

Queensland Race Walking Club Inc.

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



HEEL & TOE

September 27th 2018

Around Taihu International Race Walk

It has been a tough three days for Dane at the 2018 “Around Taihu” International Race-Walking Competition in China. In trying weather conditions Dane walked in the only way he knows with guts and determination but was cruelled by time penalties imposed on each of the three legs. This is a competition Dane had won for the previous two years when it was a four-day competition. This year the stages started with a 20km on day one followed by two twelve kilometre races. Well done Dane, we know you will be back next year to seek redemption.

Men's 20km Race Walk (Day 1)

- 1 1052 Lebogang Shange RSA 1:23:20
- 2 1029 Eider Arevalo COL 1:23:23
- 3 1065 ISAAC ANTUNIO P LIVGARES MEX 1:23:54
- 4 1024 WANG Kaihua CHN 1:25:11
- 5 1002 Dane Bird-Smith AUS 1:25:13
- 65 1005 Tyler Ross Jones AUS 1:36:29
- 77 1001 Carl Mark Gibbons AUS 1:40:57
- 82 1004 Kyle Swan AUS 1:43:47
- 88 1003 Dylan Alex Richardson AUS 1:50:37

Men's 12km Race Walk (Day 2)

- 1 1029 Eider Arevalo COL 47:29
- 2 1052 Lebogang Shange RSA 47:32
- 3 1065 ISAAC ANTUNIO P LIVGARES MEX 47:37
- 35 1002 Dane Bird-Smith AUS 50:36
- 76 1005 Tyler Ross Jones AUS 54:25
- 77 1004 Kyle Swan AUS 54:49
- 84 Carl Mark Gibbons AUS 57:30
- 86 1003 Dylan Alex Richardson AUS 58:50

Men's 12km Race Walk (Day 3)

- 1 1029 Eider Arevalo COL 47:17
- 2 1024 WANG Kaihua CHN 47:19

3 1052 Lebogang Shange RSA 47:20
16 1002 Dane Bird-Smith AUS 49:19
56 1004 Kyle Swan AUS 52:25
74 1005 Tyler Ross Jones AUS 55:07
84 1001 Carl Mark Gibbons AUS 56:46
88 1003 Dylan Alex Richardson AUS 1:00:05

FINAL OVERALL RESULTS

Men's Individual Walk Event

1 1029 Eider Arevalo: 2:58:09 (1:23:23 47:29 47:17)
2 1052 Lebogang Shange RSA 2:58:12 (1:23:20 47:32 47:20)
3 1065 ISAAC ANTUNIO P LIVGARES MEX 2:59:08 (1:23:54 47:37 47:37)
14 1002 Dane Bird-Smith AUS 3:05:08 (1:25:13 50:36 49:19)
64 1005 Tyler Ross Jones AUS 3:26:01 (1:36:29 54:25 55:07)
69 1004 Kyle Swan AUS 3:31:01(1:43:47 54:49 52:25)
73 1001 Carl Mark Gibbons AUS. 3:35:13 (1:40:57 57:30 56:46)
79 1003 Dylan Alex Richardson AUS. 3:49:32 (1:50:37 58:50 1:00:05)

Teams

1 LATIN POWER

Caio Bonfim/ Andrés Chocho/ Lebogang Shange / Perseus Karlstrom / Eider Arevalo

2 PERRITOS

Evan Dunfee / Wayne Snyman / Quentin Rew / Yerko

3 CHINA-2

BIAN Tongda / CHEN Rui /SUN Song/ YIN Jiaxing / ZHANG Jun

8 BEEF XTREME

Dane Bird-Smith /Christopher Linke/ Callum Wilkinson/ Tom Bosworth

17 TOOHEYS

Carl Gibbons / Dylan Richardson/ Kyle Swan/ Tyler Jones

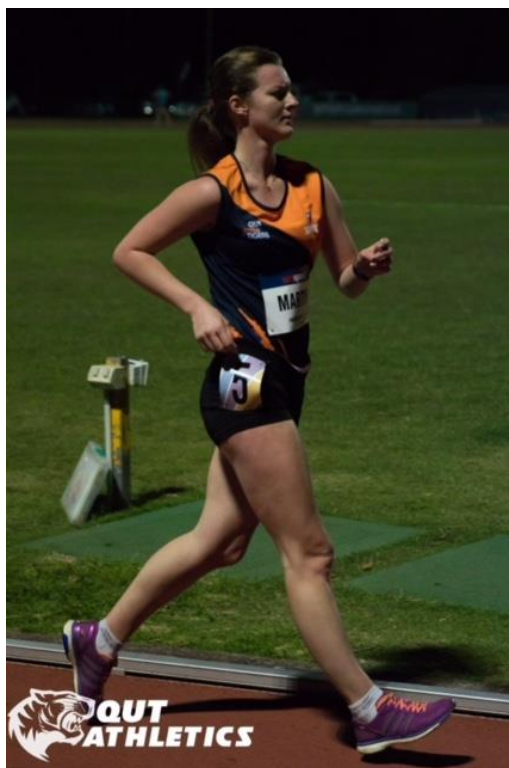
Unisport Nationals Gold Coast

Women 5,000 Meter Race Walk

1 Montag, Jemima Melbourne Uni 23:47.27
2 Huse, Philippa Monash University 25:06.43
3 Martin, Katya Qld UniTech 27:16.35
4 O'Neill, Molly Uni Newcastle 28:53.46
5 Feain, Madeleine Monash University 30:10.92
-- Ryan, Lydia U Queensland DNF
-- Minett, Rhiannon Aus Catholic U DNF

Men 5,000 Meter Race Walk

1 Washburn, Steven U Tech Sydney 25:43.92
-- Haig, Callum U Sunshine Cst DNF
-- Wood, Jack U Southern Qld DQ



*Katya looking strong on her way to the bronze medal at the Unisport Nationals
Photo by Casey Sims*

Little Athletics Spring Carnival

Bundaberg Region Athletics Facility 22nd September

Girls U9 700m Race Walk

- 1 Zirbel, Mikayla Highfields 5:21.34
- 2 Moller, Makayla Maryborough 9:54.45

Girls U10 1100m Race Walk

- 1 Clarke, Makenna Redlands 6:04.02
- 2 Evans, Sofia Caboolture 9:42.59

Girls U11 1100m Race Walk

- 1 O'Connor, Chelsea Nanango 7:43.28
 - 2 Sharpe, Milly Gladstone 7:45.00
- Elliott, Clara Noosa DQ
--- Nicholson, Sophie Bargara DQ
--- Johnson, Bree-Anna West Bundaberg DQ

Girls U12 1500m Race Walk

- 1 Gee, Tamika Algester 8:51.59
- Thorncroft, Pheobe Bundaberg DQ
--- Morton, Tylor Gin Gin DQ

Girls U13 1500m Race Walk

- 1 Heap, Ashanti Gold Coast 8:04.76
- 2 Zirbel, Cheyenne Highfields 10:47.92
- 3 Hilton, Ebonie Caboolture 11:07.10

Girls U14 1500m Race Walk

1 Millard, Summer Nanango 8:48.59

Girls U14 3000m Race Walk

1 Clarke, Anika Redlands 17:35.02

Boys U9 700m Race Walk

1 Millburn, Lukas Gin Gin 4:55.

Lane, Kooper Bargara 5:24.59

3 Livingstone-Harding, Christopher Bundaberg 5:47.53

4 McDermott, Ethan Bargara 8:15.87

Boys U10 1100m Race Walk

1 Callaghan, Flynn Redlands 6:04.37

2 Blair, Xavier Bundaberg 7:01.45

3 Zirbel, Blake Highfields 8:16.04

4 Tighe, Liam Springwood 8:24.94

Boys U11 1100m Race Walk

1 Lane, Steven Bargara 7:34.92

2 Philo, Lachlan Bargara 7:37.94

3 Epitropakis, Zackary Algester 8:24.94

--- Moller, Jordan Maryborough DQ

Boys U12 1500m Race Walk

1 Callaghan, Myles Redlands 8:34.82

2 Papavasiliou, Isaiah Redlands 10:01.33

Boys U13 1500m Race Walk

--- Tindel-Dimes, Harper Bargara DQ

--- Bannister, Jack Nambour DQ

Boys U14 1500m Race Walk

1 Wyatt, Caden Bargara 12:27.59

--- Gould, Kaine Bundaberg DQ

Boys U15 1500m Race Walk

--- Isherwood, Zayden Bargara DQ

Boys U16 1500m Race Walk

1 Zirbel, Joshua Highfields 9:47.16

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).

The QRWC registration will look like this:

🔴 CURRENT QRWC MEMBERS

The options below are available only to current financial members of the Queensland Race Walking Club (QRWC). Eligibility is verified by the club.

If you are not a current member of QRWC, please contact us to join the club before registering with QA below - qrwc1@optusnet.com.au

Prices include the QA registration fee only, as the Queensland Race Walking Club membership fee has been paid already. QA registration expires on 30 September 2019.

Platinum Membership 2018-2019 **\$220.00**
Full membership option which includes FREE ENTRY into QA competitions and Championships for the whole year.

Traditional Membership 2018-2019 **\$110.00**
Full membership option for athletes who compete regularly. Standard entry fees apply to QA competitions.

Traditional Membership 2018-2019 (Little A's Discount) **\$55.00**
Discount available only to current financial members of Little Athletics born 2004-2007. Eligibility is verified by QA.
Full membership option for athletes who compete regularly. Standard entry fees apply to QA competitions.

Base Membership 2018-2019 **\$10.00**
Basic membership option for casual competitors and for club training.
Restrictions and higher entry fees apply to QA competitions during the summer season. Not eligible to compete in the Australian Athletics Championships.

<input type="checkbox"/> <i>Committee Member 2018-2019</i>	<i>\$0.00</i>
<input type="checkbox"/> <i>Official 2018-2019</i>	<i>\$0.00</i>
<input type="checkbox"/> <i>Volunteer 2018-2019</i>	<i>\$0.00</i>
<input type="checkbox"/> <i>Coach 2018-2019</i>	<i>\$0.00</i>

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

Coming Soon

We are setting up our own portal whereby you will be able to register with QA from the QRWC website

THIS WEEK

Qld Masters Brisbane Competition

State Athletics Facility, Nathan Saturday September 29th

8.00am 3,000 Metres: Run & Walk

Ground Fees for Members \$ 8 to be paid with entry (Visitors extra fee applies). Please register as early as possible, and at least 30 minutes before the scheduled start time.



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 11th as a judge, lap scorer, timekeeper, water station, canteen etc please advise Peter Bennett via email at 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 9th 9.00am 5,000 metres M/W

Saturday November 10th 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>

Our members can now register with QA for the 2018/19 season and not have to worry about being charged again for club membership. All club memberships will continue to be paid at the club .

A reminder that any club volunteer, committee member or coach that is not already registered with QA through another club should register now . It is \$ 0 cost.

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 29th Qld Masters Athletics 3,000 metres SAC 8.00am

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

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

October 19-20th Qld School Sport 10-12 Years Championships Cairns

October 21st Gold Coast Masters 3/5,000 metres Griffith University 8.00am
October 25-28th Queensland School Sport 13-19 Years Championships QSAC Nathan
October 6th Qld Masters Athletics 5,000 metres SAC 8.00am
October 20th Qld Masters Athletics 3,000 metres SAC 8.00am
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 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

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
August 31st 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

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.

qrwregistrar@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/>