

Queensland Race Walking Club Inc.

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



HEEL & TOE

March 7th 2019

Go the Walkers!

Queensland Athletics Championships

State Athletics Facility, QSAC

We would like to wish our race walkers all the best on Saturday morning at the Queensland Athletics State Championships at QSAC. Many of the competitors will be out to achieve qualification for the Australian Athletics Championships starting at the end of the month in Sydney.

There are some of our best ever walkers in the race line ups. The women's 10km has an absolute crack field headed by National Open 20km road walk champion, Katie Hayward. If you get out to QSAC on Saturday morning you will see some fantastic race walking. Please try to make it along and support the athletes. There are two young girls from Bundaberg competing in their first big race walk event so please make them welcome.

Walks Programme

Saturday March 9th

- 8.00am 10,000 metres Men Open/U20
- 10,000 metres Women Open/U20
- 9.15am 3,000 metres Women U14/U15/U16
- 9.35am 3,000 metres Men U14/U15/U16
- 9.55am 5,000 metres Women U17/U18
- 5,000 metres Men U17/U18

Updated Entry List as at 1/3/19

Girls 10,000 Metre Race Walk Under 20

- 1 Hamann, Charlotte 18 QRWC
- 2 Rowbotham, Milla 18 UNQ

Women 10,000 Metre Race Walk Open

1 Hayward, Katie	19 GCC
2 Smith, Clara	21 UNQ
3 Pickle, Jessica	25 UNQ
4 Martin, Katya	22 GCV
5 Hamann, Charlotte	18 QRWC
6 Papadopoulos, Christina	23 UNQ

Boys 10,000 Metre Race Walk Under 20

1 Lyttle, Jayden	18 INT
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Girls 3,000 Metre Race Walk Under 14

1 Heap, Ashanti	13 GCC
2 Norton, Amber	13 QRWC
3 Williams, Lyla	12 GCV
4 Chopping, Marlee	12 KPL
5 Gee, Tamika	12 QRWC

Girls 3,000 Metre Race Walk Under 15

1 Anderson, Jayda	14 GCC
2 Clarke, Anika	14 RED
3 Millard, Summer	14 QRWC
4 Brady, Korey	14 QRWC

Girls 3,000 Metre Race Walk Under 16

1 Sullivan, Bridget	15 QRWC
2 Chopping, Miranda	15 KPL

Boys 3,000 Metre Race Walk Under 14

1 McCure, Sam	13 GCV
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Boys 3,000 Metre Race Walk Under 15

1 Norton, Kai	14 QRWC
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Boys 3,000 Metre Race Walk Under 16

1 Hayward, Kris	15 GCC
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Girls 5,000 Metre Race Walk Under 17

1 Novinetz, Camryn	16 IPS
2 Ofield, Mackenzie	15 USC
3 Vickers, Larissa	16 FTA
4 Hill, Gabriella	16 GCV

Girls 5,000 Metre Race Walk Under 18

1 Hannigan, Caitlin	17 UNQ
2 Manning, Zoe	17 INT

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.

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 is attached to this newsletter or 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)

Nick Girvan is moving on from QA

Nick Girvan, the Operations Manager for Queensland Athletics, has announced his resignation. Nick has spent the last 16 years with QA in various roles and is well known to many of our members. We wish Nick all the best for the future and thank him for all the support and assistance he has given to the club, the sport and our members over the years.

Hi everyone,

This is just a quick email to let you know that I have resigned from my position of Operations Manager at Queensland Athletics.

After 16 years at QA, I'm moving on to a different role outside of sport and am looking forward to the new challenges and experiences it will bring. My last day in the QA office will be Tuesday 19th March.

In the meantime, I'm still here to assist as usual and may see many of you at the State Championships next weekend.

All the best,

Nick - Nicholas Girvan Operations Manager, Queensland Athletics

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

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)

10.30am Check in opens
 11.00am Check in closes
 11.30am 10km AMA Championship Men
 11.30am 10km AMA Championship Women
 Sunday April 28th No Competition
 Monday April 29th 5,000m Walk
 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. If you don't have one, get your order in ASAP, and certainly by the 27th February to ensure delivery in time. Contact Kathy: Email: kathy@qldmastersathletics.org.au Ph: 34253918 Mobile: 0417754126

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 10k	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 7-10th Queensland Athletics Championships (U14-Open) QSAC
March 10th Gold Coast Masters Griffith Uni 3km/5km **Meet Cancelled**
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 24th 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
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
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 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/>