

**Queensland Race Walking Club Inc.**

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



## HEEL & TOE

September 27<sup>th</sup> 2018

### 2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY

<http://athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>



#### **Race Walk Programme**

Sunday September 1<sup>st</sup> 10km road walk

Tuesday September 3<sup>rd</sup> 5km track walk

Friday September 6<sup>th</sup> 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

#### **The Venue: Mackay Aquatic, Sport & Recreational Centre**

The new \$24 million dollar Mackay Aquatic, Sport & Recreational Centre commenced development at CQ University Mackay's Ooralea Campus in Mackay, and is located 7km from the Mackay CBD. The precinct is due for completion in February 2019.



**IAAF Class 2 Athletics Facility consisting of:**

- a synthetic surface running track consisting of an eight lane x 400 metre track, a nine lane 113 metre main sprint straight and an eight lane 103 metre secondary sprint straight;

## **RESULTS RESULTS RESULTS**

**Qld Masters Athletics SAF Nathan Sat 29th Sept**

**3,000 Metre Race Walk**

Mark Carlile M45 22:36.72 (20:35.30 51.12%)

Ignacio Jimenez M53 13:42.09 (11:58.10 87.93%)

Peter Bennett M62 16:47.53 (13:24.01 78.53%)

Noela McKinven W76 24:51.07 (16:24.41 70.60%)

Russell Grigg M91 DNF 2km

Erika Woodard W52 Visitor 17:06.62 (15:11.13 76.28%)

Congratulation to Iggy who broke a long-standing record for the M50 3,000 metres with a fine time of 13:42.09. Great effort to from 91 year old Russell Grigg who covered 2km before saving himself for the throwing events.

**Griffith Uni, Gold Coast Sunday 23rd September**

**1,500 Meter Race Walk**

1 Wayne Dwyer M68 11:28.39 (8:40.22 59.40%)

**3,000 Meter Race Walk**

1 Nyle Sunderland W51 17:22.86 (15:25.54 75.09%)

1 Kay Shaw W59 20:10.76 (17:06.97 67.67%)

1 Wayne Dwyer M68 23:00.71 (17:25.89)

*Age Graded Times and Percentages in Brackets*

**Relay Day 1km Split Times Kalinga Park**

All times are unofficial and rounded up. Our “judges” on the course noticed some low flying and possible jogging but no reports were lodged!!

Peter Bennett	5.12
Dane Bird-Smith	3.27
Alex Bradley	5.17
Charlotte Brady	7.08
Korey Brady	5.45
Flynn Callaghan	5.16
Myles Callaghan	5.16
Anika Clarke	5.10
Makenna Clarke	5.31
Siaan Fisher	5.48
Torryn Fisher	5.47
Argenis Guevara	5.02
Charlotte Hamann	5.11
Ralf Hamann	5.18
Aliesha Heap	6.07
Ashanti Heap	4.24
Iggy Jimenez	4.30
Steve Langley	6.03
Sam McCure	5.18
Noela McKinven	7.39
Jasmine-Rose McRoberts	5.43
Matt Ness	6.02
Amber Norton	5.00
Kai Norton	4.29
Mackenzie Ofield	4.37
Shane Pearson	5.14
Jacob Petrovic	6.22
Katy Price	5.40
Kamara Stewart	5.42
Ryan Stewart	5.16
Rebecca Teahen	5.15
Amber Tofful	6.05
Andrew Wearne	6.15
Jonathan Wearne	4.13
Lyla Williams	5.20
Noel Wooler	5.35

## **This Weekend**

On Saturday, October 6th at Qld Masters Athletics the 5,000 metres walk at the SAC starts at 8.00am. Check in before 7.30am. Race fees \$ 8.

Saturday afternoon sees the Maryborough Annual Day/Night Carnival and Masters Games at the Jock Anderson Athletic Oval, Gympie Road, Tinana. 400m walk U9 & U10 B&G, 800m walk U11 to U18 B&G and 3km walk Open & Vet M & W.

Then on Sunday Gold Coast Masters have a 3/5,000 metres walk at Griffith University starting at 8.00am

## Queensland Athletics Registration 2018/19

Registrations with Queensland Athletics for the 2018/19 season become due on October 1<sup>st</sup>. 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 1<sup>st</sup> 2019. If you are not a current financial member of QRWC please contact the club at [qrwcregistrar@outlook.com](mailto: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).

**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**



### Walk or Run

Sunday December 9<sup>th</sup>

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/>



**ENTRIES ARE NOW OPEN**

**Entries Close: •Wednesday 31 October 2018**

**Come on Queensland walkers get your entry in. There are currently more walkers entered coming from New South Wales!!**



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.

**Any club members who wishes to assist with the running on the meet on Sunday November 11<sup>th</sup> as a judge, lap scorer, timekeeper, water station, canteen etc please advise Peter Bennett via email at [peter.bennett@live.com](mailto:peter.bennett@live.com) Thank you.**

There will be the traditional after race sumptuous bbq breakfast thanks to the generosity of our wonderful Co Patrons, Pat & Maxine. Than you so much for this kind invitation.

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

Dates & Times • Sunday 11 November 2018: 7am start

• 10km Road Race Walk

### **TRACK WALKS SCHEDULE**

Friday November 9<sup>th</sup> 9.00am 5,000 metres M/W

Saturday November 10<sup>th</sup> 11.30am 3,000 metres M/W

### **Important Information re; Games Accreditation**

You will need to collect your accreditation from one of the Check In Centres. The first Check In Centre is open between Thursday 1 November – Sunday 4 November at the Carrara Indoor Sports Stadium in Carrara. The second Check In Centre is open between Monday 5 – Friday 9 November at the Gold Coast Convention and Exhibition Centre in Broadbeach.

### **Carrara Indoor Sports Stadium**

Thursday 1 November: 12pm – 8pm

Friday 2 November: 8am – 8pm

Saturday 3 November: 7am – 6pm

Sunday 4 November: 8am – 5pm

### **Gold Coast Convention and Exhibition Centre**

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

## **Australian 50km Race Walking Championships**

Sunday 2 December 2<sup>nd</sup> Fawkner Park, Melbourne, Victoria

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

## **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 6<sup>th</sup> Qld Masters Athletics 5,000 metres SAC 8.00am

October 6<sup>th</sup> Maryborough Annual Day/Night Carnival and Masters Games

October 7<sup>th</sup> Gold Coast Masters 3/5,000 metres Griffith University 8.00am

October 19-20<sup>th</sup> Qld School Sport 10-12 Years Championships Cairns

October 20<sup>th</sup> Qld Masters Athletics 3,000 metres SAC 8.00am

October 21<sup>st</sup> Gold Coast Masters 3/5,000 metres Griffith University 8.00am

October 25-28<sup>th</sup> Queensland School Sport 13-19 Years Championships QSAC Nathan

October 31<sup>st</sup> Qld Masters Athletics 30 minutes SAC 7.00pm

November 1<sup>st</sup> 1,500 metre Classic University of Queensland St Lucia

November 10<sup>th</sup> Qld Masters Athletics 5,000 SAC metres 8.00am

November 11<sup>th</sup> PPMG 10km Road Walk Runaway Bay 7.00am

November 17<sup>th</sup> Qld Masters Athletics 3,000 metres Spiral Handicap SAC 8.00am

November 28<sup>th</sup> Qld Masters Athletics 10,000 metres SAC 7.00pm

December 1<sup>st</sup> Qld Masters Athletics 5,000 metres SAC 8.00am

December 2<sup>nd</sup> AA 50 km Championships & 20km Invite events Melbourne.

December 7-9<sup>th</sup> Australian All Schools Track Championships Cairns

December 8<sup>th</sup> Qld Masters Athletics 3,000 metres SAC Memorial Day 8.00am

## **2019**

March 7-10<sup>th</sup> Queensland Athletics Championships (U14-Open) QSAC

March 30<sup>th</sup> – April 7<sup>th</sup> Australian Athletics Championships (U14-Open) Sydney

April 13-14<sup>th</sup> Queensland Masters Athletics Championships State Athletics Facility SAC

April 26-29<sup>th</sup> Australian Masters Athletics Championships Melbourne Lakeside Stadium

May 25<sup>th</sup> Great Barrier Reef Masters Games

August 31<sup>st</sup> Oceania Masters Games Mackay

## ***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](http://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](http://www.qrwc.com.au)

**Contact emails:**

[qrwc1@optusnet.com.au](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club

[racewalkqld@outlook.com](mailto:racewalkqld@outlook.com) Articles for the newsletter, to send in results, to join newsletter mailing list.

[qrwcregistrar@outlook.com](mailto: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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>