

Queensland Race Walking Club Inc.

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



HEEL & TOE

March 21st 2019

20km Asian Race Walking Championships Nomi, Japan Katie Hayward 4th

Congratulations to Katie Hayward with her fast 1:29:31 for 4th place in the 20km at the Asian Race Walking Championships in Japan last Sunday. It was a fine effort backing up from her breakthrough win in the Open 20km Australian Championships in Adelaide last month.

Paul Warburton for the IAAF reports:

“Hayward, just 18, demonstrated a cool head on young shoulders to log splits of 22:50, 22:29, 22:07, and 22:05 for 1:29:31, and beat Aussie team-mate and Commonwealth champion Jemima Montag (20km race walk world ranking: 13) for the second time in a month - and in a time only six seconds slower than her debut at the first Race Walking Challenge at Adelaide in February.”

RESULTS RESULTS RESULTS

Asian Race Walking Championships

March 17th Nomi, Japan

20km Women

1. MA, Zhenxia CHN 1:28:28
2. QIJI, Zhuoma CHN 1:29:06
3. GESANG, Zhuoma CHN 1:29:28
- 4. HAYWARD, Katie AUS 1:29:31**
- 5. MONTAG, Jemima AUS 1:31:53**
6. BARBER, Alana NZL 1:32:01
- 8. BARBER, Alana NZL 1:33:01**
- 9. TALLENT, Rachel AUS 1:33:36**
- 20. HUSE, Phillipa AUS 1:40:06**

20km Men

1. YAMANISHI, Toshikazu JPN 1:17:15

2. KAWANO, Masatora JPN 1:17:24
3. IKEDA, Koki JPN 1:17:25
4. SUZUKI, Yusuke JPN 1:17:47
5. FUJISAWA, Isamu JPN 1:17:52
6. ZHANG, Jun CHN 1:20:17
7. **COWLEY, Rhydian AUS 1:20:19**

Old Masters Athletics

QMA Brisbane Meet March 16th

3,000 Metre Race Walk

W75 1 Noela McKinven 24.46.80

M50 1 Iggy Jimenez 14.03.54

M60 1 Peter Bennett 16.31.63

Queensland Little Athletics State Championships

22nd – 24th March

Townsville Sports Reserve, Townsville

All the very best to our young race walkers competing at the Queensland Little Athletics State Championships in Townsville tomorrow evening

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

Queensland Track Classic March 23rd State Athletics Facility QSAC



At Saturday's Queensland Track Classic in Brisbane, two of Australia's finest race walkers Dane Bird-Smith and Katie Hayward will be in action in a 3,000metres track walk. All walkers in this crack field will be racing for a personal best.

Dane, 26, has compiled an impressive international record including bronze at the Rio Olympics and gold at both the Commonwealth Games and World University Games.

Katie, 18, has recently been breaking records galore. In January she broke the under-20, 10,000m walk, in February she won the Oceania 20km walk in Adelaide in 1:29.25, a time which was the fastest ever by an Australian on home soil as she became the third fastest in Australian history. Last weekend in Japan she proved the time was no fluke, by walking 1:29.31 in an elite field of Chinese & Asians race walkers.

7:00 pm Mixed 3,000m Walk

Bird-Smith, Dane M27 AUS
Chopping, Miranda W15 AUS
Gannon, Brenda W45 AUS
Hamann, Charlotte W18 AUS
Hannigan, Caitlin W17 AUS
Hayward, Katie W19 AUS
McCutcheon, Nelson M17 AUS
Papadopoulos, Christina W23 GRE
Rowbotham, Milla W18 AUS
Smith, Clara W21 AUS
Sullivan, Bridget W15 AUS

<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

This Week

Lots of race walking action on over the next few days. Tomorrow in Townsville our young generation of race walkers are in action at the Qld Little Athletics Championships

On Saturday evening at the Queensland Track Classic at the SAC in Brisbane the 3,000 metre walk at 7pm features Dane Bird-Smith and Katie Hayward.

This Saturday morning Qld Masters are on the Main Track at QE11 with 3,000 metres starting at 8.00am

The Gold Coast Masters are racing on Sunday morning at Griffith Uni with a 3km/5km walk starting at 8.00am.

Then next Wednesday night (March 27th) at the SAC the Qld Masters Athletics 10,000metre Championships will be held starting at 7pm

It Takes Heart

Physical dominance can make you great. Mental dominance is what ultimately makes you unstoppable.

You will never have a more powerful training tool than this: get your mind strong, so your body can follow. The true measure of an individual is determined by what you can't measure—the intangibles. Anyone can measure weight, height, physical strength, speed . . . but you can't measure commitment, persistence, or the instinctive power of the muscle in your chest, your heart. That's where your true works begins: understanding what you want to achieve and knowing what you're willing to endure to get it.

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

A reminder to return your completed Nomination Form by Sunday March 24th to: andrew.wearne@hotmail.com



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)

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

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>

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.

2019 Programme

1. Open 30 kilometres	8.00am	
2. Fitness 30 kilometres	8.00am	Non Hcp/Judged contact only
3. AACT W&M 30 kilometres Chp	8.00am	Non-Handicap event
4. Open Womens 15 kilometres	8.00am	Includes RWA Masters 15k
5. Open Mens 15 kilometres	8.00am	Includes RWA Masters 15k
6. Fitness 15 kilometres	8.00am	Non Hcp/Judged contact only
7. Fitness 8 kilometres	9.00am	Non Hcp/Judged contact only
8. Mens U20 10 kilometres	10.30am	
9. AACT Mens U20 10 kilometre Chp	10.30am	Non Handicap Event
10. Open (over 19 years) 10 kilometres	10.30am	Non Handicap Event
11. Womens U20 10 kilometres	10.30am	
12. Boys U10 1 kilometre	11.40am	
13. Girls U10 1 kilometre	11.40am	
14. Boys U12 2 kilometres	11.50am	
15. Girls U12 2 kilometres	12.10pm	
16. Boys U14 2 kilometres	12.30pm	
17. Girls U14 2 kilometres	12.50pm	
18. Boys U16 3 kilometres	1.10pm	
19. Girls U16 3 kilometres	1.35pm	
20. Boys U18 5 kilometres	2.00pm	
21. Girls U18 5 kilometres	2.00pm	
22. Womens 5 kilometres	2.40pm	

Entries

It is expected **that on-line entries will open 5.00pm Sunday March 31st** and close 5 pm Wednesday May 22nd

Competitors must complete an **ON-LINE ENTRY**. *Details of the link to the on-line entry system and the date entries will open will be provided as soon as available.*

NO MANUAL ENTRIES WILL BE ALLOWED and LATE ENTRIES CANNOT BE ACCEPTED. This applies to both Race Walks & Fitness Walks.

ENTRY FEES

RACE WALKING AUSTRALIA EVENTS - \$35.00 for first event, \$20.00 for second event (including an Athletics ACT Championship), or \$60.00 if entering three or more events. *A family cap of \$150 will also apply.* *Fitness Walk & Open 10k fee is \$20.00.*

Team events will be conducted in conjunction with ALL RACEWALKING AUSTRALIA EVENTS **except** the Masters Women's & Masters Men's 15 kilometres. The first three (3) competitors of each Club to finish without disqualification will constitute TEAM 1, the next three (3) to finish TEAM 2 and so on. **Exception** the Open 30 kilometres and the 15 kilometres for Women will be scored differently in that two (2) finishers can make a team, providing that there are three (3) or more starters. The Brennan Trophy is contested for by the number one team of each club.

Uniform. All Racewalking Australia event competitors **MUST wear the uniform of their Club**, as registered with RACEWALKING AUSTRALIA. Failure to do so may result in disqualification. Competitors not competing in a Racewalking Australia event are also encouraged to wear their Walking Club uniform.

Presentation of Awards will be at the Ainslie Football Club, 52 Wakefield Avenue, Ainslie commencing at **7.30 pm**.

Meals are available at the Ainslie Football Club 52 Wakefield Avenue, Ainslie from 6.00 pm. BOOKINGS ARE RECOMMENDED. Refer to this web site www.ainsliegroup.com.au .

PLEASE NOTE: (1) Any competitor is eligible to win the perpetual trophy for winning an event.
(2) Gold, Silver & Bronze medallions will be presented to the first three Australians in all Racewalking Australia events, regardless of actual placing. (3) **WINNERS OF OUTRIGHT INDIVIDUAL AWARDS CANNOT WIN A HANDICAP TROPHY.**

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 22nd Qld LA Championships Townsville

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

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 now available on the club website – print off a form, fill it out and bring it along on Sign On Day

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/>