

Queensland Race Walking Club Inc.

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



HEEL & TOE

August 15th 2019

2019 QRWC Club Championships **Sunday August 18th Logan River Parklands**

The 2019 road walk season is drawing to a close and for the next two weeks it is club Championship time. This Sunday we have the club road walk championships at the Logan River Parklands which provides athletes with the opportunity to do a fast time and to give the club records a shake. Next week we are at UQ St Lucia for the club track championships. All medals and trophies from these championships will be presented on September 15th at our Relay/BBQ/Trophy Day.

If you have not already done so could you please send in your nomination for Sunday to qrwc1955@icloud.com (Name, race number, age, race distance) by midday Saturday. If you are not able to confirm that you will be able to be at Beenleigh on Sunday there is still the opportunity to nominate on the day.

Programme

8.00am Open & Masters 10km
 Under 20 M & W 8km
 Under 18 M & W 6km
8.30am Under 10 M & W 0.75km
 Under 12 M & W 1.5km
 Under 14 M & W 2km
 Under 16 M & W 4km

Perpetual Trophies

The following perpetual trophies are still to returned. If you could bring them along to Beenleigh on Sunday or no later than at St Lucia the following week that would be great.

Charlotte Brady U10 Girls Harrison trophy
Jayda Anderson U14 Girls Ch/ship
Nelson McCutcheon U16 Boys 5km
Katie Hayward U18 Girls 5km

- Age is taken as Age on the Day. Athletes eligible for awards in their own age group event only.
- Trophies will be awarded to the first three placings of registered club members in each age group (male & female) and medals in the Masters age group.
- For Masters Athletes please note that the first three finishers of registered club members in Open races will be the Open place getters and the next three Masters Age competitors to finish after that will be eligible for Masters Medals.
- **Club Championship Entry Fee \$8 (Season Pass holders no charge)**



On Sunday there will be a Sausage Sizzle in operation and cold drinks will be on sale. Please support this fund raiser.

QRWC Club Championship Records

Men's Open 10 km Rhyddian Cowley 2012 40:38.00
Under 20 Men 8 km Dane Bird-Smith 2009 34.59.00
Under 18 Men 6 km Dane Bird-Smith 2009 26.16.00
Under 16 Men 4 km Jesse Osborne 2010 18:30.00
Under 14 Boys 2 km Ben Tesch 2009 9:22.00
Under 12 Boys 1.5 km Ryan Pollock 1990 7:31.00
Under 10 Boys 750 m Mathew Houston 1995 3:40.00
Women's Open 10 km Karen Foan 2002 49:15.00
Under 20 Women 8 km Jessica Pickles 2013 38:55.00
Under 18 Women 6 km Katie Hayward 2016 27:13:00
Under 16 Women 4 km Clara Smith 2013 18.59.00
Under 14 Girls 2 km Jayda Anderson 2018 9.20.00
Under 12 Girls 1.5 km Rachel Barker 2007 7.29.00
Under 10 Girls 750 m Theresa Dorman 1994 3:47.00
Men's Master's 10 km Ignacio Jimenez 2012 49:41.00
Women's Master's 10 km Nyle Sunderland 2013 57:22.00

RESULTS RESULTS RESULTS

August 11th QRWC Handicap # 10 meet

Murarrie Recreation Reserve

11th August 2019

A Grade 10km

Men: (1) Ignacio Jimenez 49.55 (2) Nelson McCutcheon 50.31 (3) Peter Bennett 58.42

Women: (1) Noela McKinven 1.23.51.

B Grade 5km

Men: (1) Sam McCure 30.31.

Women: (1) Anika Clarke 28.08 (2) Lyla Williams 28.31 (3) Brenda Gannon 28.33 (4) Summer Millard 29.33 (5) Charlotte Hamann 31.21. (6) Korey Brady 33.26 (7) Jasmine McRoberts 35.36.

C Grade 3km

Men: (1) Kai Norton 21.18.

Women: (1) Tamika Gee 15.59 (2) Amber Norton 16.49 (3) Torryn Fisher 21.43.

D Grade 2km

Women: (1) Makenna Clarke 12.55 (2) Siaan Fisher 13.36 (3) Charlotte Brady 14.52.

E Grade 2km

Men: (1) Blake Gee 13.38.

F Grade 1km

Women: (1) Isabella Gee 6.11.

Thank you to all our volunteers and athletes who braved the windy chill of the Murarrie Recreation Reserve for our last handicap road walk meet of the season. Despite the conditions there were some good walk results recorded (on our newly acquired iPad using Webscorer software!). The girls in the 5km lead the way with Anika Clarke (28.08) and Lyla Williams (28.31) both walking well and Brenda Gannon (28.33) breaking her own Queensland Masters W40 road walk record. Well done Brenda. Tamika Gee was the standout in the 3km with 15.59 and Isabella Gee recorded a fast 6.11 in the 1km.

NEXT WEEK

August 25th QRWC Track Championships University of Qld St Lucia

Programme

8.00am Open M/W 5,000 metres

U20 M/W 5,000 metres

U18 M/W 5,000 metres

8.45am U16 B/G 3,000 metres

9.10am U14 B/G 1,500 metres

U12 B/G 1,500 metres

9.25am U10 B/G 1,000 metres

Entry Fees: Members \$ 10 / Non-Member Guests \$ 15.00. (This includes UQ Track Fee surcharge). No charge for Season Pass holders.

Race Walking Qld Track Championship Records

Open Men's 5,000 metres Dane Bird-Smith 2012 19.22.22

Under 20 Men's 5,000 metres Luke McCutcheon 2016 21.48.98

Under 18 Men's 5,000 metres Brad Aiton 2010 22.25.90

Under 16 Boys 3,000 metres Nelson McCutcheon 2017 13.20

Under 14 Boys 1,500 metres Kris Hayward 2017 6:36

Under 12 Boys 1,500 metres Jonathan Wearne 2015 7.00.24

Under 10 Boys 1,000 metres Flynn Callaghan 2018 6.00.00

Open Women's 5,000 metres Jessica Pickles 2017 23.03

Under 20 Women's 5,000 metres Jessica Pickles 2013 24.26.00

Under 18 Women's 5,000 metres Katie Hayward 2017 21:56

Under 16 Girls 3,000 metres Katie Hayward 2015 13.23.97

Under 14 Girls 1,500 metres Katya Martin 2010 6.51.90

Under 12 Girls 1,500 metres Rachel Barker 2007 7.19.70

Under 10 Girls 1,000 metres Lyla Williams 2016 5.22.27

DATE CLAIMER

Sunday, September 15th

QRWC End of Season Relays/BBQ/Trophy Day Kalinga Park

Get your relay team together now for the 4 x 1km handicap relay. Mums & Dads dust off those walking shoes it is your turn to show off your walking prowess. As this is a handicap event you don't need to be fast just willing to have a go and give it your best. Your kids will just love giving you helpful advice!

10.00am. 4 x 1,000 metres Handicap Relay (Bill Cook Trophy)

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

- Iggy & Gladys have again graciously invited us back to their home this year for the lunch and the presentation of trophies.
- Trophies and medals will be presented for the club road and track championships, handicap placings in each grade and for the relay.
- 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.

Cost of the BBQ: \$ 10 per head or \$ 25 per family. Soft drinks and light beer will be on sale.

Look out for the sheets at the Check In desk to put your name down for a Relay Team and if you and your family will be attending the Presentation Day BBQ lunch.

Australian Road Walk Championships Adelaide September 8th



ENTRIES NOW OPEN ONLINE

<https://2019winterwalkingchampionships.eventdesq.com/>

The Athletics Australia 2019 Australian Winter Road Walk Championships will be held in Adelaide on Sunday September 8th. This meet will be held in conjunction with Race Walking Australia (RWA) events. The venue is War Memorial Drive North Adelaide.

Events Programme

Men

- 8.00am Open - 20km (including Masters 20km RWA Championship event)
- 10.00am Under 20 - 10km
- 10.00am Under 18 - 10km
- 11.15am Under 16 - 5km
- 11.45am Under 14 - 3km
- 12.05 Under 12 - 2km RWA Championship event
- 12.25pm Under 10 Invitation – 1km

Women

- 8.00am Open - 20km
- 8.00am Open - 10km (including Masters 10km RWA Championships event)
- 10.00am Under 20 - 10k
- 10.30 am Under 18 - 5km
- 10.30am Invitation M/W 5km
- 11.15am Under 16 - 5km
- 11.45am Under 14 - 3km
- 12.05pm Under 12 - 2km RWA Championship event
- 12.25pm Under 10 Invitation – 1km

2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY



Race Walk Programme from September 1st

- Sunday September 1st 10km road walk
- Tuesday September 3rd 5km track walk
- Friday September 6th 3km track walk



<http://australianmastersgames.com>

Track Walks SA Athletics Stadium

Saturday 5th - Tuesday October 8th 8:00am–5:00pm

1,500m Walk

3,000m Walk

5,000m Walk

Road Walk

10km Saturday October 12th: 8:00am Start: Peacock Rd - Adelaide Harriers clubrooms

GAMES VOLUNTEER OPPORTUNITY



The INAS Global Games is a world-class sporting competition held once every four years, the Global Games sees competitors from over 80 countries going for gold and vying for the honour of being recognised as the best in their field. INAS is the recognised International Sport Organisation for athletes with an intellectual impairment and full member of the International Paralympic Committee. The INAS Global Games 2019 (GG2019) is Australia's next international sporting event taking place in Brisbane in October 12-19th

Organizers are currently recruiting a team of **Sport Support Team Members** for this special event, to support Sport Operations at select sports. There are 10 sports with race walking (1,500 metres & 5,000 metres) on the athletics programme.

INAS are currently looking for people who are available over the Games period (Oct 10-20). If you would like to volunteer go to www.gg2019.org and look for Volunteering Opportunities under **Take Part**.

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.



April 10-13th 2020

There are track races over 5,000 metres and 1,500 metres and a 10km road race which will be conducted by the QRWC.

More Details at <http://www.brisbane2020nationals.com.au/>



6-15th November 2020

<https://mastersgames.com.au/>

Still to Come

August 18th QRWC Road Walk Championships Beenleigh 8.00am
August 25th QRWC Track Walk Championships UQ St Lucia 8.00am
September 1st Oceania Masters Games Mackay 10km road walk
September 8th Australian Road Walk Championships, Adelaide, SA
September 14th Qld Masters SAC 3,000 Metres 8.00am
September 15th Relay/Trophy/BBQ day Kalinga Park 10am
September 18th Qld Masters SAC TBA Wednesday evening
Saturday 28th Qld Masters SAC TBA 8.00
September 28th - Oct 6th IAAF World Championships Doha, Qatar

Looking further ahead

October 5th Qld Masters SAC TBA 8.00am
October 19th Qld Masters UQ **St Lucia TBA 2.00pm ****
October 26th Qld Masters UQ **St Lucia TBA 2.00pm ****
November 7th Thursday QA UQ 1,500m Classic
November 9th Qld Masters SAC TBA 8.00am

November 16th Qld Masters SAC TBA 8.00am
November 23rd Qld Masters SAC TBA 8.00am
December 7th Qld Masters Venue not confirmed TBA
December 11th Qld Masters Wednesday SAC TBA 7.00pm
December 21st Qld Masters SAC TBA 8.00am

*** Due to the unavailability of the tracks at QSAC during October, competition will be held at the University of Queensland track on the afternoons of October 19 and 26.
Note that to cover costs, QMA Brisbane ground fees have increased to \$10*

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

Registrar: T Norton

Delegates to QA: S Pearson, P Bennett

Handicapper/Results: N. McKinven

Social Media/Publicity: C Goulding

QRWC State Coach: D. Smith

Trophy Officer: N. McKinven

Newsletter Editor: P. Bennett

Social Media / Webmaster: C Goulding

Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

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

Queensland Athletics Member Protection Policy

As a member of Athletics Australia, Queensland Athletics, an affiliated club or an individual member everyone is required to comply with the Queensland Athletics Member Protection Policy. We are committed to the health, safety and general well-being of all of our members and will work to ensure that everyone associated with our organisation complies with this policy. We would encourage all who are involved in athletics to familiarise themselves and comply with this policy.

You can read the full policy here

<http://www.qldathletics.org.au/Portals/50/General/QA%20Member%20Protection%20Policy%20-%20July%202015.pdf>

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.

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.

QRWC race entries qrwc1955@icloud.com

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/>