

Queensland Race Walking Club Inc.
Building on a fine tradition of race walking, 62 years in the making.



HEEL & TOE

May 24th 2018

Winter Nationals Venue Confirmed
Lake Kawana Sports Precinct. Sportsman's Parade
Kawana, Sunshine Coast

Australian Winter Walking Championships
Sunday August 26th

The 2018 Australian Winter Walking Championships will ensure a bumper weekend of Athletics on the Sunshine Coast, with the 2018 Australian Cross-Country Championships to be held the day before. Athletics Australia will offer events for all ages (listed below) at the Winter Walks with entry details to be released shortly. NB: This event will be held in conjunction with Road Walking Australia (RWA) events.

A chance for ALL club members to represent Queensland
We want you!

Athletics Australian Championship events will be held from Under 14'S up to Open. Under 12's and Masters events will be Race Walking Australia events. All teams' medals and handicap trophies will be awarded by Race Walking Australia. You will need to be a current member of the club to be eligible. Three walkers make up a team and we can have numerous teams in each age group so every member of the club can participate.

EVENTS

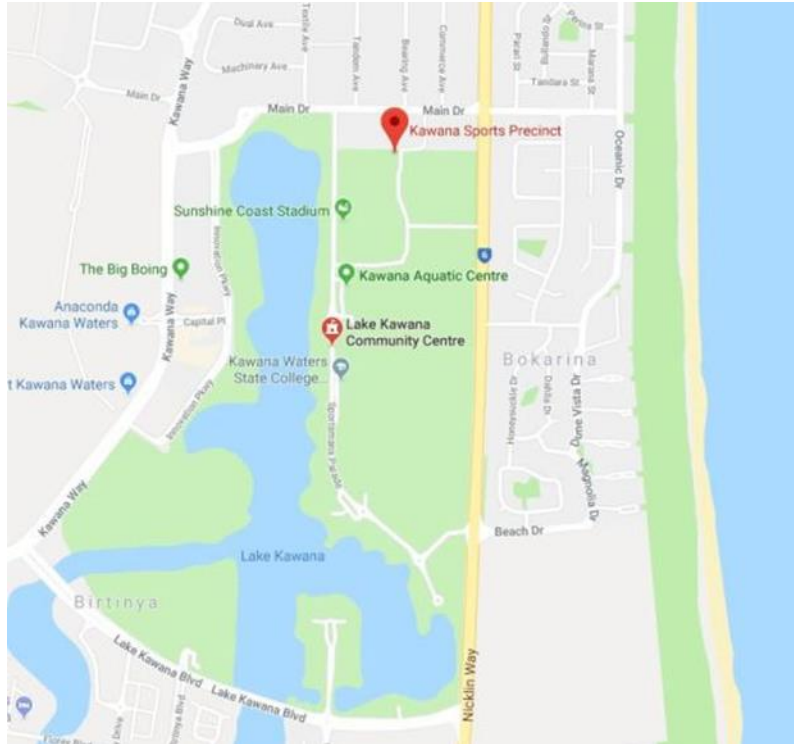
MEN

Open - 20km (including Masters 20km RWA Championship event)
Under 20 - 10km
Under 18 - 10km
Under 16 - 5km
Under 14 - 3km
Under 12 - 2km RWA Championship event

WOMEN

Open - 20km

Open - 10km (including Masters 10km RWA Championships event)
Under 20 - 10k
Under 18 - 5km
Under 16 - 5km
Under 14 - 3km
Under 12 - 2km RWA Championship event



Lake Kawana Sports Precinct

This Week

QRWC Handicap Meet # 4 Morningside

This Sunday May 27th our club meet will be conducted along Riverside Place (off Lytton Road) at Morningside. Race set up and the start/finish is at the very end of the cul-de-sac. As there is a men's 15km race there will be a split start with the 15km, 10km & 8km races starting at 7.30am. All other races start at 8.00am.

We will welcome support from our volunteers to help run the meet on Sunday. If you can help out with the lap scoring, timekeeping, race marshaling please let us know on race day. Don't forget to sign the Volunteer Register on the Sign In table.

The canteen is next most important thing on the day after the athletes and it cannot function without the help of your assistance. If you can spare some time to cook, serve or act as cashier please see Gladys. We appreciate the assistance given by all our volunteers.

PROGRAMME

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)

Club Raffles

Please support the QRWC Travel fund by purchasing Raffle tickets on this Sunday.

Prizes

1. Fruit Box
2. Bottle of Wine
3. Box of chocolates



Thank you to our members who have donated raffle prizes to date We need prizes for future Raffles. Please chat to Maxine on race day.

Great start to the 2018 Winter Season *Presidents Report*

I'd like to welcome the newcomers to the QRWC family this season and also welcome back returning members. As I've mentioned already this season. We have a busy few months ahead in Canberra for some of us in just over 2 weeks. Good luck to everybody going down.

However later this season, Queensland will host the 2018 Australian Winter Race walking Champs on the Sunshine coast. I hope to know tomorrow exactly where it will be held. There is a small problem though. It will be busy there on the weekend of August 25th and 26th.

So, accommodation is filling up extremely quickly.

Accommodation Option

*I have done some research and found that the **Curramundi Recreational Camp** has accommodation available. This might not suit everybody, and a lot of people may be happy to drive to the race on the Sunday.*

On site they offer

cheap accommodation, dormitory style rooms sleeping 12 per room.

They also have catering available.

1 night will cost around \$24/ person.

If you add food. Dinner + Supper is \$10.50 Plus Breakfast & morning tea \$10.50.

The total cost for 1 night with meals around \$45/person.

Although we will be gone after breakfast. The Manager has said they can package up the morning snack for us to take with us. This could be helpful for something to eat after the race.

If anybody is interested in this idea please let me know as soon as possible. They are going very quickly. If nobody is interested I can offer it to our interstate visitors. Just thought I'd look after us first.

Finally, a huge thank you to all our volunteers at the races each week. Time Keepers, Lap scorers, Judges, Canteen, Raffles, setting up and packing down. If anybody is interested in learning some of these volunteer rolls but haven't done it before. Don't be nervous. Just come and jump in. We all started the same way.

See you on the road soon.

Shane.

RESULTS RESULTS RESULTS

QRWC Handicap Meet May 20th Logan River Parklands, Beenleigh

Another good turnout for our third club Handicap meets at Beenleigh on Sunday morning. It was a bit chilly before the start of the races but it soon turned into a warm, sunny day and perfect for race walking. Lots of good efforts today with the top performers being Makenna Clarke, Flynn Callaghan, Jayda Anderson, Jonathan Wearne, Myles Callaghan, Lyla Williams, Nyle Sunderland & Iggy Jimenez.

Thank you to all our volunteer helpers this morning from the race judges, time keepers, lap scorers, race marshals and our wonderful canteen and raffle convenors.

A Grade 10km

Men: (1) Iggy Jimenez 50.45 (2) Peter Bennett 57.40 (3) Argenis Guevara 58.07 (4) Paul Lindenberg 1.06.41. Nelson McCutcheon DNF. Mark Carlile DQ

Women: (1) Nyle Sunderland 1.00.30 (2) Kay Shaw 1.10.05 (3) Noela McKinven

1.24.22. Brenda Gannon DNF.

B Grade 5km

Men: (1) Patrick Sela 40.23.

Women: (1) Di Adams 29.39 (2) Amelia Schofield 34. 08.

C Grade 3km

Men: (1) Jonathan Wearne 14.55 (2) Kai Norton 16.55 (2) Sam McCure 18.26.

Women: (1) Jayda Anderson 14.47 (2) Amber Norton 19.12 (3) Jasmine McRoberts 19.52 (4) Phoebe Chadwick 27. 22..

D Grade 2km

Men: (1) Myles Callaghan 10.43 (2) Charlie Capps 12.09 (3) Jacob Petrovic 13.16.

Women: (1) Lyla Williams 10.43 (2) Rebecca Teahen 10.56 (3) Anika Clarke 11.59 (4) Alejandra Hannouf 12.16 (5) Isabella Schofield 12.30 (6) Scarlett Schofield 13.00 (7) Stephanie McCure 16.50 (8) Robyn Wales 17.47.

F Grade 1km

Men: (1) Flynn Callaghan 5.51.

Women: (1) Makenna Clarke 5.50 (2) Chelsea Capps 6.12

For the younger members walking 2km, it is an advantage to sign on in your correct grade unless you are doing a different distance. If you enter the same distance in a higher grade you will be compared to the older group, which makes it harder for you to win a Handicap Trophy at the end of the season.

COMING EVENTS

Club Meets coming up ...

June 3rd GC Road Walk Championships/QRWC Handicap Meet

Mudgeeraba

8.00am

A Grade 10km (Open/U20) **GCC Open M/W 10km**

B Grade 5km (U16/U18/U20) **GCC U20/U18 5km**

C Grade 3km (U14/U16) **GCC U16 3km**

D / E Grade 2km (U12/U14) **GCC U14 2km**

GCC U12 2km

F Grade 1km (U8/U10/U12) **GCC U10 1km**

.5km (U6/U8) **GCC U8 .5km**

Important Information

1. All races are Age on the Day.
2. Only one race per person

3. Records and medals will only be awarded to those who walk in their correct age group.
4. Athletes can walk out of their age groups but won't qualify for records or medals.
5. Entry is on the day. Season Pass holders do not need to pay any additional fees .

Gold Coast Road Walk Championship Records

Last updated June 18th 2017

Open 10km Men: B Dewar 44.12 2012
Open 10km Women: Brenda Gannon 57.46 2017
U20 5km Men: Luke McCutcheon 21.14 2017
U20 5km Women: Jessica Pickles 25:04 2013
U18 5km Men: J. Osborne 21:30 2011
U18 5km Women: J Pickles 24:15 2011
U16 3km Men: Nelson McCutcheon 13.20 2017
U16 3km Women: K Hayward 13:26 2015
U14 2km Men: J Stovin 9.30 2015
U14 2km Girls: Gabriella Hill 10.02 2017
U12 2km Boys: K Hayward 10:04 2016
U12 2km Girls: Jayda Anderson 9.50 2017
U10 1km Boys: K Hayward 5:09 2014
U10 1km Girls: Lyla Williams 5.18 2017
U8 .50km Boys: K Hayward 2:30 2012
U8 .50km Girls Makenna Clarke 3.12 2017

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 10th

ENTRIES CLOSING SOON

Entries close Friday June 1st 5pm

Entries are now online at

<https://www.registernow.com.au/secure/Register.aspx?E=29858>

This annual Carnival is held each June in Canberra and brings together races walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the AFRWC 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.

At the Club Committee on Sunday a decision was made to provide a travel subsidy of \$50 per athlete representing the club at the Canberra carnival. Get you entry in now!

Entry Fees:

Racewalking Australia & ACT Walkers Events \$35.00 per event.

Athletics ACT Championships \$20.00.
Fitness Walks – \$20.00.

AGE

Age for all Racewalking Australia events is age on the day.

Age for Athletics ACT Championships is as at 31 December 2018.

Masters age for both Men & Women is 35+ for all Racewalking Australia Events.

UNIFORMS

The wearing of a club uniform is compulsory at Federation carnivals and failure to do so can result in disqualification.

For a club uniform contact Noela at noelarhoda@gmail.com

Canberra Programme – There is an event for everyone

The one major change to the program of events will be the transition to metric distances for the traditional 10 & 20 mile events and the 5 mile Fitness Walk. The new distances are:

1. Open 30km 8.00am
2. Fitness 30km 8.00am
3. Men & Women ACTA 30km C/Ship 8.00am
4. Open & Vet Women 15km 8.00am
5. Open & Vet Men 15km 8.00am
6. Fitness 15km 8.00am
7. Fitness 8km 9.00am
8. Men 10,000 Metres 10.30am
9. Men U20 ACTA 10km C/Ship 10.30am
10. Women U20 10,000 Metres 10.30am
11. Open (over 20 years) 10km 10.30am
12. Boys U10 1,000 Metres 11.40am
13. Girls U10 1,000 Metres 11.40am
14. Boys U12 2,000 Metres 11.50am
15. Girls U12 2,000 Metres 11.50am
16. Boys U14 2,000 Metres 12.10pm
17. Girls U14 2,000 Metres 12.30pm
18. Boys U16 3,000 Metres 12.50pm
19. Girls U16 3,000 Metres 1.15pm
20. Boys U18 5,000 Metres 1.40pm
21. Girls U18 5,000 Metres 1.40pm
22. Women's Open 5,000 Metres 2.20pm

Events 1, 4, 8, 12-22 are Racewalking Australia individual and team events.

Events 4 & 5 incorporate Racewalking Australia Masters men's & women's individual competition only

Toilets and showers are located in the centre of the Administration Block near the track. The canteen will operate from 8am.

Presentations of Awards: Will be at the Ainslie Football Club of Canberra, 52 Wakefield Avenue, Ainslie commencing at 7.30 pm.

Meals: Are available at the Club from 6.00 pm. Bookings are recommended - see ainsliigroup.com.au. Visitors are free to use the club facilities. EFTPOS and Credit Cards are accepted.

There are a number of eateries not far from the Club in Civic & Dickson.

Accommodation: Information available at visitcanberra.com.au/accommodation.

Memory Walk & Jog June 10th 7:00am Pratten Park, Old Burleigh Road, Broadbeach



<https://www.memorywalk.com.au/events>



Australian Masters Athletics 20km Walk Championships

Adelaide, South Australia Sunday 5th August

Entry Fee \$20

Entries Close Sunday 29th July

Start Time 10am

For more information contact: George H White President SA Masters Athletics

gwhite@adam.com.au



ENTRIES ARE NOW OPEN

The QRWC is the host organisation for Athletics - Road Race Walks for the 2018 Pan Pacific Masters Games. The road walks will take place on the Luke Harrop Criterium Circuit next to the Sports Super Centre at Runaway Bay on Sunday November 11th 2018. Every entry in the 10km road walk will benefit the club so please spread the word amongst your Masters friends.

<https://mastersgames.com.au/ppmg/sports/athletics-road-race-walk/>

FRIDAY 13th July 2018

8.45am 3000m Walk Males & Females 14/15yr

8.45am 5000m Walk Males & Females 16-Open

QA Registration for Volunteers

The club encourages all club volunteers, officials, committee members and coaches to register with Queensland Athletics through their Free member option. This membership is valid up until 30th September 2018 and includes coverage for Personal Accident Insurance under the National Insurance Program.

Go to the QA website membership page and register as a QRWC volunteer.

<http://www.qldathletics.org.au/Membership/Membership-Information>

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

May 27th QRWC Handicap Meet Morningside 7.30am

June 3rd GC Road Walk Championships/QRWC Handicap Meet Mudgeeraba 8.00am

June 10th LBG Federation Carnival Mt Stromlo Canberra

June 17th QRWC Handicap Meet TBC

June 24th QRWC Handicap Meet Davies Park 8.00am

July 8th QRWC Handicap Meet TBC

July 10-15th IAAF World Juniors Track Championships Finland

July 15th QRWC Handicap Meet TBC

July 22nd RWA Postal Challenge Beenleigh 8.00am

July 29th QRWC Handicap Meet TBC

Looking Further Ahead

August 5th QA Road Walk Championships / QMA Short Walk C/Ships **TBA**

August 5th AMA 20km Road Walk Championships Adelaide

August 12th QRWC Track Championships UQ St Lucia 8.00am

August 19th QRWC Club Championships Kalinga Park 8.00am

August 26th AA/Federation Road Walk Championships Sunshine Coast **TBA**

September 1-16th World Masters Athletics Championships Malaga, Spain

September 2nd QMA Long RW C/Ships / QRWC Invite meet / 20km Murarrie

September 16th Relay/Trophy/BBQ Day Kalinga Park 10.00am

November 11th PPMG 10km Road Walk Runaway Bay 7.00am

We Miss You!!

While we have welcomed many new athletes and their families to the club this season there are still a number of our valued walkers from last season to sign up for 2018.

We know some people are concentrating on other interest or have not been able to make it along to a club meet this season but we want you all to know that you will always be part of the race walking “family” and we look forward to seeing you back on the road in the future.

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/>