning their respective Australian 20km titles in Adelaide Dane Bird-Smith and Katie Hayward have had their entry in the Australian team for the IAAF World Championships confirmed. Congratulations to Dane & Katie from everyone in the club, we are all very proud of you both. Jemima Montag and Claire Tallent were also named in the initial selection of athletes. Additional walkers may be added to the team and the end of the qualifying period



Queensland Track Classic

March 23rd State Athletics Facility QSAC



7:00 pm Mixed 3,000m Walk

<http://qldathletics.org.au/Events/Upcoming-Events/ArtMID/6764/ArticleID/2061072/qtc2019>

For more information on the meet, please contact matt.lynch@qldathletics.org.au

RESULTS RESULTS RESULTS

Some great results in hot and humid conditions at the QA track championships on the weekend. Congratulations our new State Champions, to the medal winners and those that achieved a qualifier for the Nationals.

Queensland Athletics Championships QSAC Saturday March 9th

Women 10,000 Metre Race Walk Open

1 Papadopoulos, Christina	23 UNQ	48:22.58
2 Smith, Clara	21 UNQ	49:43.99
3 Martin, Katya	22 GCV	55:16.64
4 Hamann, Charlotte	18 QRWC	1:10:23.52
-- Pickles, Jessica	25 UNQ	DNF

Girls 10,000 Metre Race Walk Under 20

1 Rowbotham, Milla	18 UNQ	1:07:35.22
2 Hamann, Charlotte	18 QRWC	1:10:23.52

Boys 10,000 Metre Race Walk Under 20

1 Lyttle, Jayden	18 INT	1:05:40.12
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Girls 5,000 Metre Race Walk Under 17

1 Novinetz, Camryn	16 Ipswich	26:38.46
2 Ofield, Mackenzie	15 USC	29:59.38
3 Vickers, Larissa	16 FTA	30:29.03
-- Hill, Gabriella	16 GCV	DQ

Girls 5,000 Metre Race Walk Under 18

1 Hannigan, Caitlin	17 UNQ	25:50.46
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Girls 3,000 Metre Race Walk Under 14

1 Heap, Ashanti	13 GCC	15:27.28
2 Norton, Amber	13 QRWC	15:50.32
3 Williams, Lyla	12 GCV	16:57.94

4 Gee, Tamika 12 QRWC 17:24.43
5 Chopping, Marlee 12 KPL 22:59.69

Girls 3,000 Metre Race Walk Under 15

1 Anderson, Jayda 14 GCC 14:19.79
2 Millard, Summer 14 QRWC 16:34.16
3 Clarke, Anika 14 Redlands 17:06.35
4 Brady, Korey 14 QRWC 19:21.83

Girls 3,000 Metre Race Walk Under 16

1 Sullivan, Bridget 15 QRWC 15:37.83
2 Chopping, Miranda 15 KPL 19:49.43

Boys 3,000 Metre Race Walk Under 14

1 McCure, Sam 13 GCV 15:32.78

Boys 3,000 Metre Race Walk Under 15

1 Norton, Kai 14 QRWC 15:33.79

Qld Masters Athletics

QMA Brisbane Meet 27 February 2019

5,000 Metre Race Walk

Denitza Genova W44 41:13.29 (39:40.55 49.86%)
Noela McKinven W76 41:19.50 (26:47.22 73.85%)
Dean Nipperess M47 30:57.82 (28:15.82 63.54%)
Peter Bennett M63 28:49.07 (23:04.30 77.84%)

Age Graded Times & Percentages in Brackets

This Week

This Saturday, March 16th, the Qld Masters Meet at the SAC has a 3,000 metres walk starting at 8.00am .

QRWC Winter Road Walk Season / AGM Sunday April 7th

The 2019 Winter Road Walk season kicks off on **Sunday April 7th** with a Sign on Day and Annual General Meeting at Kalinga Park, Clayfield. This is the ideal opportunity for walkers of all ages to come along and have a go at race walking in a friendly, supportive and casual environment.

2019/20 QRWC registration forms are now available on the club website

The **Annual General Meeting** of the club will be held after the races conclude at **9.15am**. This is the opportunity for members to put their hand up to be elected to the Management Committee or to be appointed to a number of other important volunteer roles within the club. ALL positions within the club will become vacant and up for election. We need your support. This is Your Club.

Annual General Meeting

Notice is hereby given that the Annual General Meeting of the Queensland Race Walking Club Inc. will be held at Kalinga Park **on Sunday, 7th April, commencing at 9.15am.**

The Business of the meeting will be:

- ^ The Receiving and Confirmation of the minutes of the 2018 Annual General Meeting
- ^ The Receiving of the Management Committee Report for 2018
- ^ The Receiving and Adoption of the Statement of Income and Expenditure, Assets and Liabilities for the financial year
- ^ The election of the Officers and other members of the Management Committee
- ^ The appointment of a Patron
- ^ The appointment of three Selectors
- ^ The appointment of a Registrar
- ^ The appointment of an Equipment Officer
- ^ The appointment of a Canteen Convenor
- ^ The appointment of a Newsletter Producer
- ^ The appointment of a Handicapper/Results Person
- ^ The appointment of a Publicity Officer
- ^ The appointment of a QRWC State Coach
- ^ Any appropriate General Business

NOMINATIONS are invited for the following positions for 2019

*President *Vice President *Secretary *Treasurer
Registrar Selectors Equipment Officer/s Canteen Convenor
Newsletter Producer Handicapper/Results Publicity Officer

*Not less than one (1) nor more than six (6) other committee members with the number to be decided at the Annual General Meeting.

Positions marked with * are Members of the Management Committee. Others are Appointees.

A nomination form can be downloaded from the QRWC Website: www.qrwc.com.au



April 7th

Sign-On Day /AGM / Come & Try Day

Kalinga Park

8.00am 5km

8.30am 3km

9.00am 2km
1km
9.15am AGM

April 14th

Age Races & Handicap #1

Logan River Parklands, Beenleigh

8.00am A Grade 10km (Open/U20)
B Grade 5km (U16/U18/U20)
C Grade 3km (U14/U16)
D Grade 2km (U12/U14)
E/F Grade 1km (U6/U8/U10/U12)

Queensland Little Athletics State Championships

22nd – 24th March

Townsville Sports Reserve, Townsville

Walks Programme

Friday March 22nd

3:00pm

Girls U11 1100m Race Walk Finals
Boys U11 1100m Race Walk Finals

3:25pm

Girls U10 1100m Race Walk Finals
Boys U10 1100m Race Walk Finals

3:50pm

Girls U9 700m Race Walk Finals
Boys U9 700m Race Walk Finals

6:20pm

Girls U12 1500m Race Walk Finals
Boys U12 1500m Race Walk Finals

6:45pm

Girls U15 1500m Race Walk Finals
Boys U15 1500m Race Walk Finals
Girls U16 1500m Race Walk Finals
Boys U16 1500m Race Walk Finals
Girls U17 1500m Race Walk Finals

7:00pm

Girls U14 1500m Race Walk Finals
Girls U13 1500m Race Walk Finals

7:15pm

Boys U14 1500m Race Walk Finals
Boys U13 1500m Race Walk Finals

Gold Coast Masters Athletics Championships
Griffith University Track
Saturday March 30th

Walk Events

7.30am 5,000m Walk M/W

10.30am 1,500m Walk M/W

For more details and an entry form go to; <https://www.goldcoastmasters.com>

Entries close March 22nd

The 2019 Australian Track & Field Championships
Sydney Olympic Park Athletic Centre April 1st to April 7th

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

Old Masters Athletics Championships
April 13-14th State Athletics Facility, Nathan

Saturday April 13th 5,000 metres Walk 8.00am

Entry Fee: \$25 Administration fee for QMA members Plus \$8 per event.

Entries close midnight Wednesday March 27th

Note: The QMA 10,000metre Championships will be held on Wednesday March 27th at the SAC starting at 7pm. Enter on the night.

AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS Melbourne 2019



Walk 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)

11.30am 10km AMA Championship Men

11.30am 10km AMA Championship Women

Sunday April 28th No Competition

Monday April 29th 5,000m Walk

LAST CHANCE: Entries Close Friday March 15th

We have been advised that the final programme will be determined after entries have closed

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.

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 9th



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.

Have you booked your accommodation and flights yet?

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

	AA Team	Regional AA Team
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 10km	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 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



Entries Now Open

<http://australianmastersgames.com>

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

March 16th Qld Masters Meet SAC 3,000 metres 8.00am

March 22nd Qld LA Championships Townsville

March 23th Qld Masters Meet SAC 3,000 metres 8.00am

March 24^h Gold Coast Masters Griffith Uni 3km/5km 8.00am

March 27th Qld Masters Athletics 10,000metre Championships SAC 7pm

March 30th Gold Coast Masters C/Ships Griffith Uni 5km 7.30am / 1.5km 10.30am

March 30th – April 7th Australian Athletics Championships (U14-Open) Sydney

April 7th QRWC Sign on Day / AGM Kalinga Park 8.00am

April 13th Queensland Masters Championships SAC 5,000 metres 8.00am

April 14th QRWC Handicap meet Logan River Parklands Beenleigh 8.00am

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 No Club Competition

May 19th QRWC Handicap meet TBA

May 25th Great Barrier Reef Masters Games

May 26th QRWC Handicap meet TBA

June 2nd Gold Coast Road Walk Championships Mudgeeraba 8.00am

June 9th LBG Federation Carnival Mt Stromlo Canberra

June 25-28th Oceania Area Championships Townsville

July 3-14th 30th Summer Universiade, Naples Italy

July 7th Gold Coast Marathon. No club competition

July 14th RWA Postal Challenge Beenleigh

July 21st QRWC Track Walk Championships UQ St Lucia 8.00am
July 27th **Saturday** QA Open & Age Road Walk Championships **TBA**
August 11th Australian Masters 20km road championships Adelaide
August 18th QRWC Road Walk Championships **TBC**
September 1st Father's Day
September 1st Oceania Masters Games Mackay 10km road walk
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 2019/20 – Fees unchanged from last season

Annual subscriptions due April 1st 2019 – New season forms will be on the club website very soon.

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.

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/>