

*Queensland Race Walking Club Inc.*

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



# HEEL & TOE

September 13<sup>th</sup> 2018

## END OF SEASON

### Relays/BBQ/Trophy Day Sunday September 16<sup>th</sup>

It is end of the road walk season and time to celebrate a great year and all the wonderful achievements of our athletes. Join your fellow members this Sunday for a fun day starting with an almost anything goes handicap relay followed by a wonderful bbq lunch cooked by our celebrity chefs.

Entry before Sunday is preferred as the handicaps for the teams needs to be worked out beforehand so that the race can start on time (the handicapper will not accept bribes!!)

To assist the handicapper and race officials, **please arrive by 9am** to sign in, pay your normal race fees and to find out your racing order in your team. If you will not be able to make it on Sunday morning and have already entered the relay please advise us so that we can amend the teams and the handicaps. If you have a club singlet please wear it so that we can get some team photos for 2018.

After the relays we all adjourn to Stafford Heights where our lovely hosts will be preparing a wonderful bbq lunch (and there is a swimming pool). All trophies and medals from the season will then be presented

**10.00am** 4 x 1,000 metres Handicap Relay (Bill Cook Trophy) **Kalinga Park, Clayfield**

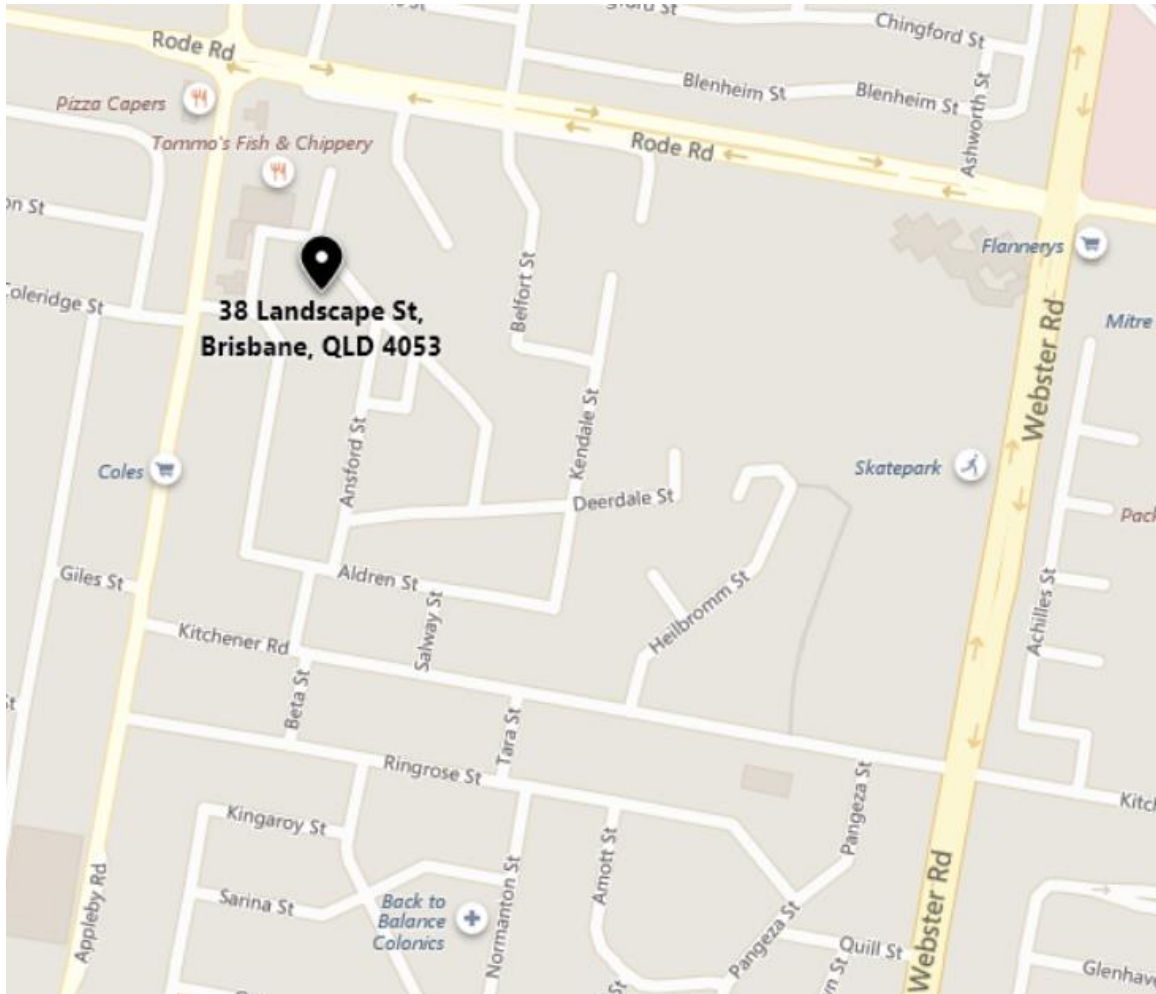
**11.00am** Following the relay we have a Bbq lunch and then have a presentation of all trophies and medals for the season.

**Venue address: 38 Landscape Street, Stafford Heights** (Map below). The bbq is at the back of the residence. Please enter via the pathway on the left-hand side of the house. Iggy has started a landscaping project at the front of the house so please excuse the chaos and rubbish.

The outdoor eating area is undercover and there is a swimming pool (bring along your swimmers, a towel, sunscreen, sunnies and a deck chair)

- At our Presentation day, we always hold a series of raffle days to add to the fun. Please bring along and donations of prizes for these raffles.
- We would also like to ask if you could please bring along a plate to share for dessert.

**The cost of the BBQ is \$ 10 per head or \$ 25 per family.** Please pay on arrival at the venue Soft drinks and light beer will be on sale.



*Venue for BBQ & Presentations*

**COMING UP**

Masters competitions have already started back up on the Gold Coast with the first track meet for Brisbane Masters at QSAC on September 29<sup>th</sup>. These meets usually accept guest competitors and with the absence of QA track meets can be a way for junior athletes to get some valuable competition before the Schools Championships. If you know of any walks competition coming up please let us know so that we can share with our members (also please send in any results from walks events).



**ENTRIES ARE NOW OPEN**

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



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

Age Requirements

•Age is determined as at 11 November 2018

Fees: Sport Fee: \$20 per person / Games Fee: Competitor: Standard – \$140

### **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 MW

## **2019 OMA CHAMPIONSHIPS MACKAY QLD**



**Date: 31 August to 7 September 2019**

### **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 .....**

September 16<sup>th</sup> Relay/Trophy/BBQ Day Kalinga Park 10.00am

September 23<sup>rd</sup> Gold Coast Masters 3/5,000 metres Griffith University 8.00am

September 29<sup>th</sup> Qld Masters Athletics 3,000 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 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

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

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

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

## **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 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.** 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/>