

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 64 years in the making.



HEEL & TOE

May 2nd 2019

**Dane & Katie selected for 10km
Oceania Championships, Cairns**



The 2019 Oceania Area Championships will be held in Townsville, Australia from 25-28 June 2019.

AA Announcement: Congratulations to the following athletes, and their personal coaches, who have been selected in the Open Team for the 2019 Oceania Area Championships:

10km Walk: **Katie Hayward QLD (Steve Langley)**, Jemima Montag VIC (Brent Vallance), Rachael Tallent ACT (Matthew Tallent)

10km Walk: **Dane Bird-Smith QLD (Dave Smith)**, Rhydian Cowley VIC (Brent Vallance), Declan Tingay WA (Declan Tingay)

Congratulations to Katie and Dane and to Caitlin Hanigan who was earlier named in the U18 5km team for these Championships.

Little Athletics Championships Hobart



The Australian Little Athletics Championships were held in Hobart last weekend and resulted in some outstanding performances by our fantastic junior representatives. What a result in the Girls U13 1,500 metres with Queensland filling three of the top five places. Ashanti taking the silver medal with Amber not far behind winning the bronze. Another fighting effort by Anika coming home 5th in a very competitive field. In the boy's race Sam walked a great race to win the silver medal with another top performance by Alex to finish 4th. The third Qld rep in the race Danny Kavanagh finished 16th.



2019 Qld Little Athletics Team

Australian Little Athletics Championships Hobart April 27th

Girls 1500 Metres Race Walk Under 13

1 Milly BOUGHTON	New South Wales	6:56.01
2 Ashanti HEAP	Queensland	7:04.43
3 Amber NORTON	Queensland	7:06.53
4 Lataya LAWRENCE	Western Australia	7:06.74
5 Anika CLARKE	Queensland	7:15.93
6 Hannah DOYLE	Western Australia	7:34.24
7 Daisy BRAITHWAITE	South Australia	7:36.76
8 Bonnie TALBOT	Tasmania	7:36.90
9 Chloe AHERN	Tasmania	7:38.49
10 Caitlin CHARLES	Victoria	7:39.32
11 Ava WILSON	South Australia	7:39.70
12 Riannah TATLOCK	Victoria	8:06.71
13 Alessia ANDRITSOS	Western Australia	8:14.18
14 Lily CASE	Tasmania	8:15.19
15 Abby TREZISE	Victoria	8:19.09
16 Mia TOOHEY	New South Wales	8:49.72
17 Madison GORDON	ACT	8:50.08
18 Chloe MILLER	ACT	8:50.11
19 Keeva ROBINSON-MCEVOY	ACT	9:03.16
20 Lucie FRANCIS	New South Wales	10:34.83

Boys 1500 Metres Race Walk Under 13

1 Toby WILKS	South Australia	6:24.76
2 Sam MCCURE	Queensland	7:05.91
3 Ryan BONHAM	New South Wales	7:07.97
4 Alex BRADLEY	Queensland	7:17.66
5 Marcus WAKIM	Victoria	7:18.14
6 Jack WRIGHT	Western Australia	7:34.47
7 Declan SOMERS	Western Australia	7:37.05
8 Kaiden EASTLEY	Tasmania	7:38.82
9 Thomas MUIR	New South Wales	7:47.05
10 Sebastian YOUNG	ACT	7:48.63
11 Harrison BAKER	ACT	8:02.43
12 Sam ESSEX	Tasmania	8:07.65
13 Oliver BRADSHAW	Victoria	8:14.39
14 Jacob GARDNER	Tasmania	8:33.48
15 Jackson BAKER	South Australia	9:11.26
16 Danny KAVANAGH	Queensland	9:14.93
17 Michael VANDOROS	New South Wales	9:59.38
18 Stephen DAVIS	ACT	10:06.96
-- Declan COWIN	Western Australia	DQ



Our medal winners in Hobart Sam, Ashanti and Amber

Australian Masters Athletics Championships

Some fine walking by our small team of three walkers at the Australian Masters Championships in Melbourne bagging 7 medals between them. Great work Nyle Brenda and Argenis. Well done guy , you have done us all proud.

1,500 metre Track Walk Lakeside Stadium

M50

- 1 Andrew Duncan MAWA 6:40.21
- 2 **Argenis Guevara QMA 7:50.88**
- 3 Grant Murfett VMA 8:27.08
- 4 Greg Metha SAMA 8:30.18

10km Road Walk Albert Park

W40

- 1 Tracey Feiner VIC 54:08
- 2 Sarah Brennan VIC 56:13
- 3 **Brenda Gannon QLD 57:38**
- 4 Sandra Geisler VIC 58:45
- 5 Marnie Grace VIC 1:08:41

W50

- 1 Karyn Tolardo WA 59:11
- 2 **Nyle Sunderland QLD 59:43**
- 3 Wendy Farrow WA 1:06:12

M50

- 1 Andrew Duncan WA 49:25
 - 2 **Argenis Guevara QLD 58:12**
- Michael Smith ACT DNS



Start of the 10km road walk at Albert Park

5,000 Metre Race Walk Lakeside Stadium

M50

- 1 Duncan, Andrew MAWA 23:51.12
- 2 **Guevara, Argenis QMA 28:13.52**

W40

- 1 Feiner, Tracy VMA 26:12.30
- 2 Gannon, Brenda QMA 28:33.82
- 3 Grace, Marnie VMA 33:38.58

W50

- 1 Tolardo, Karyn MAWA 28:43.94
- 2 Sunderland, Nyle QMA 29:17.20
- 3 Farrow, Wendy MAWA 32:57.48
- 4 Hunter, Pia VMA 35:13.89



Masters medal presentations in Melbourne; Argenis, Nyle & Brenda

And now to get ready for the Australian Masters Athletics Championships Brisbane 2020

(The 10km road walk to be organised by the QRWC)

QRWC Handicap Meet # 2 Kalinga Park

April 28th

Sunshine and warm weather for our handicap races last Sunday morning at Kalinga Park, Clayfield. As expected, numbers were down due to the Australian Masters & Little A's both having their national championships this weekend but we still had a keen group of walkers on the start line. A very big thank you to everyone who volunteered their services

today. It is so good to see everyone pitch in to ensure our races run smoothly, safely and on time. This Sunday, May 5th we are down at Woodlands Park, Mudgeeraba with races starting at 8. 00am. See you all there. Don't forget to buy a club uniform if you are competing in Canberra next month.

A Grade 10km

Men: (1) Ignacio Jimenez 50.31 (2) Peter Bennett 58.19.

Women: (1) Noela McKinven 1.26.15

B Grade 5km

Women: (1) Charlotte Hamann 33.54

C Grade 3km

Women: (1) Lyla Williams 17.12 (2) Torryn Fisher 19.09 (3) Lily Goulding 20.58 (4) Phoebe Chadwick 21. 52

D Grade 2km

Women: (1) Alejandra Hannouf 12.15 (2) Caterina Davey 13.40 (3) Zoe Davey 14.16 (4) Siaan Fisher 15.16 (5) Charlotte Brady 15.48.

E Grade 1.5km

Women: (1) Gabriela Hannouf 10.54

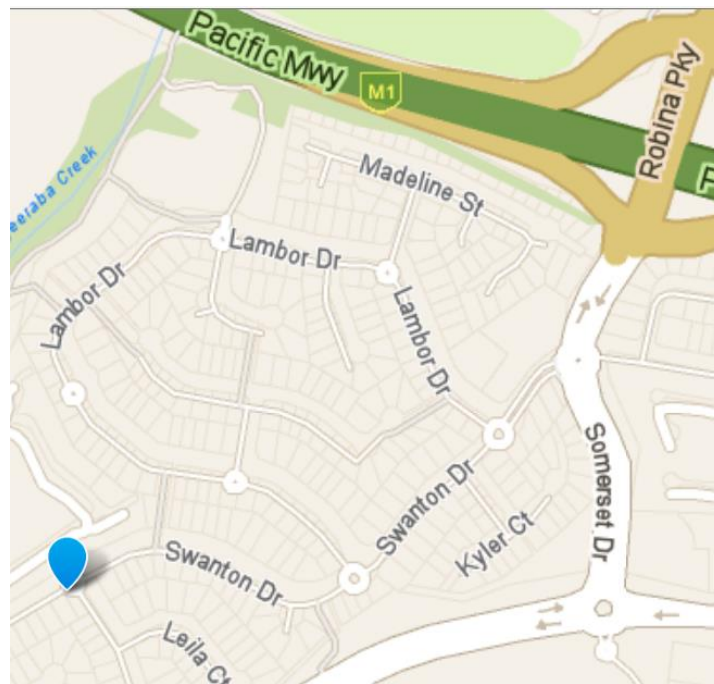
F Grade 1km

Men: (1) Ethan Gration 6.55 (2) Kent Gration 7.11.

Women: (1) Imogen Miller 6.40 (2) Lucie Goulding 8.06 (3) Suzan Williams 10.02.

THIS WEEK

May 5th QRWC Handicap Meet # 3 Mudgeeraba



Mudgeeraba LA's Woodlands Park, Swanton Drive, Mudgeeraba

Programme

8.00am

A Grade 10km

B Grade 5km

C Grade 3km

D Grade 2km

E Grade 2km

F Grade 1km

Thank you to LA's for allowing the club to use their facilities.

See you on Sunday at Mudgeeraba

*Ask not what your club can do for you ...
but what you can do for your club.*

NEXT WEEK

Mother's Day, no club competition



Club Meets coming up ...

May 19th QRWC Handicap Meet # 4 Beenleigh

8.00am

A Grade 10km (Open/U20)

B Grade 5km (U16/U18/U20)

C Grade 3km (U14/U16)

D Grade 2km (U12/14)

E Grade 1.5km (U12/14)

F Grade 1km (U8/U10)

May 26th QRWC Handicap Meet # 5 Morningside

Riverside Place (off Lytton Road)

7.30am A Grade M 15km (Open)

- A Grade W 10km (Open)
- B Grade 8km (Open/U20)
- 8.00am** C Grade 5km (U18/U16/U14)
- D Grade 3km (U14/U16)
- E Grade 2km (U12/U14)
- F Grade 1km (U8/U10)

June 3rd GC Road Walk Championships Mudgeeraba

8.00am

- GCC Open M/W 10km
- Invitation M/W 5km Non-Championship
- GCC U20 M/W 5km
- GCC U18 M/W 5km
- GCC U16 M/W 3km
- GCC U14 M/W 2km
- GCC U12 M/W 2km
- GCC U10 M/W 1km
- GCC U8 M/W.5km

We need your help... this week and every week Fund Raising Club Canteen & Raffles

As well as lapscorers, timekeepers and judges we are on the lookout for some club members to take charge or to help out with a race morning canteen and with weekly raffles.

The club has all the equipment needed; generator, gas portable bbq, tables, urn, coffee machine frying pans and all utensils. We don't need anything elaborate (we have been spoiled in recent years with our canteen thanks to some wonderful volunteers) just some volunteers (it can be on a roster basis if you would just like to put your hand up for a specific week) to run a sausage sizzle and to have tea & coffee available as a basic service . We all get up early so a coffee and a bite to eat is always appreciated.

All profit from the race day canteen goes into a fund for a travel subsidy for walkers going to the National Winter Road Walk championships.

Weekly Raffles have been a feature of our race day meets for many years and we would like to kick them off again this season. Like the canteen, profits go towards the travel subsidy for our athletes. If you are able to donate a raffle prize (meat tray, fruit basket, bottle of wine etc) please let us know as well as the race meet you would be able to donate the prize.

**Canberra Federation Carnival Mt Stromlo Canberra
Sunday June 9th**



ENTRIES NOW OPEN ONLINE ONLY

Entries close 5 pm Wednesday May 22nd

Entries must be made on line using Trybooking

<https://www.trybooking.com/book/event?eid=477790&>

The LBG Walking carnival is an annual interstate / international walking carnival held on the long weekend June which was first held in 1967. It attracts walkers of all ages in a variety of distances and caters for both Race Walkers & Fitness Walkers.

ACT Walkers have reintroduced a cap of \$60 for persons who enter 3 or more events and have also introduced a cap for families of \$150. **There will however be an additional 50 cents per event payable to Trybooking by the entrant.** Also as is often the case with systems which are not designed for specific scenarios, while achieving a better outcome than last year, there are still some limitations namely;

If a person enters more than 3 events they will be charged an additional \$5 (plus the 50 cents booking fee). While we have a family cap of \$150 **each individual entrant must be entered separately** and will be charged in accordance with the normal fee structure. **Please read before lodging your entry**

In these instances the individual or family should immediately contact Robin Whyte by email at robinwhyte42@bigpond.com seeking reimbursement of any overcharge.

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.*

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

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.

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

Australian Road Walk Championships Adelaide September 8th

Athletics Australia has announced that the 2019 Australian Road Walk Championships will be held in Adelaide on Sunday September 8th. This decision finally gives athletes and their families a chance to plan their flights and accommodation.



Registrations close on 9th May

Venue: Barlow Park, Cairns
3,000m Walk & 5,000m Walk
Email: carnivalcairnspathletics@gmail.com
<https://gbrmg.com.au/the-games>

2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY



Event registration is now open and closes July 21st

<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

OMA Registration Fee AU\$40.00 / Administration Fee AU\$50.00

Total Registration Fee AU\$90.00

Entry Fee per Event AU\$10.00

Track events will be held on the new Mackay Aquatic, Sport & Recreational Centre at CQUniversity, Ooralea located 7km from the Mackay CBD. There is public transport from the town centre to the Uni every hour.

The 10km road walk will be conducted on a circuit on the harbour breakwater road approx. 6km from the town centre.

10KM ROAD RACE WALK



The Harbour Breakwater is a flat course with spectacular scenery.

The course would be a 500m loop and the turns would be on the road side to give the required 7.5m.



Entries Now Open

<http://australianmastersgames.com>

Track Walks SA Athletics Stadium

Saturday 5th - Tuesday October 8th 8:00am–5:00pm

1,500m Walk

3,000m Walk

5,000m Walk

Road Walk

10km Saturday October 12th: 8:00am Start: Peacock Rd - Adelaide Harriers clubrooms

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

May 5th QRWC Handicap # 3 meet Mudgeeraba 8.00am

May 12th Mother's Day No Club Competition

May 19th QRWC Handicap # 4 meet Beenleigh 8.00am

May 25th Great Barrier Reef Masters Games Cairns

May 26th QRWC Handicap meet Morningside # 5 **7.30am**

June 2nd Gold Coast Road Walk Championships Mudgeeraba 8.00am

June 9th LBG Federation Carnival Mt Stromlo Canberra

Looking further ahead

June 16th QRWC Handicap # 6 meet TBA

June 23rd QRWC Handicap # 7 meet TBA

June 25-28th Oceania Area Championships Townsville

June 30th QRWC Handicap # 8 meet TBA

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 Walks UQ St Lucia 8.00am

July 27th **Saturday** QA Open & Age Road Walk Championships Ipswich **TBC**

August 4th QRWC Handicap # 9 meet TBA

August 11th QRWC Handicap # 10 meet TBA

August 11th Australian Masters 20km road championships Adelaide

August 18th QRWC Road Walk Championships Beenleigh

August 25th QRWC Track Walks UQ St Lucia 8.00am **TBC**

September 1st Father's Day

September 1st Oceania Masters Games Mackay 10km road walk
September 8th Australian Road Walk Championships, Adelaide, SA
September 15th Relay/Trophy/BBQ day Kalinga Park
Sept 28th - Oct 6th IAAF World Championships Doha, Qatar

Racewalking Queensland

(Trading as the Queensland Race Walking Club Inc. ABN 59065512712)

Racewalking Queensland Management Committee 2019/20

President: S. Pearson

Secretary: N. McKinven

Vice President: P Bennett

Treasurer: R Hamann

Committee: C Goulding, I. Jimenez, S. Langley, T. Norton, S McCure, J. Westlin.

Patrons: Patrick & Maxine Sela

Handicapper/Results: N. McKinven

Social Media/Publicity: C Goulding

Director of Coaching: D. Smith

Trophy Officer: N. McKinven

Newsletter Editor: P. Bennett

Full List to follow when all positions have been finalised.

Annual subscriptions due April 1st 2019

Are you financial?

If you have not already done so could you please ensure you are financial for 2019/20. This applies to both athletes, volunteers and Committee members. Athletes will not be eligible for handicap points, trophies or awards if they are not financial. All volunteers & officials are strongly advised to register with QA (see details below). It is \$ 0 to register if you are a QRWC member and it ensures you are covered by insurance.

Our goal for 2019 is 100 registered members.

2019/20 Registration Fees

Family \$40

Students & Officials \$15

Others \$25

Note: 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 (for entry to all QRWC events for the season including track and road championships. Does not cover QA, AA or RWA championship and other events organised by those organisations). Recommended if you

intend doing all the races during the season and it saves the hassle of trying to find coins to pay your race fees each Sunday.

QRWC Website: www.qrwc.com.au

BlueCard: The club recommends that all volunteers and athletes over 18 apply for a Queensland Government BlueCard. Please read the requirements on who needs a card at the following website. <https://www.bluecard.qld.gov.au/volunteers/howdoiapply.html>
An application form can be printed off from this site.

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

Season Handicap Points

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

Starting points are awarded for starting the event.

Completed points are awarded for finishing the race distance.

The **Best Season Performance**. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points.

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.

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/>