

Queensland Race Walking Club Inc.

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



HEEL & TOE

November 1st 2018

Fast Feet at the UQ Sport 1500m Classic

University of Queensland Athletics Centre, St Lucia

Some great results at UQ tonight in the walk events at the annual 1,500 metre Classic . Lots of PB's with some athletes slicing huge amounts off their previous bests . The girls race was won by Caitlin Hannigan in 6:32.93 from Jayda Anmderson (6:39.06) and 12 year old Ashanti Heap (6:52.16). Don't forget the massive walk by 9 year old Makenna Clarke to finish in 8:05.98. The men's race was won by Nelson McCutcheon (6:23.19) from Jono Wearne (6:49.25) with third place going to young Sam McCure (7:56.05). Great effort everyone.

Women 1,500 Meter Race Walk Open

1 Hannigan, Caitlin	16 UQAC	6:32.93
2 Anderson, Jayda	13 Gold Coast C	6:39.06
3 Heap, Ashanti	12 Gold Coast C	6:52.16
4 Clarke, Anika	13 Redlands	7:32.55
5 Rowbotham, Miller	17 QA	7:43.50
6 Clarke, Makenna	9 Redlands	8:05.98
7 Millard, Summer	13 QRWC	8:08.00
8 Pearson, Jade	17 QRWC	8:14.95
9 McRoberts, Jasmine-Rose	16 QRWC	8:20.98

Men 1,500 Meter Race Walk Open

1 McCutcheon, Nelson	16 Qeii Track Club	6:23.19
2 Wearne, Jonathan	14 QRWC	6:49.25
3 McCure, Sam	12 Gold Coast Victory	7:56.05

RESULTS RESULTS RESULTS

Queensland School Sport Track & Field

There were many great performances in the walk events at Qld School Sport Championships last weekend. Record breaking performances by Jayda Anderson (13 Years 3km) and Kris Hayward (14 years 3km). Jono Wearne also went under the old record in the race won by Kris. Next big event for our juniors is the Australian All Schools Track and Field Championships in Cairns in early December.

Women 13 Year Olds 3,000 Metre Race Walk

QSSA: 15:49.28 # 2016 Amelia Schofield

1 Anderson, Jayda 13 SC 14:25.11#

2 Clarke, Anika 13 ME 15:52.94

3 Millard, Summer 13 WB 16:32.74

4 Guse, Sabrina 13 ME 17:28.40

5 Brady, Korey 13 MN 18:23.24

6 Sentance, Charlotte 13 MN 18:34.47

7 Fisher, Torryn 13 ME 19:53.09

Girls 14 3,000 Metre Race Walk

QSSA: 14:58.66 # 2017 Camryn Novinetz

1 Sullivan, Bridie 14 MN 16:07.54

2 Ofield, Mackenzie 14 SUN 16:52.18

3 Chopping, Miranda 14 CAP 19:59.58

Women 15 3,000 Metre Race Walk

QSSA: 13:46.59 # 2015 Katie Hayward

1 Novinetz, Camryn 15 MW 14:31.78

2 Vickers, Larissa 15 ME 17:02.15

3 Schofield, Amelia 15 SC 17:27.01

Women 16 5,000 Metre Race Walk

QSSA: 21:39.03 # 2016 Katie Hayward

1 Hannigan, Caitlin 16 SC 25:48.84

2 McRoberts, Jasmin-Rose 16 SUN 32:57.30

Women 17 5,000 Metre Race Walk

QSSA: 21:51.29 # 2017 Katie Hayward

1 Rowbotham, Milla 17 MW 29:32.59

2 Hamann, Sophie 17 ME 30:51.68

3 Pearson, Jade 17 MN 30:52.12

Men 13 Year Olds 3,000 Metre Race Walk

QSSA: 14:07.18 # 2017 Kris Hayward

1 Norton, Kai 13 MN 15:42.37

2 Wasson, Seth 13 SUN 18:40.57

Men 14 3,000 Metre Race Walk

QSSA: 14:28.49 # 2015 Jamison Stovin

1 Hayward, Kris 14 SC 13:59.84#

2 Wearne, Jonathon 14 ME 14:27.47#

Men 16 5,000 Metre Race Walk

QSSA: 21:05.14 # 2011 Jesse Osborne

1 McCutcheon, Nelson 16 ME 23:11.08

2 Stewart, Ryan 16 MW 30:13.19

Qld Masters Athletics

Wednesday 31st Oct 31st SAF

30 minute Race Walk

W40 Brenda Gannon W44 Brisbane 5.14km 5,140m

M45 Mark Carlile M45 Brisbane 4.05km 4,052.8m



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.

Remember to keep up to date with the latest Gold Coast weather reports:

<http://www.bom.gov.au/qld/forecasts/surfers-paradise.shtml>

GAMES WALKS FINAL SCHEDULE

Friday 9 Nov Track Sports Super Centre

9:30am M30-59 5000 Metre Race Walk

10:00am W30-59 5000 Metre Race Walk

10:00am M60+ 5000 Metre Race Walk

10:00am W60+ 5000 Metre Race Walk

Saturday 10 Nov Track Sports Super Centre

11:45am M30+ 3000 Metre Race Walk

12:15pm W30+ 3000 Metre Race Walk

Sunday November 11th Runaway Bay Cycle Track

7.00am M/W 30+ 10km Road Walk

Road Walk Entry List

Brenda Gannon	44	F
Nyle Sunderland	51	F
Suzanne Brown	53	F
Janine Stanley	54	F
Anne Weekes	56	F
Lynette Pimm	58	F
Sally Duncan	60	F
Noela McKinven	76	F
Joan Purcell	77	F
Heather Lee	91	F
James Cooper	30	M
Pramesh Prasad	44	M
Adam Patterson	46	M
Argenis Guevara	50	M
Ignacio Jimenez Solis	53	M
Paul Lindenberg	56	M
William Barker	57	M
Gary Snow	59	M
Ken Leitch	61	M
Christopher Worsnop	61	M
Steve Leitch	62	M
Peter Bennett	63	M
Frank Prowse	66	M
Robert Redford	66	M
Brendon Hyde	73	M
George White	73	M



Drive in past the Super Centre to the cricket oval parking

Remember to Check In for the PAN PACS

As the first walking race is on Friday morning of November 9th you will need to plan to Check In on a date before then. Make sure you go to the correct venue to Check In

Participants are required to visit one of two Check In Centres and show photo ID to receive their accreditation pass validating their entry into the Games Village and sport venues. You will also collect your handbook, sports bag and participation gift.

If you're checking in between Thursday 1 and Sunday 4 November visit the Carrara Indoor Sports Stadium in Carrara. If you're checking in between Monday 5 and Friday 9 November visit the Gold Coast Convention and Exhibition Centre in Broadbeach.

Carrara Indoor Sports Stadium Nerang Broadbeach Rd, Carrara

Opening Hours

Thursday 1 November 12pm – 8pm

Friday 2 November 8am – 8pm

Saturday 3 November 7am – 6pm

Sunday 4 November 8am – 5pm

Gold Coast Convention Centre 2684-2690 Gold Coast Hwy, Broadbeach

Opening Hours

Monday 5 November 9am – 5pm

Tuesday 6 November 9am – 5pm

Wednesday 7 November 9am – 5pm

Thursday 8 November 9am – 5pm

Friday 9 November 9am – 5pm

This Week

This Sunday, November 4th, the Gold Coast Masters have a 3/5km walk at the Griffith Uni track starting at 8.00am. Last chance for a hit out before the Pan Pacs.

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 3000 metres Walk Under 16 Boys

6:20 PM 3000 metres Walk Under 16 Girls

6:45 PM 3000 metres Walk Under 14 Girls

6:45 PM 3000 metres Walk Under 14 Boys

7:55 PM 5000 metres Walk Under 18 Girls

7:55 PM 5000 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 4th Gold Coast Masters 3/5km Griffith Uni track 8.00am
November 9th PPMG 5,000 metre Sports Centre Runaway Bay 9.30am
~~November 10th Qld Masters Athletics 35,000 SAC metres 8.00am~~ **Cancelled**
November 10th PPMG 3,000 metres Sports Centre Runaway Bay 11.45am
November 11th PPMG 10km Road Walk Runaway Bay 7.00am
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

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/>