

Queensland Race Walking Club Inc.

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



HEEL & TOE

March 28th 2019

Queensland Track Classic Scorching Times & a World Record

Katie Hayward demolished her own State U20 3,000 metre record and smashed Jane Saville's Australian U20 record (12:27.74) at the Queensland Track Classic at QSAC on Saturday night with a time of 12:10.17. It has now been noted that this is a **World U20 best ever time** for the distance. Congratulations on a huge performance. Katie even had time to have a good look at her watch turning into the home straight.

The race was won outright by Dane Bird-Smith with a scintillation time of 11:01.32. The performance highlighted what a fantastic Dane's Australian record of 10:54 really is. Nelson McCutcheon was next in, just missing breaking 13 minutes (13:00.30) and a great return to form by Clara Smith with 13:03.64. So many other walkers smashed Pb's in a night of action.

From David Tarbotton for Athletics Australia

The record breaking form of Katie Hayward continued in the 3000m walk. Clocking 12:10.17 in the 3000m walk, to break Jane Saville's mark of 12:27.74. The time was also a World U20 best ever time.

Full Results below

Queensland Little Athletics State Championships Townsville Sports Reserve, Townsville

A very successful meet for our race walkers at the Qld Little Athletics Championships in Townsville on Friday evening. Lots of outstanding performances on the track and a big well done to everyone who competed. A big Thank You goes to the walkers from the Redlands Little Athletics club who handed out our club promotion flyers at the finish. Well done team.

Following the State Championships, the LAQ State Team U13 to contest the Australian Little Athletics Championships to be held in Hobart on the 27th & 28th of April was named.

Qld U13 Team

Alex Bradley – Highfields 1500m Walk

Danny Kavanagh – Springwood 1500m Walk Discus Shot Put Javelin

Sam McCure – Ashmore 1500m Walk

Anika Clarke – Redlands 1500m Walk Triple Jump

Ashanti Heap - Gold Coast 1500m Walk 80m Hurdles Medley

Amber Norton – Arana 1500m run 1500m Walk

Congratulations to the walkers selected to represent Queensland at the nationals (and showing their talent and versatility in other events). We know you will all do Queensland proud.

Townsville Wrap Up by Shane Pearson

Another little Athletics season has come to an end, for most anyway. What a way for it to finish. In Townsville last Friday, I saw some of the best race walking I've seen from such young athletes. It was fantastic. So many PB's. So many determined young walkers.

Superb techniques, fast times, passionate parents, awesome results.

It was a pleasure to be there watching. Every athlete that started their race gave everything they could the whole way.

Many new faces and others that have been around awhile.

It will be interesting to see how many of the new ones we might get to the club this winter.

There seems to be a lot of new interest out there. Time will tell.

Congratulations to the coaches. I know Robyn, Steve and Dave had athletes compete, along with the kids from my squad. But I'm sure there are many coaches around we don't know.

The amount of people that were there who don't normally follow the walks were coming to me saying how amazing the walkers were. Technically it was some of the best I've seen. Special mention to Camryn Novintez. Her technique is sensational. Makes it look so easy.

Personally for me the under 13 & 14 girls race was a highlight. Ashanti went hard from the start and lead from start to finish, but on her heels was Summer, Amber and Anika. Anika fell back a little about half way but stayed in touch. 500m to go Summer started to fade but Amber kept pushing. Bell rings and Anika finds a new spark to chase Amber down, who kept pushing, in the last 50m to cross 2nd and Amber closely behind. Summer crossed 4th overall. Big PB's to all these girls. But also in this race were huge PB's to Sophie, Korey, Charlotte, Scarlett, Mia, Trinity & Phoebe.

I thought in general the judges were very good and consistent with their calls.

Congratulations to the 6 athletes, 5 from QRWC, being selected in the Qld Little A's team for the ALAC's in Hobart. You all have worked hard and deserve your spot in this team. Ashanti Heap, Anika Clarke, Amber Norton, Sam McCure, Alex Bradley and Danny Kavanagh.

RESULTS RESULTS RESULTS

Queensland Track Classic – Saturday March 23rd

State Athletics Facility

Mixed 3,000 Metre Race Walk

- 1 Bird-Smith, Dane M92 Australia 11:01.32
- 2 Hayward, Katie W00 Australia 12:10.17
- 3 McCutcheon, Nelson M02 Australia 13:00.30
- 4 Smith, Clara W98 Australia 13:03.64
- 5 Hannigan, Caitlin W02 Australia 14:19.86
- 6 Sullivan, Bridget W04 Australia 15:15.18
- 7 Guevara, Argenis M68 Australia 16:15.57
- 8 Gannon, Brenda W74 Australia 16:30.59
- 9 Hamann, Charlotte W01 Australia 17:39.89
- Papadopoulos, Christina W96 Greece DNF

QLA State Championships

Townsville - March 22nd

Girls Under 10 1,100 Metre Walk

- | | | |
|---------------------|---------------------|---------|
| 1 Capps, Chelsea | Gold Coast Lac | 5:45.90 |
| 2 Clarke, Makenna | Redlands Lac | 5:47.25 |
| 3 Sheehan, Emma | Toowong Harriers | 7:00.73 |
| 4 McIntyre, Rhianna | Gympie Lac | 7:14.46 |
| 5 Hill, Ivy | Gold Coast Lac | 7:22.12 |
| 6 Barron, Maya | North Mackay Lac | 7:29.92 |
| 7 Waters, Mikayla | Bribie District Lac | 7:31.88 |
| 8 Mackay, Phoenix | Alger Lac | 7:38.90 |
| 9 Toplis, Olivia | Arana Lac | 7:44.17 |
| 10 Kruck, Sienna | Alger Lac | 8:05.51 |
| 11 Scott, Melita | Tweed Lac | 8:11.12 |
| -- Glasgow, Sarah | Townsville Cent | DNF |
| -- De Jong, Mia | Nanango Lac | DQ |

Boys Under 10 1,100 Metre Walk

- | | | |
|----------------------------|------------------|---------|
| 1 Callaghan, Flynn | Redlands Lac | 6:02.67 |
| 2 Tilton, Noah | Tweed Lac | 6:30.74 |
| 3 Blair, Xavier | Bundaberg Lac | 6:47.20 |
| 4 Stewart, Mitchell | Ipswich Lac | 6:47.44 |
| 5 Bricknell-Hewitt, Korbyn | Mudgeeraba Lac | 7:18.58 |
| 6 Gration, Ethan | City North Lac | 7:24.10 |
| 7 Anderson, Lucas | Toowong Harriers | 7:30.18 |
| 8 Zirbel, Blake | Highfields | 7:42.96 |
| 9 Kopittke, Joshua | Alger Lac | 7:47.88 |
| -- Cronje, David | Townsville Cent | DQ |
| -- Eassie, Ryan | Alger Lac | DQ |

Girls Under 9 700 Metre Walk

1 Fisher, Siaan	Redlands Lac	4:07.67
2 Reid, Jordyn	Ipswich Lac	4:22.66
3 Miller, Imogen	Strathpine Lac	4:22.85
4 Zirbel, Mikayla	Highfields	4:42.81
5 Lucas, Rihanna	Redlands Lac	4:56.65
6 Colquhoun, Bailey	Gracemere Lac	5:46.05
-- Robinson, Stephanie	Glasshouse	DQ

Boys Under 9 700 Metre Walk

1 Hambrook-Smith, Jake	Mt Gravatt Lac	4:11.55
2 Hoyling, Angus	Toowong Harriers	4:39.01
3 Melinz, Eli	Noosa Lac	4:53.13
4 Scott, Thomas	Toowong Harriers	4:56.90
5 Miller, Brock	Strathpine Lac	5:04.77
6 Vagne, AidanMax	Mt Gravatt Lac	6:36.01
-- Lane, Kooper	Bargara Lac	DQ
-- Ngauamo, Lennox	Ashmore Lac	DQ
-- Bingham, Lochie	Sunnybank Lac	DQ
-- McDermott, Ethan	Bargara Lac	DQ

Girls Under 12 1,500 Metre Walk

1 Williams, Lyla	Tweed Lac	7:34.38
2 Gee, Tamika	Algester Lac	7:36.15
3 Teahen, Rebecca	Toowong Harriers	7:55.55
4 Porter, Charlotte	Aspley Lac	8:42.08
5 Stewart, Kamara	Ipswich Lac	8:50.98
6 Scott, Sophie	Toowong Harriers	9:17.33
7 Kopittke, Tiana	Algester Lac	10:32.83
8 McDonald, Tatum	Beenleigh Lac	11:21.84

Boys Under 12 1,500 Metre Walk

1 Callaghan, Myles	Redlands Lac	7:46.82
2 Smith, Cooper	University	8:24.58
3 Lavell, Nicholas	Caboolture Lac	9:56.66
4 Higham, Tristan	Strathpine Lac	10:06.33
5 Sheehan, Liam	Toowong Harriers	10:15.81
-- Capps, Charlie	Gold Coast Lac	DQ

Girls Under 15 1,500 Metre Walk

1 Ofield, Mackenzie	Caloundra Lac	7:40.08
2 Milosevic, Vivian	Gold Coast Lac	8:46.27

Boys Under 15 1,500 Metre Walk

1 Wearne, Jonathan	Redcliffe Lac	6:37.14
2 McCure, Lachlan	Ashmore Lac	8:24.20

Girls Under 16 1,500 Metre Walk

1 Novinetz, Camryn	Ipswich Lac	6:35.70
2 Schofield, Amelia	Ashmore Lac	8:37.72
3 Bow, Elliot	Caboolture Lac	8:49.00

Boys Under 16 1,500 Metre Walk

1 Madden, Reece	Tweed Lac	6:45.59
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2 Zirbel, Joshua Highfields 8:14.30

Girls Under 17 1,500 Metre Walk

1 McRoberts, Jasmine-Rose Redcliffe Lac 8:18.05

2 Schofield, Isabella Ashmore Lac 8:59.19

Girls Under 14 1,500 Metre Walk

1 Clarke, Anika Redlands Lac 7:02.53

2 Millard, Summer Nanango Lac 7:17.76

3 Porter, Sophie Aspley Lac 7:47.68

4 Brady, Korey Aspley Lac 7:58.35

5 Sentance, Charlotte Arana Lac 8:03.75

6 Bergh, Mia Ashmore Lac 8:13.36

7 Hogan, Payten Tweed Lac 9:05.65

8 Fisher, Torryn Redlands Lac 9:06.21

-- Collins, Kyla Bracken Ridge Lac DNF

Girls Under 13 1,500 Metre Walk

1 Heap, Ashanti Gold Coast Lac 6:56.49

2 Norton, Amber Arana Lac 7:04.55

3 Lourigan, Daniella Maryborough Lac 8:10.29

4 Woodward, Trinity Arana Lac 8:24.85

5 Schofield, Scarlett Ashmore Lac 8:26.51

6 Madden, Lacey Tweed Lac 9:49.02

7 Zirbel, Cheyenne Highfields 9:53.56

8 Chadwick, Phoebe Bracken Ridge Lac 10:06.10

9 Grummett, Zahli Maroochydore Lac 10:31.17

Boys Under 14 1,500 Metre Walk

1 Norton, Kai Arana Lac 7:02.24

2 Farmilo, Jonah South Burnett Lac 8:45.19

3 Moore, Seth Gold Coast Lac 8:58.84

Boys Under 13 1,500 Metre Walk

1 McCure, Sam Ashmore Lac 7:42.46

2 Bradley, Alex Highfields 8:01.64

3 Riese, Jonathan Toowong Harriers 8:37.71

4 Kavanagh, Danny Springwood Lac 9:32.53

5 Bannister, Jack Nambour Lac 9:40.91

6 Edser, Jackson Algester Lac 10:43.95

-- Dubbeldam, Cameron Toowong Harriers DQ

QMA Brisbane Meet March 23rd

3,000 Metre Race Walk

Ignacio Jimenez M53 Brisbane 13:58.70 (12:12.61 86.19%)

Peter Bennett M63 Brisbane 16:23.28 (13:04.66 80.47%)

Noela McKinven W76 Brisbane 24:07.02 (15:55.33 72.75%)

QMA Gold Coast Meet March 24th

5,000 Metre Race Walk

Jane Tait W49 Brisbane 43:42.94 (40:26.22 48.92%)

Age Graded Times & Percentages in Brackets

This Week

Lots more race walking action coming up over the next week.

On Saturday morning the Gold Coast Masters Championships will be conducted at the Griffith University Track with the 5km starting at 7.30am and 1,500 metres at 10.30am.

On Monday the walk events at the Australian Track & Field Championships in Sydney kick off continuing through to Saturday April 6th.

Note: The Qld Masters 10km track championships were postponed on Wednesday night (due to a passing shower) to a date to be announced.

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

What a cracker of a Queensland team we have contesting the Nationals in Sydney. It is one of our strongest ever teams and without putting a curse on anyone by naming names they should return home with a swag of medals. All the best to everyone competing and we hope you all achieve the goals you have been working so hard towards.

Monday 1st April

9:00am 10,000 metres Walk Under 20 Men
9:00 am 10,000 metres Walk Under 20 Women
4:30 pm 3,000m Race Walk Under 15 Boys
4:30 pm 3,000m Race Walk Under 16 Boys
5:00 pm 3,000m Race Walk Under 15 Girls
5:00 pm 3,000m Race Walk Under 16 Girls

Tuesday 2nd April

11:30 am 3,000 metres Race Walk Under 14 Girls
11:30 am 3,000 metres Race Walk Under 14 Boys

Friday 5th April

8:10 pm 10,000 metres Race Walk Open Men
8:10 pm 10,000 metres Race Walk Open Women

Saturday 6th April

9:00 am 5,000m Race Walk Under 18 Women
9:00 am 5,000m Race Walk Under 18 Men
9:40 am 5,000 metre Walk Under 17 Women
9:40 am 5,000 metre Walk Under 17 Men

START LISTS

Women 10,000 Meter Race Walk Open

1 Hayward, Katie QLD 44:29.00
2 Huse, Philippa VIC 48:52.25
3 McInnes, Simone VIC 47:26.23

- 4 Montag, Jemima VIC 43:59.46
- 5 O'Neill, Molly NSW 53:56.10
- 6 Papadopoulos, Christina QLD 55:37.00
- 7 Smith, Clara QLD 48:00.00
- 8 Tallent, Rachel VIC 47:48.77

Women 10,000 Meter Race Walk U20

- 1 Blackwell, Anna TAS 54:58.95
- 2 Bolton, Hannah NSW 55:01.00
- 3 Hamann, Charlotte QLD 1:01:30.00
- 4 Mison, Hannah NSW 56:15.00
- 5 O'Neill, Molly NSW 53:56.10
- 6 Peart, Jemma VIC 51:56.00
- 7 Pengilley, Teegan NSW 54:58.70
- 8 Pitcher, Allanah NSW 50:45.00
- 9 Randall, Alice TAS 49:52.73
- 10 Rowbotham, Milla QLD 1:01:42.00

Women 5,000 Meter Race Walk U18

- 1 Bell, Bridget NSW 27:01.70
- 2 Bolton, Hannah NSW 25:34.00
- 3 Brennan, Elise NSW 28:54.70
- 4 Cocking, Holly VIC 27:35.00
- 5 Hannigan, Caitlin QLD 24:30.00
- 6 Hay, Charlotte VIC 25:27.00
- 7 Manning, Hannah ACT 26:08.00
- 8 O'Mahony, Kathleen VIC 28:43.00
- 9 Parker, Hannah NSW 27:56.30
- 10 Powierski, Rebekah VIC 30:50.75
- 11 Robertson, Brittany NSW 28:30.00
- 12 Sandery, Olivia SA 25:19.00

Women 5,000 Meter Race Walk U17

- 1 Blanch, Emma NSW 24:50.00
- 2 Callaway, Madison NSW 30:51.20
- 3 Dingli, Alannah VIC 33:16.00
- 4 Hill, Gabriella QLD 28:59.00
- 5 Ireland, Hannah WA 29:10.50
- 6 Louey, Grace VIC 31:23.49
- 7 Martin, Brooke NSW 29:00.00
- 8 Novinetz, Camryn QLD 25:12.50
- 9 Peart, Alanna VIC 24:38.48
- 10 Pitcher, Allanah NSW 24:08.00
- 11 Ross, Kiera SA 27:05.00
- 12 Thomson, Jada NSW 29:57.00
- 13 Vickers, Larissa QLD 30:29.03

Women 3,000 Meter Race Walk U16

- 1 Briet, Brianna VIC 16:35.00

2 Chopping, Miranda QLD 16:40.00

3 Decelis, Ellie NSW 15:54.00

4 Mcloughlin, Chloe NSW 15:37.90

5 Ofield, Mackenzie QLD 16:32.11

6 Scott, Bethany NSW 17:14.20

7 Shaw, Sidney ACT 17:11.70

8 Sullivan, Bridget QLD 15:36.00

9 Thomson, Olivia NSW 15:58.00

10 Wilks, Mia SA 18:08.80

Women 3,000 Meter Race Walk U15

1 Anderson, Jayda QLD 14:12.98

2 Clarke, Anika QLD 15:01.00

3 Duguid, India NSW 14:49.20

4 Dunne, Izabella NSW 15:14.00

5 Griffin, Alexandra WA 14:21.35

6 Heikkila-Dubowik, Kaylah VIC 17:36.62

7 Hickson, Alannah NSW 16:37.70

8 Holmes, Keeley NSW 16:32.80

9 Laytham, Tara NSW 15:42.60

10 Millard, Summer QLD 15:59.01

11 Ross, Kiera SA 15:12.70

12 Thomas, Emma NSW 14:53.90

Women 3,000 Meter Race Walk

1 Boughton, Milly NSW 15:18.50

2 Burns, Amayah NSW 17:23.10

3 Deruvo, Katie SA 18:36.50

4 Gee, Tamika QLD 17:24.43

5 Heap, Ashanti QLD 15:27.28

6 Krklinski, Chloe NSW 17:11.20

7 Lamb, Chloe NSW 16:23.40

8 Munroe, Ella NSW 16:07.70

9 Pitcher, Sienna NSW 16:01.00

10 Pusonjic, Elli SA 17:31.50

Men 10,000 Meter Race Walk Open

1 Bird, Kyle VIC NT

2 Bird-Smith, Dane QLD 38:34.00

3 Cowley, Rhydian VIC 40:07.01

4 Gibbons, Carl NSW 45:22.00

5 Jones, Tyler NSW 42:01.40

6 Kozica, Jason VIC 45:39.00

7 Mann, Bradley WA 50:50.72

8 Reid, Benjamin WA 48:10.00

9 Rew, Quentin NZL 41:19.10

10 Richardson, Dylan NSW 47:16.40

11 Tebbutt, Oscar NSW 44:19.00

12 Tingay, Declan WA 40:49.72

Men 10,000 Meter Race Walk U20

- 1 Baker, Mitchell ACT 45:35.10
- 2 Barendregt, Travis NSW 54:01.50
- 3 Bruniges, Mathew SA 49:51.00
- 4 Camilleri, Tristan SA 44:27.00
- 5 Dickson, Corey VIC 44:53.00
- 6 Mcginniskin, Jack NSW 44:53.00
- 7 Reid, Benjamin WA 48:10.00
- 8 Tebbutt, Oscar NSW 44:19.00
- 9 Thomson, Ryan NSW 49:50.00

Men 5,000 Meter Race Walk U18

- 1 Blaskett, Hayden NSW 24:07.00
- 2 Dickson, Corey VIC 22:11.00
- 3 **Mccutcheon, Nelson QLD 21:45.01**
- 4 Mcginniskin, Jack NSW 22:56.00
- 5 Young, Gwyllym ACT 21:51.78

Men 5,000 Meter Race Walk U17

- 1 Beveridge, Heath VIC 27:12.87
- 2 Du Toit, Daniel NZL 26:39.97
- 3 Hay, Angus VIC 29:04.00
- 4 Kemp, Joel NSW 24:50.00
- 5 Mandic, Nikola VIC 23:11.40
- 6 Robertson, William TAS 22:55.04
- 7 Wilks, Toby SA 24:33.00

Men 3,000 Meter Race Walk U16

- 1 Costin, Owen VIC 15:32.00
- 2 **Hayward, Kris QLD 13:38.00**
- 3 Pyda, Raven NSW 15:07.40
- 4 Saunder, Fraser VIC 14:24.00
- 5 Tebbutt, Archie NSW 16:41.00

Men 3,000 Meter Race Walk U15

- 1 Bottle, Will TAS 15:34.74
- 2 Colefax, Jesse NSW 18:00.00
- 3 Djordjevic, Nikita VIC 18:02.10
- 4 Dundon, Harry NSW 15:05.70
- 5 McLennan, Liam VIC 16:35.32
- 6 Pospischil, Brendan NSW 16:23.60
- 7 Wilks, Toby SA 13:43.10

Men 3,000 Meter Race Walk U14

- 1 Ashby, Myles NSW 17:01.30
- 2 Bell, Darcy NSW 17:11.00
- 3 Epps, Luke VIC 15:33.00
- 4 Imbriano, Joel VIC 16:06.00
- 5 Matters, Zachary VIC 16:09.55
- 6 **Mccure, Sam QLD 15:32.78**
- 7 Toyne, Owen ACT 16:22.00

8 Wakim, Marcus VIC 15:49.00
9 Walker, Mark NSW 18:18.20
10 Young, Sebastian ACT 17:54.37

Only one more week to wait!
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

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
- ^ Any appropriate General Business

QUEENSLAND RACE WALKING CLUB INC.

(otherwise known as RACEWALKING QUEENSLAND)

NOMINATIONS RECEIVED FOR POSITIONS ON THE MANAGEMENT COMMITTEE

President	Shane Pearson
Vice President	Peter Bennett
Treasurer	Ralf Hamann
Secretary	Noela McKinven

Committee

Ignacio Jimenez
Stephanie McCure
Tara Norton
Jayne Westlin

As per the Constitution, a further two Committee Members may be nominated from the floor at the AGM. Interest in this has been received from Steve Langley.

Should there be more than two of such casual nominations a decision must be made, but otherwise, as no more than one nomination has been received for each of the Executive Positions, there will be no necessity for an election. Happily, Pat and Maxine Sela will again be our Patrons.



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)

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

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 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/>