

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 64 years in the making.



HEEL & TOE

April 11th 2019

The 2019 Australian Track & Field Championships Gold Rush for Queensland Walkers

AA Report On day five of the Australian Track and Field Championships in Sydney, Australia's form race walker Katie Hayward destroyed another record.

Over the last three months, Brisbane's Katie Hayward has compiled a series of outstanding race times and broken records galore. At the Australian Championships tonight, she smashed her 10,000m track walk national under-20 record by a staggering 69 seconds, clocking 43:20.65 to win the national open title. It erased her 44:29.27 record from January in Canberra which was followed by two sub-1:30 20km walks.

"It's been a big year so far," said Hayward. "The goal here was to beat my own record as there is no better feeling than being better than yourself. "Familiar with her splits she knew was walking fast and kept pushing hard.

"I knew I was on pace for the record, and why not make it harder for the next generation."

In the men's walk, Dane Bird-Smith's (QLD) return to form continued setting a personal best time of 38:30.61 and strengthening his position as the second fastest in Australian history. However, he also remains the second fastest in his family as his dad, Dave, holds the Australian record at 38:20.9.

"Tonight, I was stocked just to be out there," Bird-Smith said. "The last two days I have been having some dramas with my shins, so to get out and walk that well and only have a blowups in the last couple of ks was awesome."



Katie on her way to Gold and a new Australian U20 Record

Wrap up from the Nationals T & F Titles 2019

By Dave Smith

So, **Queensland won 8 races out of 14** with the other states sharing the remainder between them.

This places Qld as the best performed racewalking state in Australia and with the likes of Katie, Dane, Clara, Caitlin and Camryn and a host of younger junior athletes coming through behind them, racewalking is in good hands in Qld for some time to come. Steve Langley had 3 GOLD medals and Robin Wales another GOLD to her credit. Congrats to Steve who is doing amazing things with Katie and his talented squad and Robbo who continues the good work with her young squad ..

Well, the dust has settled. Everyone is back at home. Some have survived, but a few of my girls came down with the flu after venturing into the Sydney weather. Not my favourite city ...

My little squad comprised of 12 athletes, the largest group that I have ever taken to our National Titles and from any perspective, they went extremely well.

We were joined in the week prior with young Miranda (a Rockhampton girl , self-coached up to this point) and a best time of 19mins 40 walked a massive PB of 17.20 with one weeks focused work . She is a glamour to say the least and a very strong State Swimmer .. She did done good.

In the U20 event, Charlotte and Milla walked in their first National titles with Milla kicking in a 4Min PB and Charlotte a 1 min PB .. Talk about diving into the deep end .. V proud of them.

Tamika Gee walked a huge PB of 16.20 odd and followed it up with a 16.01 this last Sunday at QRWC sign on day. Beautiful technique and a great future ahead of this young lady.

Bridie Sullivan, again, surprised the heck out of me. Last yr she finished 4th in a race I didn't think she could and this year she raced a huge PB and WON the Gold medal .. An extraordinary talent .. She made me smile bigtime

Along with her our little Sunshine Coast walker in Mackenzie raced to a PB with Anika, being under a lot of pressure raced the back end of her race very strongly.

Clara and Christina really made a huge impact in the 10k Open Track event finishing 5th and 6th respectively in PB times. This put Clara back to her best missing her PB road time by 2 secs and Christina raced an impressively strong race after being bedridden for almost a week before this race .. Christina has headed of to Greece to join the Greek National Team and Clara is now preparing for her race in La Coruna where she intends to stake her claim to the Australian Team to the World Walking Cup next yr .

Dane walked the best that I have ever seen him with probably the best technique in the world for anyone racing at that pace. A new PB of 38mins 30 secs elevates him to 19th fastest EVER in the WORLD and now only 9.6 secs behind my Australian record. Not if but when ..haha

Caitlin and Camryn were the standouts for me with technically beautiful walking and teammates helping and supporting each other throughout their respective races. With combining the U18 and U17 events it really worked well with both girls winning GOLD in their events .. I absolutely had a smile like a split watermelon at this stage of these races with our little squad winning 4 GOLD out of 14 races ..

With the upcoming OCEANIA Championships and an Australian Open U20 and U 18 team to be picked I am very confident that we will have some of these girls included and wearing the Australian Team singlet as a result. X fingers

I am off to Mexico for a race for Dane and altitude training after that ,so I shall catch up with everyone in June .

Regards to all. Stay Safe, Train Hard and Train Smart
Qld RWC Coach
Dave Smith



Golden Girls – Caitlin & Camryn

Sydney Report – Another Perspective

by Robyn Wales

With three athletes from my squad competing this year at SOPAC last week we were quietly confident of achieving great results.

Sam McCure finished 3rd in 2018 in the Under 14 3000m but when the entry list was published it was exciting to see that Sam was ranked number 1 (albeit by 1 second) going into this year's event! To tell Sam or not to tell Sam...that was the question! Sam kept asking if I'd seen the entry list and then eventually, he saw for himself. My coaching advice then was "Sam that is a piece of paper, you are going into a race"

Sam took off and none of the other boys came near him. With each lap he only got faster and further away displaying great technique and a look of determination that displayed his desire to do his best on the day. Sam does not have good eyesight and struggles to see the yellow paddles hence his willingness to work harder to get it right on the day. We were thrilled to see Sam cross as first boy and 2nd overall in a big pb of 14:46.19. Well done Sam!

Sam was the only Queenslander in this race but hopefully Alex and Myles will take the 3000m plunge soon. Sam's next race will be at ALACs in Hobart at the end of this month where he will take on the seemingly unbeatable Toby Wilks...watch this space!

Lyla Williams was possibly the youngest competitor in Sydney last week as she does not turn 12 until December so this experience was to give her a taste of the "big time". Lyla took off like a rocket in the U14 girls 3000m and without looking back or at her watch

(which she didn't wear) she walked the race of her life to cross the line in 4th place with a big pb of 15:43.19. For most of the race Lyla was first of the 11 year olds but was passed by a fast finishing Sienna Pitcher who snatched the bronze medal. These two girls will race each other many times in the next few years as both go to school in NSW while Lyla races for Qld in AA and LAA events.

Gabriella Hill lives 200kms from Brisbane in Northern NSW and belongs to Gold Coast Victory. She does most of her training alone on a less than perfect grass track and travels to Fingal Head to train with our squad on Sunday afternoons. Gabriella has worked extremely hard to overcome some "technical issues" and she shows a grit and determination that is rarely seen. She is such an intelligent girl and will continue to work hard to perfect her technique.

I had noticed the change in race times several days before Saturday's race and had attempted to have it confirmed by AA. In the end I only told Dave as I didn't want to tell too many in case the program was correct with the original times...so confusing.

Anyway, Gabriella warmed up for the earlier time and looked great. She raced really well even though a couple of minutes off her pb but 3 red cards saw her spend 30 seconds in the "sin bin" meaning she then finished in 5th place in 28:55.90. The U17 5000m race was possibly (on paper) the most competitive of the Junior Championship races and I have no doubt that Gabriella will be back up there with the other girls before long.

This was a great meet for Qld with many pbs and several pushing way above the national average. Every race was thrilling to watch and every athlete gave their best effort in very competitive conditions. Well done to all athletes, coaches and parents!

QUEENSLANDER!!



Coach Robyn & Sam celebrate a golden moment

RESULTS RESULTS RESULTS

Australian Athletics Championships

Sydney Olympic Park Athletics Centre

Men 10,000 Metres Race Walk Open

Meet: M 38:34.23 2017 Dane Bird-Smith, QLD

41:30.00 OCE Oceania Qualifying

1 Bird-Smith, Dane 92 QLD 38:30.61MOCE

2 Cowley, Rhydian 91 VIC 40:44.81 OCE

3 Rew, Quentin 84 NZL 41:02.24 OCE

4 Jones, Tyler 98 NSW 41:39.27

5 Gibbons, Carl 96 NSW 43:16.99

6 Tebbutt, Oscar 01 NSW 44:14.50

7 Kozica, Jason 87 VIC 47:06.44

8 Richardson, Dylan 00 NSW 47:14.74

9 Reid, Benjamin 01 WA 49:00.20

10 Bird, Kyle 96 VIC 54:14.02

-- Mann, Bradley 99 WA DNF

Women 10,000 Metres Race Walk Open

Meet: M 43:48.08 2016 Beki Smith, ACT

46:30.00 OCE Oceania Qualifying

1 Hayward, Katie 00 QLD 43:20.65MOCE

2 Montag, Jemima 98 VIC 43:51.47 OCE

3 Tallent, Rachel 93 VIC 46:10.54 OCE

4 McInnes, Simone 91 VIC 46:11.63 OCE

- 5 Smith, Clara 98 QLD 46:38.88
- 6 Papadopoulos, Christina 96 QLD 47:37.38
- 7 Huse, Philippa 99 VIC 49:37.84
- 8 O'Neill, Molly 00 NSW 52:41.72

Women 5,000 Metres Race Walk U17

- 1 Novinetz, Camryn 03 QLD 24:18.27
- 2 Peart, Alanna 03 VIC 25:14.19
- 3 Blanch, Emma 03 NSW 26:20.59
- 4 Vickers, Larissa 03 QLD 28:30.30
- 5 Hill, Gabriella 03 QLD 28:55.90 >>>
- 6 Ross, Kiera 05 SA 29:03.44
- 7 Ireland, Hannah 03 WA 29:19.22
- 8 Callaway, Madison 03 NSW 30:38.75
- 9 Thomson, Jada 04 NSW 30:39.41
- 10 Louey, Grace 03 VIC 31:01.45
- 11 Martin, Brooke 03 NSW 32:42.84
- 12 Dingli, Alannah 03 VIC 34:15.59

Women 5,000 Metres Race Walk U18

- 1 Hannigan, Caitlin 02 QLD 24:18.92
- 2 Sandery, Olivia 03 SA 25:18.61
- 3 Bolton, Hannah 03 NSW 25:28.68
- 4 Hay, Charlotte 03 VIC 26:17.20
- 5 Manning, Hannah 02 ACT 26:41.11
- 6 Bell, Bridget 02 NSW 27:29.96
- 7 Cocking, Holly 02 VIC 27:51.81 (0:30 IAAF 230.7c)
- 8 Brennan, Elise 02 NSW 28:49.24
- 9 Powierski, Rebekah 02 VIC 29:13.33
- 10 Parker, Hannah 02 NSW 29:38.07
- 11 O'Mahony, Kathleen 02 VIC 29:50.98
- 12 Robertson, Brittany 02 NSW 30:37.79

Men 5,000 Metres Race Walk U17

- 1 Du Toit, Daniel 03 NZL 23:14.86
- 2 Robertson, William 03 TAS 23:39.30
- 3 Mandic, Nikola 03 VIC 23:55.60
- 4 Beveridge, Heath 03 VIC 25:00.06
- 5 Kemp, Joel 03 NSW 25:36.01
- 6 Hay, Angus 03 VIC 29:33.38

Men 5,000 Metres Race Walk U18

- 1 Young, Gwyllym 02 ACT 21:51.69
- 2 McCutcheon, Nelson 02 QLD 21:54.19
- 3 Dickson, Corey 02 VIC 22:03.13
- 4 McGinniskin, Jack 02 NSW 22:37.87 (0:30 IAAF 230.7c)
- 5 Blaskett, Hayden 02 NSW 26:21.05

QRWC Sign-on Day

7th April, 2019

Kalinga Park

5km

Men: (1) Peter Bennett 28.05 (2) Argenis Guevara 28.18 (3) Patrick Sela 40.25.

Women: (1) Brenda Gannon 28.35 (2) Charlotte Hamann 32.16 (3) Elliot Bow 33.46 (4) Noela McKinven 42.32.

3km

Men: (1) Kai Norton 17.16.

Women: (1) Tamika Gee 16.01 (2) Lyla Williams 16.57 (3) Amber Norton 17.50 (4) Korey Brady 18.41 (5) Sophie Porter 18.49 (6) Jasmine McRoberts 19.44 (7) Torryn Fisher 20.40 (8) Phoebe Chadwick 21.52.

2km

Men: (1) Sam McCure 10.26 (2) Alex Bradley 12.05.

Women: (1) Anika Clarke 10.24 (2) Makenna Clarke 11.58 (3) Alejandra Hannouf 12.00 (4) Lily Goulding 12.29 (5) Caterina Davey 13.25 (6) Anna Tudor 13.42 (7) Charlotte Brady 14.26 (8) Zoe Davey 14.28 (9) Gabriela Hannouf 14.29.

1km

Men: (1) Ethan Gratton 6.57 (2) Blake Gee 7.37.

Women: (1) Siaan Fisher 6.04 (2) Imogen Miller 6.47 (3) Isabella Gee 6.56

12 Months Ago

2018 Commonwealth Games 20km Walk

MEN'S 20KM

1. Dane BIRD-SMITH AUS 1:19:34 GAMES RECORD

2. Tom BOSWORTH ENG 1:19:38 NR

3. Samuel Ileri GATHIMBA KEN 1:19:51

4. Benjamin THORNE CAN 1:20:49

5. Quentin REW NZL 1:21:47

6. Manish SINGH IND 1:22:22

7. Callum WILKINSON ENG 1:22:35

8. Evan DUNFEE CAN 1:23:26

9. Lebogang SHANGE RSA 1:23:27

10. Michael HOSKING AUS 1:25:35

11. Rhydian COWLEY AUS 1:26:12

12. Simon WACHIRA KEN 1:26:33

13. Irfan KOLOTHUM THODI IND 1:27:34

14. Wayne SNYMAN RSA 1:28:09

15. Jerome CAPRICE MRI 1:33:12

WOMENS 20KM

1. Jemima MONTAG AUS 1:32:50

2. Alana BARBER NZL 1:34:18

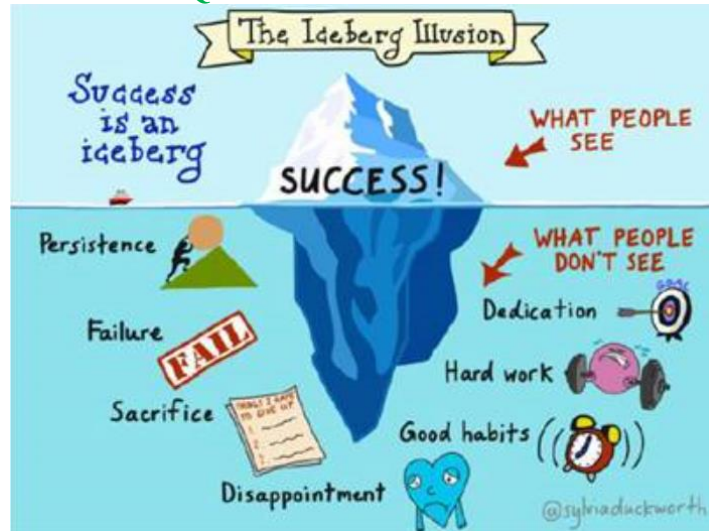
3. Bethan DAVIES WAL 1:36:08

4. Khushbir KAUR IND 1:39:21

5. Gemma BRIDGE ENG 1:39:31

6. Beki SMITH AUS 1:40:41

- 7. Heather LEWIS WAL 1:41:45
 - 8. Grace Wanjiru NJUE KEN 1:42:23
 - 9. Erika KELLY IOM 1:47:29
 - 10. Fadekemi Florence OLUDE NGR 1:49:31
 - 11. Linda WAWERU KEN 1:53:41
- Soumya BABY IND DQ
 Claire TALLENT AUS DQ



**Uni Sport Nationals
 April 14th Sydney**



Charlotte Hamann will be on the start line in the 5,000 metre walk this Sunday at the Uni Sport Nationals in Sydney. All the best Charlotte.

Women 5,000 Metre Race Walk Open

Sunday 12:15 pm

- 1 Sophie Hamann 18 Queensland University of Techn
- 2 Philippa Huse 20 Monash University
- 3 Molly O'Neill 19 The University of Newcastle
- 4 Elaine Wang 19 The University of Sydney

<https://www.unisport.com.au/athletics-div1>

**QRWC Winter Road Walk Season / AGM
 Sunday April 7th**

Great to see a number of new faces at the club Sign on Day at Kalinga Park on Sunday is morning. We would like to extend a warm welcome to all the new families that have joined the club. Many of our members were away having competed in the highly successful racewalking Qld contingent at the National titles in Sydney but we still had an excellent turn out. .

Congratulations to Shane Pearson who was re-elected as club President and to all the other members who have taken on positions within the club. We value your commitment to the club. The club would like to extend our thanks to Andrew Wearne who has served as the club Registrar for the last couple of seasons. Andrew stood down from the position this season but we hope to see him back at the club at some stage in the future. Thank you to Tara Norton who has stepping in to take on the role. A very big congratulations to Iggy Jimenez who was made a Life Members at the meeting.

We would like to encourage members to consider taking on the following any vacant roles within the club especially of Canteen Convenor/s . There will be a Committee Meeting after the race on Sunday if any member would like to learn how can help out

Iggy has since said that he was surprised at receiving this honour because he felt he had not done much!! Not only a great athlete, Iggy is also very modest. Please read the following statement that was read out at the AGM on Sunday and make up your own mind.

Ignacio Jiménez QRWC Life Member

On this day 30 years ago, in 1989, a young man with broken English came to the club and asked if could do some race walking. Not long arrived in Australia he had competed in some interclub cross country meets and soon after he saw a couple of the runners doing race walk training around the streets where he was living and enquired if he could join in. This led to Iggy Jimenez becoming a member of Mayne Harriers Athletics Club and from there to our club. Today, I would like to acknowledge the 30 years that Iggy has been a continuous member and a competing athlete of the QRWC.

His early races were characterized by frustration at not being able to match it with the established walkers and this desire to go faster led to a number of disqualifications. Iggy came to Australia as an accomplished middle-distance runner and the Chilean National U20 record holder for the half marathon. He soon found success at race walking due to persistence and a hard work ethic. Over the 30 years, Iggy has competed regularly at club, State & National level, at Federation events (he is only Queenslander to win an individual medal in the LBG 20 miles) and was a member of the first and only Queensland team to win the teams trophy for the LBG 20 miles. Nationally, Iggy won teams medals for Queensland for the 20,30 & 50km championships. Iggy was a member of the club team that broke the World Record 24-hour walking relay team back in 1994.

Without any doubt, Iggy has won more open Queensland Athletics State championships and medals on track and the road than any other race walker and possibly and any other athlete. For the last 20 years Iggy has competed successfully at Masters level in club, State and National competitions and continues to be a prolific record breaker in his age groups. He has been a regular competitor at the bi-annual Pan Pacific Masters Games.

Ever since Iggy joined the club, he has always endeavoured to give something back. I have tried to outline the various ways Iggy has contributed to the club and the sport but they are just too numerous and I am sure I have overlooked some as there is barely an aspect of the club or the sport that Iggy has not touched but here goes;

From the very beginning up until the present Iggy has helped at our club organised race walk meets with the setting up and packing up of equipment and marking out the course.

He is a long serving and active Management Committee member and was club Treasurer for a couple of years. He was the club Web Master for many years. Being self-taught, he designed, built and maintained one of the early club websites and he set up and administered the clubs first FaceBook page. Through the club email address Iggy has been the first point of contact with the club for potential members for many years.

For the last two decades Iggy has acted as the club printer. He has designed, done the artwork, bought the paper and printed numerous club commemorative certificates, business cards, flyers & logos all at cost to the club or at his own expense. This work has been invaluable in establishing the club identity and for the promotion of our activities. You can see Iggy's work everywhere from the logo on club shirts, the website and the club yellow marquee logo.

He has been the club equipment Officer and has given up countless hours of his own time to research, measure out, set up and road test courses or potential road walk courses.

Iggy has been a fully trained club First Aid officer for many years and has also provided services as a qualified Sports Trainer. He has been a club Selector, the Club Photographer and in recent years has been our Canteen Convenor along with his wife Gladys. This has raised valuable funds for the club that have been channelled back to the athletes travelling to National competitions.

Over the last three years Iggy and Gladys have opened up their house and entertainment facilities to host the club bbq and trophy day. Iggy and Gladys have done a large part of the preparation, cooking and clean up for these days that we all appreciate so much.

At a Federation level Iggy has been a regular competitor and at various times club delegate or observer at Race Walking Australia AGM's. He has acted as team driver at times on trips to Canberra taking athletes to and from the airport and to the race venue. At these carnivals he has been a fine mentor to junior members of the team. He has received the RWA Merit Award as recognition of 15 years of contribution to the Association.

Iggy was the inaugural awardee of the club Andrew Ludwig True Sport Award for outstanding service and sportsmanship within the club. And he has received the AA / QA 10-year Service Award pin.

Last year, at the 20km road walks at the Commonwealth Games at Currumbin Iggy did a fine job as organiser and manager of the club Activation Tent where we showed race walking to the world.

As we all know Iggy encourages and supports other athletes and new members and makes both new and existing members feel welcome and part of the club. He has always been keen to pass on his knowledge and experience. He has reputation for his cheeky and quick wit and for being highly competitive once a race starts. It is only when you start to put all of Iggy's contributions down on paper do you realise the full extent of what has given to this club and help mould it into the great little success story we are today.

I have no hesitation in nominating Ignacio as a Life Member of the Queensland Race Walking Club.

Nominated by Peter Bennett Vice President / Seconded: Noela McKinven Secretary



Iggy has some other lesser known talents as well!

THIS WEEK

Queensland Masters Championships

Saturday April 13th SAC

8.00am 5,000 metres Walk

Competitors **MUST** sign on at least 30 minutes before the scheduled start time

There is no Call Room – competitors should go to the start lines

QMA Numbers **MUST** be worn front and back by all athletes

Competitors in the 5000 m run and walk events are requested to bring a lap scorer if possible.

QRWC Handicap Meet Beenleigh

Sunday April 14th

Age Races & Handicap #1

Logan River Parklands, Beenleigh

8.00am A Grade 10km (Open/U20)

B Grade 5km (U16/U18/U20)

C Grade 3km (U14/U16)

D Grade 2km (U12/U14)

E Grade.5km (U10/U12)

F Grade 1km (U6/U8/U10)

- Ages groups are suggestions only. Please talk to your coach if you are unsure about what Age Group you should be in.
- With a single start on Sunday we will need lots of assistance with Lapscoreing and timekeeping. Please put your hand up if you can help out.

How to get to the Logan River Parklands

Coming from Brisbane

Exit 34 from the Pacific Motorway at the Beenleigh North - City Road Exit at Eagleby. Continue around the roundabout and take the 5th exit into Blackbird Street. This is the last exit off the roundabout before the northbound entrance back onto the Pacific Motorway. Continue along Blackbird Street for about a kilometre and turn left into the Logan River Parklands (just before where the Street bears right under the bridge.)

Coming from the South

Exit 34 from the Pacific Motorway at the Beenleigh North - City Road Exit. Do not turn left into City Road but stay on the roundabout before turning off into Blackbird Street.

We set up in a picnic pergola just past the amenities block. There is ample parking.

NOTE TO BRISBANE RESIDENTS

There are many road closures in inner Brisbane early on this Sunday morning due to the Tour De Brisbane cycle event

Check out the website to see which roads will be closed any make allowance for your travel time to Beenleigh : <https://www.tourdebrisbane.org/roads>

Some of the major roads that will be closed

Hale Street and Inner City Bypass road closures will be in operation between 6.10am and 10.30am on Sunday 14 April 2019. Legacy Way will also be closed during this time.

No access to Inner City Bypass or Hale Street from Milton Road, Caxton Street, Musgrave Road, Kelvin Grove Road, Victoria Park Road or Bowen Bridge Road.

All westbound traffic from Kingsford Smith Drive, Airport Link or Sandgate Road will be diverted via CLEM7 tunnel (free of charge northbound between 6am and 9:30am, and southbound between 6am and 10:30am).

An alternative route for westbound traffic from Kingsford Smith Drive to Milton Road is via Breakfast Creek Road, Ann Street, Roma Street and Upper Roma Street.

Kangaroo Point and Story Bridge road closures will be in operation between 6.00am and 8.30am on Sunday 14 April 2019.

Pedestrian and cyclist access via footpaths will be maintained during the road closures. All general traffic on Merivale Street will be diverted onto Glenelg Street and Gladstone Road.

Westbound traffic is permitted to travel on Vulture Street between Stanley Street and Gladstone Road.

Brisbane CBD road closures will be in operation between 6.00am and 8.45am on Sunday 14 April 2019.

Pedestrian and cyclist access via footpaths will be maintained during the road closures. Access to the Riverside Expressway will be available via ramps at:

- Alice Street (northbound and southbound directions)
- Ann Street (southbound direction only)
- North Quay (southbound direction only)

All northbound traffic on the Riverside Expressway will be diverted to the Turbot Street off-ramp.

On and off ramps between the Riverside Expressway and Margaret Street and Elizabeth Street will be closed.

Coronation Drive road closures will be in operation between 6.10am and 8.45am on Sunday 14 April 2019.

Pedestrian and cyclist access via footpaths will be maintained during the road closures. All traffic between the city and Toowong will be diverted via Milton Road, Croydon Street and Jephson Street.

Handicap Points - What does it all mean?

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

Starting points are awarded for starting the event.

Completed points are awarded for finishing the race distance.

The **Best Season Performance**. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or

Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points.

To maximise your points for the season it is recommended that an athlete stays in the same grade for the season.

Australian Road Walk Championships Adelaide September 8th

At long last Athletics Australia has announced that the 2019 Australian Road Walk Championships will be held in Adelaide on Sunday September 8th. This decision finally gives athletes and their families a chance to plan their flights and accommodation.

AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS Melbourne 2019



Final Walk Schedule -

Friday April 26th

8.00am 1,500m WALK W75+ M70+

8.15am 1,500m WALK W60 - W70, M55 - M65

8.30am 1,500m WALK W30 - W55, M30 - M50

Saturday April 27th

10.30am 10km AMA Championship M30+Men & Women

11.30am 10km AMA Championship M60+ Men & Women

Sunday April 28th No Competition

Monday April 29th

1.15pm 5,000m Walk W70+, M75+

2.35pm 5,000m Walk W30 - W50, M30 - M55

3.15pm 5,000m Walk W55 - W65, M60 - M70

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 9th



ENTRIES NOW OPEN

Entries must be made on line using the service will be provided by Trybooking

<https://www.trybooking.com/book/event?eid=477790&>

The LBG Walking carnival is an annual interstate / international walking carnival held on the long weekend June which was first held in 1967. It attracts walkers of all ages in a variety of distances and caters for both Race Walkers & Fitness Walkers.

LOCATION: Stromlo Forest Park CANBERRA
Opperman Avenue / Dave McInnes Road, Wright, ACT 2611

ACT Walkers have reintroduced a cap of \$60 for persons who enter 3 or more events and have also introduced a cap for families of \$150. **There will however be an additional 50 cents per event payable to Trybooking by the entrant.** Also as is often the case with systems which are not designed for specific scenarios, while achieving a better outcome than last year, there are still some limitations namely;

If a person enters more than 3 events they will be charged an additional \$5 (plus the 50 cents booking fee).

While we have a family cap of \$150 **each individual entrant must be entered separately** and will be charged in accordance with the normal fee structure.

Please read before lodging your entry

In these instances the individual or family should immediately contact Robin Whyte by email at robinwhyte42@bigpond.com seeking reimbursement of any overcharge.

Important : Take great care when entering their details and events because some checks made by the old paper system are not available. Again, any queries should be directed by email to Robin Whyte at robinwhyte42@bigpond.com.

ENTRY FEES

RACE WALKING AUSTRALIA EVENTS - \$35.00 for first event, \$20.00 for second event (including an Athletics ACT Championship), or \$60.00 if entering three or more events. *A family cap of \$150 will also apply. Fitness Walk & Open 10k fee is \$20.00.*

2019 Programme

- | | | |
|--------------------------|--------|-----------------------------|
| 1. Open 30 kilometres | 8.00am | |
| 2. Fitness 30 kilometres | 8.00am | Non Hcp/Judged contact only |

3. AACT W&M 30 kilometres Chp	8.00am	Non-Handicap event
4. Open Womens 15 kilometres	8.00am	Includes RWA Masters 15k
5. Open Mens 15 kilometres	8.00am	Includes RWA Masters 15k
6. Fitness 15 kilometres	8.00am	Non Hcp/Judged contact only
7. Fitness 8 kilometres	9.00am	Non Hcp/Judged contact only
8. Mens U20 10 kilometres	10.30am	
9. AACT Mens U20 10 kilometre Chp	10.30am	Non Handicap Event
10. Open (over 19 years) 10 kilometres	10.30am	Non Handicap Event
11. Womens U20 10 kilometres	10.30am	
12. Boys U10 1 kilometre	11.40am	
13. Girls U10 1 kilometre	11.40am	
14. Boys U12 2 kilometres	11.50am	
15. Girls U12 2 kilometres	12.10pm	
16. Boys U14 2 kilometres	12.30pm	
17. Girls U14 2 kilometres	12.50pm	
18. Boys U16 3 kilometres	1.10pm	
19. Girls U16 3 kilometres	1.35pm	
20. Boys U18 5 kilometres	2.00pm	
21. Girls U18 5 kilometres	2.00pm	
22. Womens 5 kilometres	2.40pm	

Entries close 5 pm Wednesday May 22nd

Uniform. All Racewalking Australia event competitors **MUST wear the uniform of their Club**, as registered with RACEWALKING AUSTRALIA. Failure to do so may result in disqualification. Competitors not competing in a Racewalking Australia event are also encouraged to wear their Walking Club uniform.

Presentation of Awards will be at the Ainslie Football Club, 52 Wakefield Avenue, Ainslie commencing at **7.30 pm**.

Meals are available at the Ainslie Football Club 52 Wakefield Avenue, Ainslie from 6.00 pm. BOOKINGS ARE RECOMMENDED. Refer to this web site www.ainsliigroup.com.au .

PLEASE NOTE: (1) Any competitor is eligible to win the perpetual trophy for winning an event. (2) Gold, Silver & Bronze medallions will be presented to the first three Australians in all Racewalking Australia events, regardless of actual placing. (3) **WINNERS OF OUTRIGHT INDIVIDUAL AWARDS CANNOT WIN A HANDICAP TROPHY.**

2019 Oceania Regional Championships

Event Date: 25-28th June 2019
Location: Townsville Sports Reserve

The **2019 Oceania Area Championships** will be held in Townsville, Australia from 25-28 June 2019. The Oceania Area Championships will include U18, U20 and Open age groups.

Standards

	AA Team	Regional AA Team
Open Men 10km	41:30.0	56:00
Open Women 10km	46:30.0	62:00
Under 20 Men 10km	42:48.0	59:30
Under 20 Women 10km	46:30.0	54:00
Under 18 Men 5km	21:25.0	30:30
Under 18 Women 5km	23:29.0	35:00

To find out on eligibility and selection policy more go to AA Team

<http://www.athletics.com.au/High-Performance/Able-Bodied/Team-Information/Oceania-Area-Championships>

Regional Team

<http://www.athleticsnorthqld.org.au/2019rat>

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



Entries Now Open

<http://australianmastersgames.com>

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

2019

April 13th Queensland Masters Championships SAC 5,000 metres 8.00am

April 14th QRWC Handicap meet Logan River Parklands Beenleigh 8.00am

April 21st Easter Sunday

April 26-29th Australian Masters Athletics Championships Melbourne Lakeside Stadium

April 28th QRWC Handicap meet 8.00am Kalinga Park 8.00am

Looking further ahead

May 5th QRWC Handicap meet TBA

May 12th Mother's Day No Club Competition

May 19th QRWC Handicap meet TBA

May 25th Great Barrier Reef Masters Games

May 26th QRWC Handicap meet Morningside 7.30am

June 2nd Gold Coast Road Walk Championships Mudgeeraba 8.00am

June 9th LBG Federation Carnival Mt Stromlo Canberra

June 16th QRWC Handicap meet TBA

June 23rd QRWC Handicap meet TBA

June 25-28th Oceania Area Championships Townsville

June 30th QRWC Handicap meet TBA

July 3-14th 30th Summer Universiade, Naples Italy

July 7th Gold Coast Marathon. No club competition

July 14th RWA Postal Challenge Beenleigh

July 21st QRWC Track Walk Championships UQ St Lucia 8.00am

July 27th **Saturday** QA Open & Age Road Walk Championships Ipswich **TBC**

August 4th QRWC Handicap meet TBA

August 11th QRWC Handicap meet TBA

August 11th Australian Masters 20km road championships Adelaide

August 18th QRWC Road Walk Championships **TBC**

August 25th QRWC Track Walks UQ St Lucia 8.00am **TBC**

September 1st Father's Day

September 1st Oceania Masters Games Mackay 10km road walk

September 8th Australian Road Walk Championships, Adelaide, SA

September 15th Relay/Trophy/BBQ day

Sept 28th - Oct 6th IAAF World Championships Doha, Qatar

Racewalking Queensland

(Trading as the Queensland Race Walking Club Inc. ABN 59065512712)

Racewalking Queensland Management Committee 2019/20

President: S. Pearson

Secretary: N. McKinven

Vice President: P Bennett

Treasurer: R Hamann

Committee: C Goulding, I. Jimenez, S. Langley, T. Norton, R. Wales, J. Westlin.

Patrons: Patrick & Maxine Sela

Handicapper/Results: N. McKinven

Social Media/Publicity: C Goulding

Director of Coaching: D. Smith

Trophy Officer: N. McKinven

Newsletter Editor: P. Bennett

Full List to follow when all positions have been finalised .

Annual subscriptions due April 1st 2019

2019/20 Registration Fees

Family \$40

Students & Officials \$15

Others \$25

Note: 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 (for entry to all QRWC events for the season including track and road championships. Does not cover QA, AA or RWA championship and other events organised by those organisations). Recommend if you intend doing all the races during the season and it saves the hassle of trying to find coins to pay your race fees each Sunday.

QRWC Website: www.qrwc.com.au

BlueCard: The club recommends that all volunteers and athletes over 18 apply for a Queensland Government BlueCard. Please read the requirements on who needs a card at the following website. <https://www.bluecard.qld.gov.au/volunteers/howdoiapply.html>
An application form can be printed off from this site.

Queensland Athletics Registration 2018/19

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**

Contact emails:

grwc1@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.

grwcregistrat@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/>