

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



HEEL & TOE

May 3rd 2018

IAAF World Race Walking Teams Championships May 5-6th Taichang, China

All the very best to our two club representatives who will line up in their races at the World Race Walking Teams Championships in China this weekend among the race favourites.

CG2018 20km Gold Medallist, Dane Bird-Smith will contest the Open men's 20km on Sunday and will be looking to be among the medals. Our outstanding junior Katie has recorded 10km track times this year that will put her in the frame to match it with the best in the world in her 10km road walk also on Sunday .

Saturday May 5th

| LOCAL TIME | MY TIME | SEX | EVENT |
|------------|---------|-----|-----------------|
| 08:00 | 10:00 | M | 50 Km Race Walk |
| 08:00 | 10:00 | W | 50 Km Race Walk |
| 15:30 | 17:30 | M | 10Km Race Walk |
| 16:30 | 18:30 | W | 20Km Race Walk |

Saturday May 6th

| LOCAL TIME | MY TIME | SEX | EVENT |
|------------|---------|-----|----------------|
| 09:00 | 11:00 | W | 10Km Race Walk |
| 10:10 | 12:10 | M | 20Km Race Walk |

Open Men 20km

Dane Bird-Smith (Qld), Michael Hosking (Vic), Rhydian Cowley (Vic), Adam Garganis (Vic)Brendon Reading (ACT)

Open Women 20km

Beki Smith (NSW), Jemima Montag (Vic) and Rachel Tallent (Vic).

Women 50km

Claire Tallent (SA)

Men U20 10km

Declan Tingay (WA), Kyle Swan (Vic), Mitchell Baker (ACT)

Women's U20 10km

Katie Hayward (Qld), Rebecca Henderson (Vic), Phillipa Huse (Vic)

To get all the race previews and results go to

<https://www.iaaf.org/competitions/iaaf-race-walking-challenge>

Jared Tallent to attend medal upgrade ceremony

Extract from AA Report

Three-time Olympian, Jared Tallent OAM (SA) will arrive in Taicang this week for a now-familiar procedure, a medal upgrade ceremony. Tallent will be awarded two gold medals from the 2012 and 2016 IAAF World Race Walking Team Championships 50-kilometre race walk, following the recently confirmed positive doping test of the 2016 first-placed race walker Alex Schwazer (ITA) and a previously confirmed series of abnormalities in the Athlete Biological Passport profile of 2012 first-placed Sergey Kiryapkin (RUS) and second-placed Igor Erokhin (RUS).

Tallent finished second in Rome to Schwazer, as the former Olympic record holder returned to competition following a three and a half year doping ban having returned a positive test for erythropoietin, the banned red blood cell production booster, in 2012. The medal upgrade ceremony is likely to take place following the Men's 50-kilometre event, affording Tallent the opportunity to receive his medal and congratulations from his race walking peers.

Tallent has been one of Australia's most successful athletes in the history of the sport and over the nine years from 2008 to 2016, he has won a staggering 11 global race walking medal. Saturday's ceremony will act as a confirmation of Tallent's competitive dominance over the last decade, a beacon of integrity and determination in the face of trying competitive circumstances

QRWC Handicap Meet # 2 Sunday May 6th Kalinga Park

This Sunday, May 6th, our second club handicap meet of the season will be conducted at Kalinga Park, Clayfield with races starting from 7.30am

Getting There

Enter via Park Avenue (turn off Junction Road near Eagle Junction Station.)

The course is 1km loop along "Diggers Rest" road within the park. Our race Check-In will be set up in one of the picnic shelters near the playground. If you were not able to be at the Beenleigh Sign On day please bring along your completed club registration form .

The Programme

7.30am

A Grade 10km

B Grade 5km

8.00am

C Grade 3km
D Grade 2km
E Grade 2km
F Grade 1km

Volunteers

We will have a few of our key volunteers away this Sunday so please put your hand up to help out with the lap scoring, timekeeping & road marshalling. We would also welcome any race walking judges to come along to officiate.

Canteen

Our famous gourmet canteen will be back in action this Sunday. I have inside information that there will be Bacon and egg, hot ham and cheese sandwiches and normal Bbq sausages on the menu. Hmmm,,, Bacon!!.

Uniforms

Club uniforms will be available for sale on Sunday. Please note that as Noela will be racing in the 10km starting at 7.30am they will only be available to view and purchase after the conclusion of the races.

Mother's Day Raffle

The Mother's Day Raffle will be drawn at the conclusion of the races on Sunday.

Tickets are priced at **3 for \$5.00 or \$2.00 per ticket**. There will be 3 prizes to be drawn.

Donations of prizes will be accepted on Sunday morning. Maxine's beautiful handmade Mother's Day and other occasions cards will be available for sale at \$2.00 per card. All proceeds to supplement junior members race walking trips.

Thank you to our Raffle coordinator & Co-Patron Maxine Sela

Club Captains 2018

We can now announce the QRWC captains for 2018. Jessica Pickles has again accepted the role as Women's Captain. Jess is a strong role model and an inspiration to walkers (and non-walkers) of all ages. The role of men's Captain for 2018 has been accepted by Paul Lindenberg. Paul is well known to our Gold Coast walkers and to our Masters athletes. Paul said he would like to bring some pizzazz and entertainment to the position. Henceforth, he would like to be known as "Captain Paul" and will appear at races dressed like the "Captain" in the Flight Centre commercials. We wish Jessica & Paul all the best in their roles and know that our members will offer them their full support.

Results Results Results

Australian Little Athletics Championships

Runaway Bay Sports Super Centre April 28th

Congratulations to our Queensland walkers at the Australian Little Athletics Championships on the Gold Coast last weekend. There were some outstanding

performances! Jayda Anderson won the Gold in the U13 1,500 metres in a Championship record time of 6:42.31. In the same event Sabina Guse was 6th in 7:35.94.

In the Boys U13 1,500 metres it was a Gold medal performance by Kris Hayward storming home in a Championship record breaking time of 6:32.43. And what a great race by Kai Norton to take the Bronze medal in huge pb time of 6:53.70. Great effort everyone.

Girls U13 1,500 Metre Walk

| | | | |
|----|-------------------------|-------------------|---------|
| 1 | Jayda ANDERSON | Queensland | 6:42.31 |
| 2 | Alexandra GRIFFIN | Western Australia | 6:52.96 |
| 3 | Kiera ROSS | South Australia | 6:58.77 |
| 4 | Kitarni UPTON | South Australia | 7:17.25 |
| 5 | Brooke MORTIMORE | Western Australia | 7:31.24 |
| 6 | Sabrina GUSE | Queensland | 7:35.94 |
| 7 | Olivia NICHOLS | Tasmania | 7:37.75 |
| 8 | Amalia PATTERSON | New South Wales | 7:49.01 |
| 9 | Bianca ANDERSON | Tasmania | 8:00.24 |
| 10 | Sidney SHAW | ACT | 8:08.56 |
| 11 | Erin DUNCAN | ACT | 9:26.26 |
| 12 | Brianna WORSFORD | New South Wales | 9:37.42 |
| -- | Kaylah HEIKKILA-DUBOWIK | Victoria | DQ |
| -- | Niamh TABIT | Victoria | DQ |

Boys U13 1,500 Metre Walk

| | | | |
|----|-----------------------|-------------------|---------|
| 1 | Kris HAYWARD | Queensland | 6:32.43 |
| 2 | Harry DUNDON | New South Wales | 6:44.10 |
| 3 | Kai NORTON | Queensland | 6:53.70 |
| 4 | Tom HUNT | ACT | 7:02.14 |
| 5 | Bryce LAWES | Tasmania | 7:13.58 |
| 6 | Kyle HUSSEY | Western Australia | 7:46.19 |
| 7 | Simon BATTAGELLO | Victoria | 7:58.51 |
| 8 | Danny RILEY | ACT | 8:22.56 |
| 9 | Wolfgang COTRA-NEMESI | Victoria | 9:08.42 |
| 10 | Zade KRETSCHMER | South Australia | 9:08.66 |
| -- | Alistair CARLSON | Western Australia | DQ |
| -- | Hayden HOWARD | South Australia | DQ |
| -- | Joshua HEWITT | New South Wales | DQ |
| -- | Will BOTTLE | Tasmania | DQ |

Australian Masters Athletics 2018 – Perth April 26-29th

There were some world class performances at the Australian Masters Championships in Perth last weekend with Lyn Ventris and Heather Lee both breaking age group world records. Heather at 91 years old was off the radar in age graded percentages recoding figures of 102 & 108%.

Iggy Jimenez made the trip to Perth to fly the flag for Queensland and the club and met with mixed success in his three races. His meet did not start to plan when he was dq'd in the 5,000 metres walk. But Iggy bounced back to record good times in the 1,500 metres and 10km road walk and won a silver medal in both events

W30-94 5,000 Metre Walk

- 1 Lyn Ventris W61 MAWA 25:41.58 (20:34.04 96.19%)
- 2 Melissa Lewis W30 MAWA 27:43.60 (27:43.61 71.35%)
- 3 Karyn Tolardo W52 MAWA 29:43.32 (26:21.10 75.07%)
- 4 Anne Weekes W55 NSWMA 31:21.37 (26:29.95 74.66%)
- 5 Heather Carr W68 VMA 31:44.33 (23:53.59 82.80%)
- 6 Jennie Payne W61 VMA 32:17.87 (25:51.27 76.52%)
- 7 Wendy Farrow W50 MAWA 32:49.25 (29:05.94 67.99%)
- 8 Kellie Sadler W43 MAWA 33:23.89 (32:08.75 61.54%)
- 9 Karyn O'Neill W63 VMA 34:14.46 (27:24.60 72.18%)
- 10 Cheryl-Lee Dean W53 MAWA 34:58.46 (31:00.50 63.80%)
- 11 Luella Jenkins W76 MAWA 38:41.26 (25:04.65 78.89%)
- 12 Trish Stallard W60 NSWMA 38:48.33 (31:03.83 63.69%)
- 13 Lynne Schickert W76 MAWA 39:27.26 (25:34.46 77.36%)
- 14 Lorna England W58 ACTMA 39:51.74 (33:41.27 58.73%)
- 15 Heather Lee W91 NSWMA 41:04.87 (19:13.32 102.92%)
- 16 Joan Purcell W76 QMA 41:12.68 (26:42.80 74.06%)
- 17 Nicole Simmonds W40 NT 46:39.02 (44:54.06 44.06%)
- 18 Regina Crouch W49 MAWA 48:33.20 (44:54.72 44.05%)
- 19 Pam Mews W83 VMA 59:50.0h (35:22.41 55.93%)

M30-94 5,000 Metre Walk

- 1 Andrew Duncan M52 MAWA 23:52.32 (20:54.57 85.89%)
- 2 Pramesh Prasad M44 VMA 26:19.61 (25:00.16 71.83%)
- 3 Kevin Cassidy M57 VMA 26:36.25 (22:19.26 80.46%)
- 4 Andrew Jamieson M71 VMA 30:31.48 (21:53.18 82.06%)
- 5 Wayne Byram M46 MAWA 30:46.85 (28:05.81 63.92%)
- 6 Victor Munoz M63 MAWA 31:32.90 (25:15.46 71.11%)
- 7 Robin Whyte M76 ACTMA 31:40.69 (21:16.89 84.39%)
- 8 Terry O'Neill M62 VMA 32:41.34 (26:10.25 68.63%)
- 9 Dennis Williams M69 NSWMA 33:19.48 (25:19.61 70.91%)
- 10 Jim Seymon M80 NSWMA 33:40.54 (21:01.63 85.41%)
- 11 Jason Kell M42 MAWA 33:59.15 (32:16.59 55.64%)
- 12 Haydn Gawne M70 MAWA 34:10.39 (24:30.14 73.30%)
- 13 John McDonough M70 MAWA 34:10.41 (24:30.15 73.30%)
- 14 Bryan Thomas M76 ACTMA 35:35.09 (23:54.36 75.13%)
- 15 Daniel Lowe M42 MAWA 35:35.64 (33:48.22 53.13%)
- 16 Doug Barrett M65 NSWMA 37:14.43 (28:18.17 63.46%)
- 17 Allen Whitley M66 MAWA 40:23.09 (30:41.55 58.52%)
- 18 Geoff Lont M65 VMA 40:23.47 (30:41.84 58.51%)
- 19 Stephen Barker M74 VMA 41:36.23 (29:49.80 60.21%)

20 Colin Silcock-Delaney M85 VMA 45:00.84 (25:51.91 69.44%)
-- Garry Hastie M56 MAWA DNF
-- Ignacio Jimenez Solis M53 QMA DQ

1,500 Meter Race Walk

Women

W30 1 Melissa Lewis W30 MAWA 7:32.41 (7:32.42 74.49%)
W40 1 Kellie Sadler W43 MAWA 9:28.52 (9:07.21 61.59%)
2 Nicole Simmonds W40 NT 13:29.99 (12:59.62 43.23%)
3 Michelle Bitcheno W43 Overseas 15:46.96 (15:11.45 36.97%)
W45 1 Regina Crouch W49 MAWA 12:32.89 (11:36.43 48.39%)
W50 1 Karyn Tolardo W52 MAWA 8:06.98 (7:12.20 77.97%)
2 Wendy Farrow W50 MAWA 9:22.36 (8:19.10 67.52%)
W55 1 Anne Weekes W55 NSWMA 8:53.44(7:33.43 74.32%)
2 Kulatunga Wijesinghe W56 Overseas 11:28.34 9:45.09 57.60%
3 Lorna England W58 ACTMA 11:37.51 (9:52.89 56.84%)
-- Chandra Wijesuriya W57 Overseas DQ iaaf rule 237.7(a)
W60 1 Jennie Payne W61 VMA 9:05.08 (7:21.85 76.27%)
2 Julie Wilson W64 MAWA 10:36.98 (8:36.34 65.27%)
3 Trish Stallard W60 NSWMA 11:13.94 (9:06.30 61.69%)
W65 1 Heather Carr W68 VMA 8:38.76 (6:38.52 84.57%)
2 Barbara Morrison W69 Overseas 10:23.01 (7:58.60 70.41%)
W75 1 Ruth Johnson W77 MAWA 11:01.02 (7:25.47 75.65%)
2 Joan Purcell W76 QMA 11:14.93 (7:34.84 74.09%)
3 Lynne Schickert W76 MAWA 11:31.76 (7:46.18 72.29%)
4 Judy Kenyon W78 NSWMA 11:48.79 (7:57.66 70.55%)
W80 1 Pam Mews W83 VMA 17:39.49 (10:59.22 51.12%)

Men

M40 1 Pramesh Prasad M44 VMA 7:19.08 (6:55.29 74.41%)
2 Jason Kell M42 MAWA 8:23.68 (7:56.39 64.86%)
3 Daniel Lowe M42 MAWA 9:45.62 (9:13.88 55.79%)
M45 1 Wayne Byram M46 MAWA 8:17.14 (7:31.76 68.40%)
M50 1 Andrew Duncan M52 MAWA 6:38.57 (5:47.40 88.95%)
2 Ignacio Jimenez Solis M53 QMA 6:54.16 (6:00.99 85.60%)
M55 1 Kevin Cassidy M57 VMA 7:23.15 (6:09.81 83.56%)
2 Garry Hastie M56 MAWA 8:07.29 (6:46.65 75.99%)
3 Chandraratne Jayasinghe M58 Overseas 10:51.73 (9:03.87 56.81%)
4 John Dennehy M58 MAWA 11:12.94 (9:21.57 55.02%)
M65 1 Dennis Williams M69 NSWMA 10:04.63 (7:36.92 67.63%)
2 Greg Kennedy M69 MAWA 11:05.67 (8:23.05 61.43%)
3 Ron Schwebel M66 NSWMA 11:10.43 (8:26.65 60.99%)
4 Allen Whitley M66 MAWA 12:27.53 (9:24.91 54.70%)
M70 1 Andrew Jamieson M71 VMA 8:26.44 (6:01.30 85.53%)
2 John McDonagh M70 MAWA 9:35.84 (6:50.81 75.22%)
3 Haydn Gawne M70 MAWA 9:37.63(6:52.09 74.99%)

M75 1 Robin Whyte M76 ACTMA 9:15.14 (6:11.56 83.16%)
2 Bryan Thomas M76 ACTMA 10:25.96 (6:58.96 73.76%)
M80 1 Jim Seymon M80 NSWMA 9:38.26 (6:00.49 85.72%)
M85 1 Osmo Millridge M86 NSWMA 11:14.58 (6:28.23 79.59%)

10,000 Meter Race Walk

Women

W30 1 Melissa Lewis W30 MAWA 1:00:39h (1:00:39.01 67.52%)
W45 1 Regina Crouch W49 MAWA 1:27:09h (1:20:32.12 50.85%)
W50 1 Karyn Tolardo W52 MAWA 1:04:40h (57:04.88 71.74%)
2 Wendy Farrow W50 MAWA 1:07:25h (59:30.53 68.81%)
3 Cheryl-Lee Dean W53 MAWA 1:10:29h (1:02:12.94 65.82%)
W55 1 Anne Weekes W55 NSWMA 1:05:11h (54:38.60 74.94%)
2 Lorna England W58 ACTMA 1:24:55h (1:11:11.14 57.53%)
W60 1 Lyn Ventris W61 MAWA 56:06h (44:21.50 92.32%)
2 Jennie Payne W61 VMA 1:09:34h (55:00.39 74.45%)
3 Karyn O'Neill W63 VMA 1:12:13h (57:06.11 71.71%)
W65 1 Heather Carr W68 VMA 1:06:00h (48:50.41 83.85%)
W75 1 Joan Purcell W76 QMA 1:20:14h (50:29.94 81.09%)
2 Luella Jenkins W76 MAWA 1:21:20h (51:11.48 79.99%)
3 Lynne Schickert W76 MAWA 1:24:53h (53:25.54 76.65%)
W90 1 Heather Lee W91 NSWMA 1:25:28h (37:36.84 108.87%)

Men

M40 1 Pramesh Prasad M44 VMA 55:24h (52:55.09 70.27%)
2 Daniel Lowe M42 MAWA 1:11:01h (1:07:50.11 54.81%)
3 Jason Kell M42 MAWA 1:13:17h (1:10:00.02 53.12%)
M45 1 Wayne Byram M46 MAWA 1:03:48h (58:36.41 63.45%)
M50 1 Andrew Duncan M52 MAWA 49:52h (43:58.65 84.55%)
2 Ignacio Jimenez Solis M53 QMA 51:50h (45:42.71 81.34%)
M55 1 Kevin Cassidy M57 VMA 56:39h (47:53.18 77.65%)
M60 1 Victor Munoz M63 MAWA 1:06:14h (53:27.82 69.55%)
2 Terry O'Neill M62 VMA 1:08:09h (55:00.65 67.59%)
M65 1 Dennis Williams M69 NSWMA 1:06:59h 51:19.77 72.44%
2 Allen Whitley M66 MAWA 1:22:13h (1:03:00.16 59.02%)
3 Mike Roberts M67 NT 1:22:59h (1:03:35.41 58.47%)
4 Geoff Lont M65 VMA 1:28:53h (1:08:06.68 54.59%)
M70 1 Andrew Jamieson M71 VMA 1:03:18h (45:44.06 81.30%)
2 John McDonagh M70 MAWA 1:09:52h (50:28.73 73.66%)
3 Haydn Gawne M70 MAWA 1:10:45h (51:07.02 72.74%)
4 John Hagedoorn M74 MAWA 1:11:33h 51:41.70 71.93%
M75 1 Robin Whyte M76 ACTMA 1:08:00h (45:57.27 80.91%)
M80 1 Jim Seymon M80 NSWMA 1:10:07h (43:55.27 84.66%)
M85 1 Colin Silcock-Delaney M85 VMA 1:24:49h (48:41.09 76.38%)

Age Graded Times & Percentages in Brackets

Presidents Message

First of all, I wish to apologize that I won't be at Kalinga Park this Sunday.

For those who are new club members or if I haven't mentioned it to, my daughter Jade has been chosen to be part of this year's Kokoda Youth Challenge Program. This requires her to take on many challenges and training commitments during the next 20 weeks leading up to her going to PNG to complete the Kokoda track. This Sunday is the official start of the preparation and families are needed for the first week. Due to this, I'm required in Nerang by 8am, so will be hard for me to be in Brisbane and Nerang at the same time.

Last weekend saw members of the club compete at the Australian Little Athletics champs at Runaway Bay. Outstanding performances by all 4 Queenslanders competing in the 1500m walk.

Our girls.

Jayda Anderson was first with a new meet record and PB of 6.42.

Sabrina Guse finished 6th in 7.35 (If somebody knows Sabrina, let her know about the Walkers club)

Our boys.

Kris Haywood was first with a new meet record of 6.32

Kai Norton finished third with a huge PB of 6.53

It was fantastic to be there and watch our young members compete the way they did. We are all very proud of their success. Congratulations and well done to all 4 of these athletes.

This weekend we have Dane Bird-Smith and Katie Haywood Representing Australia and taking on the World's very best at the IAAF Race Walking World Teams Cup in China. The whole club is barracking for both these club members and to all the Aussie's competing. Good luck and do the very best you can.

Finally. I'm still trying to encourage members to race in Canberra in June. It's a great event. Lots of fun, enjoyable weekend. If interested to find out more, please ask our committee members for more info.

Good luck to everybody racing on Sunday morning at Kalinga Pk.

Thank you to our volunteers that will be there Setting up the course and packing down, Time keeping, Lap scoring, Judging, working the Canteen and anything else we do at our meets. It is greatly appreciated.

This Sunday is actually the first club race I've missed in 4 years.

I will see you all again in 2 weeks at Logan Lagoon after the Mothers Day weekend.

Take care.

Shane Pearson Club President

This Week

The IAAF World Race Walking Teams Championships will be conducted this weekend. at Taicang, China. Dane and Katie are representing Australia.

On Sunday our club road walking competition will be held at Kalinga Park, Clayfield with races starting from 7.30am and bacon sandwiches soon after!

Club Meets coming up ...

May 20th QRWC Handicap Meet # 3 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 27th QRWC Handicap Meet # 4 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)

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 10th

ENTRIES NOW OPEN

Entries close Wednesday May 23rd.

Entries are now, for the first time, open on 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.

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

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

Australian Winter Walking Championships

Sunday August 26th Sunshine Coast

Athletics Australia is yet to announce a venue for the National Championships to be held in August on the Sunshine Coast. AA lost a golden opportunity to advertise and promote our National championships during the Commonwealth Games by not having a venue in place at least a month ago. The latest news is that the AA Competitions Manager will travel to the Sunshine Coast from Melbourne next week to assess venues. Lets hope an announcement is made shortly so that walkers all around the country can make plans.

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.

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



Gold Coast 10 June, 2018 7:00 AM

Pratten Park, Old Burleigh Road, Broadbeach

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



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/>

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 5-6th World Race Walking Team Championships Taicang, China

May 6th QRWC Handicap Meet Kalinga Park 7.30am

May 13th Mother's Day – No club competition

May 20th QRWC Handicap Meet Beenleigh 8.00am

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

Looking Further Ahead

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

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

Racewalking Queensland

(Trading at 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: I Jimenez, R Wales, J Pickles, S Langley, J Westlin, C Goulding

Patron: Patrick & Maxine Sela **Registrar:** A Wearne

Delegates to QA: R Wales, S Pearson

Handicapper: N McKinven **Trophy Officer:** N McKinven
Social Media / Publicity Officer: J Pickles

Full list of club appointments to come.

QRWC Annual Subscriptions 2018/19

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

A great way to save money and not have to worry about paying race fees every week is to invest in a QRWC “Season Ticket”. This enables the athlete to compete in up to 15 club meets a season (10 x handicaps, club road championships, club track championships, Postal Challenge, Invite Meet & relay day). This does not cover QA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet.

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/>