

Queensland Race Walking Club Inc.

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



HEEL & TOE

April 18th 2019

Caitlin Hannigan named in U18 team for the 2019 Oceania Regional Championships



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.

The following athletes and their personal coaches have been selected in the Oceania Area Championships U18/U20 Team:

U18 MEN

5km Walk: Gwyllym Young, ACT (Garry Hosking), Corey Dickson, VIC (Fran Attard), William Robertson, TAS (Rosemary Coleman)

U18 WOMEN

5km Walk: **Caitlin Hannigan, QLD (David Smith)**, Charlotte Hay, VIC (Mark Blackwood), Olivia Sandery, SA (Bob Cruise)

U20 MEN

10km Walk: Tristan Camilleri, SA (Bob Cruise)

U20 WOMEN

10km Walk: Alice Randall, TAS (Rosemary Coleman), Anna Blackwell, TAS (Rosemary Coleman)

Congratulations to Caitlin on being selected to represent Australia at these Championships. The senior team which will include **Dane & Katie** will be announced in the coming days.

RESULTS RESULTS RESULTS

Old Masters State Championships

5,000 Metre Race Walk

Gannon, Brenda W44 27:45.71 (26:43.25 74.04%)
Jimenez Solis, Ignacio M54 23:43.66 (20:46.99 86.42%)
Bennett, Peter M63 27:38.92 (22:08.14 81.14%)
Hancock, Elizabeth W66 43:17.32 (32:35.27 60.71%)
McKinven, Noela W76 41:52.63 (27:08.69 72.88%)

Age Graded Times & Percentages in Brackets

QRWC Handicap # 1 Sunday April 14th Logan River Parklands

Thank you to everyone who volunteered to help out at our road walk meet at Beenleigh on Sunday. Without your valuable help our races cannot take place. Great turnout of athletes and some fast times in beautiful sunny conditions. Great walking especially by Ashanti and Sam.

A Grade 10km

Men: (1) Ignacio Jimenez 51.18 (2) Peter Bennett 58.40.
Women: (1) Nyle Sunderland 1.01.27 (2) Noela McKinven 1.24.46

B Grade 5km

Men: (1) Patrick Sela 40.24.
Women: (1) Caitlin Hannigan 26.40 (2) Jasmine McRoberts 33.47.

C Grade 3km

Men: (1) Kai Norton 16.29 (2) Lachlan McCure 17.08 (3) Myles Callaghan 17.18.
Women: (1) Tamika Gee 16.05 (2) Lyla Williams 16.48 (3) Amber Norton 17.31 (4) Summer Millard 18.18 (5) Korey Brady 18.54 (6) Torryn Fisher 19.18 (7) Mia Bergh 19.53 (8) Jade Pearson 19.58 (9) Lily Goulding 24.15.

D Grade 2km

Men: (1) Sam McCure 9.43 (2) Flynn Callaghan 11.59
Women: (1) Ashanti Heap 9.38 (2) Anika Clarke 10.35 (3) Alejandra Hannouf 11.57.

E Grade 2km

Women: (1) Makenna Clarke 11.59 (2) Aliesha Heap 13.54 (3) Siaan Fisher 14.00 (4) Milly Sharpe 14.24 (5) Charlotte Brady 14.45.

F Grade 1km

Men: (1) Blake Gee 8.21.
Women: (1) Isabella Gee 6.42.

We need your help... Fund Raising Club Canteen & Raffles

As well as lapscorers, timekeepers and judges we are on the lookout for some club members to take charge or to help out with a race morning canteen and with weekly raffles.

The club has all the equipment needed; generator, gas portable bbq, tables, urn, coffee machine frying pans and all utensils. We don't need anything elaborate (we have been spoiled in recent years with our canteen menu thanks to some wonderful volunteers) just some volunteers (it can be on a roster basis if you would just like to put your hand up for a specific week) to run a sausage sizzle and to have tea & coffee available as a basic service . We all get up early so a coffee and a bite to eat is always appreciated.

All profit from the race day canteen goes into a fund for a travel subsidy for walkers going to the National Winter Road Walk championships.

Weekly Raffles have been a feature of our race day meets for many years and we would like to kick them off again this season. Like the canteen, profits go towards the travel subsidy for our athletes. If you are able to donate a raffle prize (meat tray, fruit basket, bottle of wine etc) please let us know as well as the race meet you would be able to donate the prize.

We are keen to hear from you if you can assist with the canteen or the raffle at our next meet on Sunday April 28th at Kalinga Park or the following Sunday May 5th at Mudgeeraba.

*Ask not what your club can do for you ...
but what you can do for your club.*

UniSport Australia Athletics Championships

Congratulations to Charlotte Hamann who won the bronze medal in the 5,000 metre walk at the UniSport Australia Athletics Championships in Sydney on Sunday.

What QUT University said about the walk by Sophie:

"In the Women's 5000m walk we had Sophie Hamann compete. Sophie became good friends with the track, which is only natural, considering how much time she spent "connecting" with it. Sophie walked a time of 30.20.18 to win the bronze medal. Several onlookers were clapping so hard in response to this performance, that they now have hand calluses that may never be healed. It's all worth it though right? Good on you Sophie."



THIS WEEK

No club race walking this weekend with the Easter break upon us. Internationally, the next IAAF Challenge Event is being held in Lazaro Cardenas, Mexico. The meet is expecting about 170 walkers representing 18 countries including our own Dane Bird-Smith in the 20km.

Volunteer Grant.

The club has been successful in securing Federal Government funding under the Volunteer Grants scheme. This grant is to support our wonderful volunteers with training and equipment. If any club members are interested in doing a First Aid course or a Level 1 or Level 2 Athletics Coaching course etc we would like to hear from you.

Club Meets coming up ...

April 28th QRWC Handicap Meet # 2 Kalinga Park

8.00am

- A Grade 10km (Open/U20)
- B Grade 5km (U16/U18/U20)
- C Grade 3km (U14/U16)
- D Grade 2km (U12/14)
- E Grade 1.5km (U12/14)
- F Grade 1km (U8/U10)

May 5th QRWC Handicap Meet # 3 Mudgeeraba

8.00am

- A Grade 10km
- B Grade 5km
- C Grade 3km
- D Grade 2km
- E Grade 2km
- F Grade 1km

May 19th QRWC Handicap Meet # 4 Beenleigh

8.00am

- A Grade 10km (Open/U20)
- B Grade 5km (U16/U18/U20)
- C Grade 3km (U14/U16)
- D Grade 2km (U12/14)
- E Grade 1.5km (U12/14)
- F Grade 1km (U8/U10)

May 26th QRWC Handicap Meet # 5 Morningside

Riverside Place (off Lytton Road)

7.30am A Grade M 15km (Open)

- A Grade W 10km (Open)
- B Grade 8km (Open/U20)
- 8.00am** C Grade 5km (U18/U16/U14)
- D Grade 3km (U14/U16)
- E Grade 2km (U12/U14)
- F Grade 1km (U8/U10)

June 3rd GC Road Walk Championships Mudgeeraba

8.00am

- GCC Open M/W 10km
- Invitation M/W 5km Non-Championship
- GCC U20 M/W 5km
- GCC U18 M/W 5km
- GCC U16 M/W 3km
- GCC U14 M/W 2km
- GCC U12 M/W 2km
- GCC U10 M/W 1km
- GCC U8 M/W.5km

Season Handicap Points

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.

Australian Road Walk Championships Adelaide September 8th

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 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 MASTERS CHAMPIONSHIPS MACKAY



Event registration is now open and closes July 21st

<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

OMA Registration Fee AU\$40.00 / Administration Fee AU\$50.00
Total Registration Fee AU\$90.00
Entry Fee per Event AU\$10.00

Track events will be held on the new Mackay Aquatic, Sport & Recreational Centre at CQUniversity, Ooralea located 7km from the Mackay CBD. There is public transport from the town centre to the Uni every hour.

The 10km road walk will be conducted on a circuit on the harbour breakwater road approx. 6km from the town centre.

10KM ROAD RACE WALK



The Harbour Breakwater is a flat course with spectacular scenery.

The course would be a 500m loop and the turns would be on the road side to give the required 7.5m.



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 21st Easter Sunday

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

April 28th QRWC Handicap # 2 meet 8.00am Kalinga Park 8.00am

April 29-30th Australian Little Athletics Championships Hobart

May 5th QRWC Handicap # 3 meet Mudgeeraba 8.00am

May 12th Mother's Day No Club Competition

May 19th QRWC Handicap # 4 meet Beenleigh 8.00am

May 25th Great Barrier Reef Masters Games

May 26th QRWC Handicap meet Morningside # 5 7.30am

June 2nd Gold Coast Road Walk Championships Mudgeeraba 8.00am

June 9th LBG Federation Carnival Mt Stromlo Canberra

Looking further ahead

June 16th QRWC Handicap # 6 meet TBA

June 23rd QRWC Handicap # 7 meet TBA

June 25-28th Oceania Area Championships Townsville

June 30th QRWC Handicap # 8 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 Walks UQ St Lucia 8.00am

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

August 4th QRWC Handicap # 9 meet TBA

August 11th QRWC Handicap # 10 meet TBA

August 11th Australian Masters 20km road championships Adelaide

August 18th QRWC Road Walk Championships Beenleigh

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 Kalinga Park

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, S McCure, 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

If you have not already done so could you please ensure you are financial for 2019/20. This applies to both athletes, volunteers and Committee members. Athletes will not be eligible for handicap points, trophies or awards if they are not financial. All volunteers & officials are strongly advised to register with QA (see details below). It is \$ 0 to register if you are a QRWC member and it ensures you are covered by insurance.

Our goal for 2019 is 100 registered members .

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). Recommended 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:

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.

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/>