

Queensland Race Walking Club Inc.

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



HEEL & TOE

November 15th 2018

World Road Walk Records at the Pan Pacific Masters Games



Three days of race walking at the 2018 Pan Pacific Masters Games concluded on Sunday at the Luke Harrop Cycling Criterium Circuit with the 10 km road walk. The QRWC was the host club for the road walks and we can add another successfully delivered event to our growing list of achievements. Thank you to the large number of club members who turned up at 6am on Sunday to set up and help conduct the race meet. You were all fantastic. Led by Shane and the Management Committee the team deserves credit for the way the event was presented and conducted and we have received nothing but high praise from many of the competitors (interstate and overseas). Dave Smith was the race starter and was MC for the medal presentations made by 1984 Olympic Gold Medal winner Glynis Nunn-Cearns. The medals were presented on a “royal “cushion provided by Noela.

After the recent hot and windy days we were treated kindly on race morning with a breeze but not as hot as some were predicting. Great work by our water station crew in keeping everyone hydrated during the race.

The race itself saw another great effort by Iggy M50 to win the race outright in Games record time of 48:47. Brenda Gannon W40 was the overall winner of the ladies race in a

time of 1:00:34 from Nyle Sunderland W50 who closed the gap to within 22 second at the finish.

Highlight of the morning was seeing Heather Lee from New South Wales cross the finish line to break her own W90 10km world record with a time of 1:24:21. A crew from ABC TV was on hand to record the moment and to interview Heather post-race. Club Vice President, Peter Bennett was also interviewed by the crew.

A big thank you goes to Patrick and Maxine who hosted a very convivial post-race bbq brunch at their residence in Broadbeach complete with a bottle of Moet thanks to Robyn.

Masters Games News Report

World Record at 10km Road Walk at Runaway Bay

New South Wales master's athlete Heather Lee broke the world record in the 10km road race walk this morning on the final day of competition at the Pan Pacific Masters Games on Australia's Gold Coast.

Lee, who turns 92 on Saturday, clocked 84 minutes 21 seconds for the women's 90-year category to win the gold medal in glorious walking conditions at Runaway Bay.

Hailing from Richmond in the Hawkesbury region of NSW, Lee shaved 67 seconds off her own record which she set at the Australian Masters Athletics Championships in Perth in April. The race walking dynamo now holds the world records in her age group for the 3000m walk, 5000m walk and 10km road walk.

"I came here to the Gold Coast to lower my world record so I'm very happy to have achieved that," Lee said. "I love coming here to compete at the Pan Pacific Masters Games because I'm not defined by my age – I am just one of the competitors regardless of being 91." It completed a treble of wins for Lee at the Pan Pacs after she won gold for her age category in the 5000m walk (42:06.13) on Friday and the 3000m walk (24:45.29) yesterday.

Lee developed a passion for walking following motivational words given to her by her late husband Leonard before his passing. "I have my husband to thank for what I have achieved in race walking," she said. "When he was battling lung cancer, despite having never smoked, he said to me 'now is the time to show your mettle'. This made the hair on the back of my neck stand on end.

"After his death (in 1996) I developed a compulsion to walk. The faster I walked, the better I felt. "With plenty of recreational power walking under her belt, Lee's interest in race walking ignited in 2011 when she took part in her first official competition. The following year Lee broke her first world record and six years later the world records are still flowing. Lee acknowledged the support and guidance from her trainer Liz de Vries who has recently introduced interval training to her program.

RESULTS RESULTS RESULTS

2018 Pan Pacific Masters Games

Runaway Bay Super Centre

3,000 Metre Race Walk

- W55 1 Weekes, Anne W56 Australia 18:17.04 (15:30.51 74.69%)
2 Gore, Suzanne W56 Australia 19:54.56 (16:53.23 68.59%)
W60 1 Woodward, Antoinette W62 Australia 21:20.57 (17:12.02 67.34%)
W75 1 Purcell, Joan W77 Australia 22:45.52 (15:01.52 77.09%)
2 McKinven, Noela W76 Australia 24:37.11 (16:15.19 71.27%)
W90 1 Lee, Heather W91 Australia 24:45.29 (12:02.75 96.16%)
M40 1 Prasad, Pramesh M44 Australia 13:53.70 (13:09.94 79.93%)
2 Browell, Leigh M44 Australia 21:16.84 (20:09.81 52.19%)
M45 1 Patterson, Adam M46 Australia 18:54.79 (17:13.23 61.11%)
M50 1 Jimenez Solis, Ignacio M53 Australia 13:36.95 (11:53.61 88.48%)
2 Baker, Peter M54 Australia 16:49.70 (14:41.98 71.59%)
M55 1 Snow, Gary M59 Australia 19:22.37 (16:12.21 64.95%)
2 Barker, William M57 Australia 21:03.97 (17:37.19 59.73%)
3 Hodgson, Damian M58 Australia 27:48.50 (23:15.54 45.25%)
M60 1 Bennett, Peter M62 Australia 16:26.58 (13:07.30 80.20%)
2 Wyatt, Peter M61 Australia 21:04.09 (16:48.75 62.59%)
3 Worsnop, Christopher M61 Australia 24:52.41 (19:50.95 53.02%)
M65 1 Prowse, Frank M66 Australia 18:46.15 (14:13.06 74.02%)
2 Musters, John M66 Australia 21:47.37 (16:30.34 63.76%)
M70 1 White, George M73 Australia 18:55.03 (13:31.55 77.80%)
2 Hyde, Brendon M73 Australia 24:08.61 (17:15.76 60.96%)



Pramesh Prasad leads Iggy through the 1km mark before Iggy took control and comfortably won the 3,000 metres at the Pan Pac Masters.

5,000 Metre Race Walk

W50 1 Sunderland, Nyle W51 Australia 29:56.43 (26:32.72 74.53%)
W55 1 Weekes, Anne W56 Australia 31:43.16 (26:48.37 73.80%)
2 Engeler, Deborah W56 Australia 45:28.89 (38:26.19 51.47%)
W70 1 Dwyer, Sandra W70 Australia 51:43.83 (36:18.89 54.48%)
W75 1 Purcell, Joan W77 Australia 38:12.53 (24:46.02 79.88%)
2 McKinven, Noela W76 Australia 41:25.07 (26:50.83 73.69%)
W90 1 Lee, Heather W91 Australia 42:06.13 (19:41.98 100.43%)
M40 1 Prasad, Pramesh M44 Australia 23:50.74 (22:38.78 79.31%)
M45 1 Patterson, Adam M46 Australia 34:21.06 (31:21.34 57.28%)
M50 1 Jimenez Solis, Ignacio M53 Australia 23:24.51 (20:30.22 87.59%)
2 Baker, Peter M54 Australia 31:07.89 (27:16.09 65.86%)
M55 1 Snow, Gary M59 Australia 34:32.88 (28:59.15 61.96%)
2 Barker, William M57 Australia 35:51.41 (30:05.04 59.70%)
M60 1 Bennett, Peter M62 Australia 28:26.21 (22:46.00 78.89%)
2 Worsnop, Christopher M61 Australia 43:25.54 (34:46.00 51.66%)
M65 1 Prowse, Frank M66 Australia 35:02.70 (26:38.06 67.43%)
2 Musters, John M66 Australia 35:14.60 (26:47.10 67.05%)
M70 1 White, George M73 Australia 31:31.21 (22:36.00 79.47%)
2 Hyde, Brendon M73 Australia 40:17.38 (28:53.27 62.17%)
M85 1 Janes, Bert M85 Australia 41:22.36 (23:46.37 75.55)

Age Graded Times & Percentages in Brackets



Heather Lee crosses the line in in the W90 10KM world record time.

Note the smartly attired QRWC volunteers in the background.

10km Road walk

M30 1 Cooper, James M30 AUS 1:10:17
M44 1 Prasad, Pramesh M44 AUS 54:04
M45 1 Patterson, Adam M46 AUS 1:10:14
M50 1 Jimenez Solis, Ignacio M53 AUS 48:47
M55 1 Barker, William M57 AUS 1:15:46
 Snow, Gary M59 AUS DQ
M60 1 Bennett, Peter M63 AUS 58:16
 2 Leitch, Ken M61 AUS 1:19:12
 3 Worsnop, Christopher M61 AUS 1:30:40
 Leitch, Steve M62 NZ DQ
M65 1 Prowse, Frank M66 AUS 1:10:58
M70 1 White, George M73 AUS 1:05:31
 2 Hyde, Brendon M73 AUS 1:28:57
W40 1 Gannon, Brenda W44 AUS 1:00:34
W50 1 Sunderland, Nyle W51 AUS 1:00:56
 2 Stanley, Janine W54 AUS 1:30:18
W55 1 Weekes, Anne W56 AUS 1:06:47
 2 Pimm, Lynette W58 AUS 1:16:32
W60 1 Duncan, Sally W60 AUS 1:13:08
W75 1 Purcell, Joan W77 AUS 1:19:10
 2 McKinven, Noela W76 AUS 1:26:46
W90 1 Heather, Lee W91 AUS 1:24:21

NSW Senior Australian of the Year

91-year-old Heather Lee is living proof that age is no barrier when it comes to keeping fit. An Australian Masters walking champion, she holds eight Australian records and five world records. But the nearly 92-year-old wasn't always an athlete.

She's now been named the NSW Senior Australian of the Year, an addition to her long list of achievements. "I'm passionate about what I do, I'm passionate about keeping fit. "Independence is very vital to me so I just train and I just love what I do, I have a passion for it." When it comes to how she's celebrating her 92nd birthday on the weekend, Heather says she has nothing planned. "It's just another day as far as I'm concerned," she says.



Nyle and Brenda both winners in their age groups in the 10km road walk at the Pan Pacific Masters Games at Runaway Bay



Glynis presenting Peter with his medal (or is it a dance and they are trying to work out who should lead?)



Noela pushing it out in the 10km at Runaway Bay; it was her third race in three days during the Pan Pacific Masters Games

This Week

At Qld Masters this Saturday 17th there is a 3,000 metres Spiral Handicap race at the SAC starting at 8.00am (don't ask me what a spiral handicap is!)

Australian 50km Race Walking Championships

Sunday December 2nd Fawkner Park, Melbourne

Programme

- 7:00am - Men's Australian 50km Race Walk Championships
- 7:00am - Women's Australian 50km Race Walk Championship
- 8:00am - Men's Open Invitational 20km Race Walk
- 8:00am - Women's Open Invitational 20km Race Walk
- 9:00am - Men's Under 20 Invitational 10km Race Walk
- 9:00am - Women's Under 20 Invitational 10km Race Walk

10:00am - Men's Under 18 Invitational 5km Race Walk
10:00am - Women's Under 18 Invitational 5km Race Walk

Australian All Schools Track and Field Barlow Park, Cairns

Friday 7 December

6:00 PM 3,000 metres Walk Under 16 Boys

6:20 PM 3,000 metres Walk Under 16 Girls

6:45 PM 3,000 metres Walk Under 14 Girls

6:45 PM 3,000 metres Walk Under 14 Boys

7:55 PM 5,000 metres Walk Under 18 Girls

7:55 PM 5,000 metres Walk Under 18 Boys

The age groups at the Australian All Schools Championships are Under 14, Under 16 and Under 18, with age taken as on 31 December 2018 (these are the same as the 13 years, 15 years and 17 years age groups in school sport competition).

Selections for the Queensland team will be made solely from the results at the 2018 Queensland Secondary Schools Track & Field Championships (25-28 October).



Walk or Run Sunday December 9th

The **50km, 30km, 15km and 5km** events that make up the Gold Coast 50 Run Festival use the footpaths and roads adjacent to the Gold Coast beachfront. Running from Kurrawa to Coolangatta & return, in the 50km event, the course provides athletes with spectacular views, regular water stops and aid stations. Don't miss out on running this stunningly beautiful run course. A favourite event for some of our race walkers.

For more information and entry details go to : <https://www.gc50runfestival.com.au/>

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

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

November 17th Qld Masters Athletics 3,000 metres Spiral Handicap SAC 8.00am

November 28th Qld Masters Athletics 10,000 metres SAC 7.00pm

December 1st Qld Masters Athletics 5,000 metres SAC 8.00am

December 1st QA Shield Meet 3,000/5,000 metres SAC

December 2nd AA 50 km Championships & 20km Invite events Melbourne.

December 7-9th Australian All Schools Track Championships Cairns

December 8th Qld Masters Athletics 3,000 metres SAC Memorial Day 8.00am

December 9th GC50 5/15/30/50km Broadbeach

2019

January 26th QA Shield Meet 3,000/5,000 metres SAC

February 10th Oceania & Australian 20km Race Walking Championship Adelaide

February 16th QA Shield Meet 3,000/5,000 metres SAC

March 7-10th Queensland Athletics Championships (U14-Open) QSAC

March 30th – April 7th Australian Athletics Championships (U14-Open) Sydney

April 13-14th Queensland Masters Athletics Championships State Athletics Facility SAC

April 26-29th Australian Masters Athletics Championships Melbourne Lakeside Stadium

May 25th Great Barrier Reef Masters Games

June 9th LBG Federation Carnival Mt Stromlo Canberra

July 3-14th 30th Summer Universiade, Naples Italy

August 31st Oceania Masters Games Mackay

Sept 28th - Oct 6th IAAF World Championships Doha, Qatar

Queensland Athletics Registration 2018/19

Registrations with Queensland Athletics for the 2018/19 season become due on October 1st. The portal is now live and will accept membership applications. Click on the QRWC

as your club. To avoid the problems some members have previously experienced the options on the portal are for QA registration only. No QRWC club fee as it is recognized that our members are already financial with the club up until April 1st 2019. If you are not a current financial member of QRWC please contact the club at qrwcregistrar@outlook.com

Base members may only compete in a maximum of 3 track and field competitions during the summer season, including QA Shield Meets, other QA Track & Fields Meets and QLD Track & Field Championships. Base members are not eligible to compete at the 2019 Australian Athletics Championships (U14-Open).

Minimum Ages: Track & Field: 12 years as at 31 December 2019 (born 2007). Younger athletes may join as a Base Member for club training and for access to cross country and walks competitions. Cross Country / Road Walking: 6 years as at 31 December 2019 (born 2013).

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 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

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/>