

Queensland Race Walking Club Inc.

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



HEEL & TOE

October 25th 2018

Queensland School Sport 13-19 Years Championships, QSAC

All the best to our walkers competing in the School; Sport Championships this weekend. The walks are on in the afternoon so get along to QSAC and cheer on our athletes.

Walks Programme

Saturday October 27th

- 5.20 pm Women 13 years 3000 metres Walk Final
- Men 13 years 3000 metres Walk Final
- Women 14 - 15 years 3000 metres Walk Final
- Men 14 - 15 years 3000 metres Walk Final
- 5.40 pm Women 16 - 17 years 5000 metres Walk Final
- Men 16 - 17 years 5000 metres Walk Final
- Women 18 - 19 years 5000 metres Walk Final
- Men 18 - 19 years 5000 metres Walk Final

UQ Sport 1500m Classic

Thursday November 1st

University of Queensland Athletics Centre, St Lucia

Fast and furious action on next Thursday at uq St Lucia with the 1,500 metre walk at the uq Classic . This race has produced a number of State records and PB's galore across the field and this year should be no different . Be part of the action .

5.15pm M/W 1,500 metres walk

For more information or to enter go to

<http://www.qldathletics.org.au/Competition/Upcoming-Events/uq-sport-1500m-classic>

RESULTS RESULTS RESULTS

It's Queensland and it is October so what more can I say other than it was situation normal at the two Masters meets on the weekend, hot and humid,

Qld Masters Athletics

SAF Nathan Saturday October 20th

3,000 Metre Race Walk

Charlotte Hamann W17 22:41.38 (22:41.39 51.05%)

Mark Carlile M45 22:43.26 (20:41.25 50.87%)

Ignacio Jimenez M53 13:45.13 (12:00.76 87.61%)

Peter Bennett M62 16:10.75 (12:54.66 81.51%)

Noela McKinven W76 25:31.00 (16:50.77 68.76%)

Gold Coast Masters

Griffith Uni Sunday October 21st

5,000 Metre Race Walk

Nyle Sunderland W51 29:47.11 (26:24.46 74.92%)

Kay Shaw W59 34:47.48 (29:24.13 67.29%)

Age Graded Times & Percentages in Brackets

This Week

It's all happening this week! On Saturday October 27th the Queensland School Sport 13-19 Years Championships are being conducted at QSAC, Nathan with the walk events starting from 5.20pm.

If you want to see how far you can walk in half and hour get along to the Qld Masters Athletics meet at the SAC next Wednesday night 3. They have a 30-minute race starting at 7.00pm.

Next Thursday, November 1st is the 1,500 metre Classic at the University of Queensland, St Lucia.



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.

[ROAD WALK ENTRIES CLOSING SOON - Wednesday 31st October](#)

For more information and to enter go to :

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

GAMES WALKS SCHEDULE - subject to change

Entry Lists and Records

Friday November 9th 9.00am - Sports Super Centre

5,000 metres M/W

M30-59 5000 Metre Race Walk

30 Pan Pacif: 23:29.49 3/11/2000 Andrew Ludwig, AUS
35 Pan Pacif: 23:43.45 28/09/2002 Andrew Ludwig, AUS
40 Pan Pacif: 24:39.97 10/11/2016 Pramesh Prasad, AUS
45 Pan Pacif: 23:46.13 28/09/2002 Peter Bennett, AUS
50 Pan Pacif: 29:35.33 10/11/2016 Peter Baker, AUS
55 Pan Pacif: 32:09.85 10/11/2016 Michael Blanchard, USA
1 McDonald, Anthony M56 Australia
2 Lindenberg, Paul M56 Australia
3 Sirisena Jayarathna, Jayarat M52 Sri Lanka
4 Jimenez Solis, Ignacio M53 Australia
5 Lamba, Pradeep M52 India
6 Sisira Kumara, Moratu Hewage M49 Sri Lanka
7 Snow, Gary M59 Australia
8 Missen, Leon M52 Australia
9 Rathnaweera, Arachchige Amil M43 Sri Lanka
10 Barker, William M57 Australia
11 Dassanayake, Rathgama Dassan M54 Sri Lanka
12 Attanayake, Heenkenda Mudiya M55 Sri Lanka
13 Baker, Peter M54 Australia
14 Guevara, Argenis M50 Australia
15 Hodgson, Damian M58 Australia
16 Patterson, Adam M46 Australia
17 Prasad, Pramesh M44 Australia

W30-59 5000 Metre Race Walk

30 Pan Pacif: 31:52.42 28/09/2002 Diana Pittwood, NZL
35 Pan Pacif: 29:18.97 3/11/2000 Anne Weekes, AUS
40 Pan Pacif: 27:57.32 7/11/2006 Annette Major, AUS
45 Pan Pacif: 28:37.79 10/11/2016 Nyle Sunderland, AUS
50 Pan Pacif: 28:41.36 28/09/2002 Felicja Schmidt, AUS
55 Pan Pacif: 30:48.02 8/11/2004 Elizabeth Feldman, AUS
1 Gore, Suzanne W56 Australia
2 Gannon, Brenda W44 Australia
3 Weekes, Anne W56 Australia
4 Sunderland, Nyle W51 Australia

5 Patel, Vijayalaxmi Bipin W51 India
6 Brown, Suzanne W53 Australia
7 Engeler, Deborah W56 Australia

M60+ 5000 Metre Race Walk

60 Pan Pacif: 29:20.39 3/11/2000 Dave Reid, AUS
65 Pan Pacif: 25:20.00 3/11/2012 Keith Hennes, AUS
70 Pan Pacif: 31:27.84 3/11/2000 Richard Lynch, AUS
75 Pan Pacif: 40:12.05 10/11/2016 Patrick Sela, AUS
80 Pan Pacif: 36:34.57 3/11/2012 Ronald Johnson, NZL
85 Pan Pacif: 49:23.68 1/11/2014 Russell Grigg, AUS
1 Prowse, Frank M66 Australia
2 Janes, Bert M85 Australia
3 Worsnop, Christopher M61 Australia
4 White, George M73 Australia
5 Bennett, Peter M62 Australia
6 Barrett, Douglas M66 Australia
7 Hyde, Brendon M73 Australia
8 Musters, John M66 Australia

W60+ 5000 Metre Race Walk

60 Pan Pacif: 31:04.95 3/11/2014 Susan Hoskin, NZL
65 Pan Pacif: 48:23.00 3/11/2012 Jill O'Mahony, AUS
70 Pan Pacif: 34:36.00 3/11/2000 Jean Knox, AUS
75 Pan Pacif: 35:23.70 28/09/2002 Lorna Thompson, AUS
80 Pan Pacif: 40:31.16 3/11/2012 Christiane Dauphinet, AUS
85 Pan Pacif: 49:53.00 3/11/2012 Alison Worrall, AUS
1 McKinven, Noela W76 Australia
2 Purcell, Joan W77 Australia
3 Dwyer, Sandra W70 Australia
4 Lee, Heather W91 Australia

Saturday November 10th 11.30am - Sports Super Centre

3,000 metres M/W

M30+ 3000 Metre Race Walk

30 Pan Pacif: 13:48.14 7/11/1998 Andrew Ludwig, AUS
35 Pan Pacif: 13:47.45 27/09/2002 Andrew Ludwig, AUS
40 Pan Pacif: 12:30.54 7/11/1998 Dave Smith, AUS
45 Pan Pacif: 13:39.21 27/09/2002 Peter Bennett, AUS
50 Pan Pacif: 14:19.48 4/11/2006 Peter Bennett, AUS
55 Pan Pacif: 15:31.46 7/11/1998 Klaus Maurer, AUS
60 Pan Pacif: 16:14.67 7/11/1998 Robert Mee, AUS
1 McDonald, Anthony M56 Australia
2 Lindenberg, Paul M56 Australia

- 3 Sirisena Jayarathna, Jayarat M52 Sri Lanka
- 4 Jimenez Solis, Ignacio M53 Australia
- 5 Lamba, Pradeep M52 India
- 6 White, George M73 Australia
- 7 Snow, Gary M59 Australia
- 8 Worsnop, Christopher M61 Australia
- 9 Wyatt, Peter M61 Australia
- 10 Prowse, Frank M66 Australia
- 11 Browell, Leigh M44 Australia
- 12 Bennett, Peter M62 Australia
- 13 Musters, John M66 Australia
- 14 Baker, Peter M54 Australia
- 15 Barker, William M57 Australia
- 16 Hodgson, Damian M58 Australia
- 17 Guevara, Argenis M50 Australia
- 18 Hyde, Brendon M73 Australia
- 19 Patterson, Adam M46 Australia
- 20 Prasad, Pramesh M44 Australia

W30+ 3000 Metre Race Walk

- 30 Pan Pacif: 17:48.96 27/09/2002 Diana Pittwood, NZL
- 35 Pan Pacif: 17:07.18 4/11/2000 Anne Weekes, AUS
- 40 Pan Pacif: 15:34.93 4/11/2006 Annette Major, AUS
- 45 Pan Pacif: 15:58.73 4/11/2006 Pam Tindal, AUS
- 50 Pan Pacif: 16:28.10 27/09/2002 Felicja Schmidt, AUS
- 55 Pan Pacif: 17:05.60 7/11/1998 Gwen Steed, AUS
- 60 Pan Pacif: 18:07.14 5/11/2012 Susan Hoskin, NZL
- 1 McKinven, Noela W76 Australia
- 2 Purcell, Joan W77 Australia
- 3 Sharma, Usha W79 India
- 4 Weekes, Anne W56 Australia
- 5 Woodward, Antoinette W62 Australia
- 6 Sunderland, Nyle W51 Australia
- 7 Engeler, Deborah W56 Australia
- 8 Gannon, Brenda W44 Australia
- 9 Brown, Suzanne W53 Australia
- 10 Lee, Heather W91 Australia
- 11 Gore, Suzanne W56 Australia

Sunday November 11th 7.00am Runaway Bay Cycle Track

10km Road Walk

Entry list published next week after entries close on October 31st

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



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

October 25-28th Queensland School Sport 13-19 Years Championships QSAC Nathan

October 31st Qld Masters Athletics 30 minutes SAC 7.00pm

November 1st 1,500 metre Classic University of Queensland St Lucia

November 10th Qld Masters Athletics 5,000 SAC metres 8.00am

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/>