

**Queensland Race Walking Club Inc.**

*Building on a fine tradition of race walking, 62 years in the making.*



# HEEL & TOE

**August 16<sup>th</sup> 2018**

*Australian Championship Edition*

## **Australian Road Walking Championships**

**Sunday August 26<sup>th</sup> Lake Kawana Sports Precinct, Sunshine Coast**

**320 Nicklin Way Kawana, 4575**

### ***Almost Done!***

**By QRWC President *Shane Pearson***

*Well the Club Track Champs have come and gone, which means there's not too much left this winter season now.*

*Congratulations to everybody that competed at UQ on Sunday. Hope you all achieved your targets. It was a fantastic morning, great winter weather, great help from our volunteers and great race walking by all.*

*This weekend is the Club road champs. Good luck to everybody who races at Kalinga Park. Hopefully all our members will be there to have one last race before the season finishes with a bang.*

*Only 1 week left until we assist host the Australian Winter Walks Champs and Federation Cup. Let's all get involved and show the country what makes us Queenslanders tick and how good we are.*

*We have awesome numbers in entries. 35 I think was the last count. That's fantastic. We have 9 teams all up in about 12 races I think it worked out. We still have the 2 invitation races available for anybody wanting to have a go. You can enter these on the Sunday morning at the QRWC come and try tent. Thank you very much for all supporting this event.*

*On Sunday at Lake Kawana, I hope you all get out there and support all the Queenslanders. We have some new members in the club that maybe you don't know yet. If they are in a Qld uniform of some sort, Cheer for them, support them.*

*On the Saturday night, August 25<sup>th</sup>. We are organizing a team dinner for anybody interested. This idea was started by Robyn Wales about 3 or 4 years ago and is becoming a tradition when our team is away. The last couple years I have cooked the dinner at our accommodation. This year we are going back to a restaurant.*

*Unfortunately, I'm just too busy to find the time to cook this year. Sorry to the regular team members that asked me to cook again. If interested in joining us. Please let me know as soon as possible so I can confirm numbers at the venue. We are looking at going to the Caloundra Beach Surf Club at Kings Beach, Caloundra. I will give more details this Sunday and during next week.*

*One last request I have. May everybody going to Lake Kawana next Sunday please be kind enough to donate and Plate or 2 of Sweet Treats to sell at our BBQ.*

*Mini Muffins, Cup Cakes, Biscuits, Slices, Danishes, Lamingtons, Scones, Picklets, etc.*

*It really doesn't matter. The more the merrier.*

*Also 1 pack or carton of can drinks. Coke, Sprite, Solo, Fanta, etc.*

*Sharyn Wearne, Maxine Sela and Jo McRoberts are taking control of the food for the day. Please let them know what you can do to help. All your help is greatly appreciated.*

*We are trying to do some fundraising for the club. We will have a raffle of some sort going on as well. We only get to host this event once every 7 years.*

*Let's all get behind it and make it a huge successful day.*

*Thanks again everybody and see you on Sunday.....*

## **Homebake Needed**

If you're coming to the Australian Road Walking Championships on Sunday August 26th, can you please take some time to bake any of the following and bring them along on the day so we can provide refreshments for the many volunteers and officials, and so we can sell them and raise funds for our club:

- biscuits
- cup cakes
- muffins
- slices

Any contribution you can provide, no matter how big or small, will be very much appreciated.

## **Cold Drinks**

If you can't provide any home bake goods, could you please bring along a box of cold Coke, Lemonade or Solo soft drink that we can sell on the day? We won't have the use of a fridge on the day, so we'd appreciate it if any drinks you bring to donate can be cold.

## **Donate Raffle Prizes**

We will be selling tickets throughout the morning in a multi draw raffle. All donations welcome; health & beauty, sporting goods, wine, unwanted gifts etc. Bear in mind we will have interstate visitors in attendance so any goods or gift vouchers would need to be able to be taken on their return flight or used outside of the Sunshine Coast or Brisbane.

There are plenty of "positions vacant" for enthusiastic ticker sellers on the day!

# **OUR QRWC TEAM**

## **U12 Boys**

Callaghan Myles /Capps Charlie / Petrovic Jacob

## **U12 Girls**

Goulding Lily / Williams Lyla /Teahen Rebecca

## **Open Men's 20km**

Bennett Peter / Jimenez Solis Ignacio /McCutcheon Luke

## **Women Open 20km**

Pickles Jessica

## **U14 Boys 3km**

McCure Sam / Norton Kai /Bradley Alex / Bannister Jack

## **Women U14 3km**

Anderson Jayda / Brady Korey / Clarke Anika

Fisher Torryn / Heap Ashanti / Millard Summer

Norton Amber / Schofield Scarlett / Tofful Amber

## **U16 Men 5km**

Hayward Kris / Wearne Jonathan

## **Women U16 5km**

Ofield Mackenzie / Schofield Amelia

### **U18 Men 10km**

McCutcheon Nelson

### **Women U18 5km**

Hamann Charlotte / Hannigan Caitlin / Schofield Isabella /McRoberts Jasmine-Rose

### **Women U20 10km**

Hayward Katie

### **Women Open 10km**

McKinven Noela / Papadopoulou Christina

In addition, there will be two *QRWC Invitation* events on the programme:

U10 1 km

Open 5km

Entry to these two events will be on the day. **Entry Fee \$ 10.**

Come along on the day wearing your club cap and polo shirt if you have one or just dress in maroon and support our walkers. There are walkers coming from all over Australia so give them a big cheer to. Remember, a race is not over until the last competitor has crossed the line.

## **FINAL PROGRAMME**

1	8.30 am	A.A. R.W.A R.W.A	Open Men Masters Men Open Men	20km Championship 20km Championship 20km Teams Race
2	8.30 am	A.A.	Open Women	20km Championship
3	8.30 am	R.W.A. R.W.A. R.W.A.	Open Women Open Women Masters Women	10km Championship 10km Teams Race 10km Championship
4	10.30 am	A.A. R.W.A	Under 20 Men Under 20 Men	10km Championship 10km Teams Race
5	10.30 am	A.A. R.W.A	Under 20 Women	10km Championship

6	10.30 am	A.A. R.W.A	Under 20 Women Under 18 Men Under 18 Men	10km Teams Race 10km Championship 10km Teams Race
7	11.00 am	A.A. R.W.A	Under 18 Women Under 18 Women	5km Championship 5km Teams Race
8	11.00 am	Invitation	Open	5km
9	11.45 am	A.A. R.W.A	Under 16 Boys Under 16 Boys	5km Championship 5km Teams Race
10	11.45 am	A.A. R.W.A	Under 16 Girls Under 16 Girls	5km Championship 5km Teams Race
11	12.15 pm	A.A. R.W.A	Under 14 Boys Under 14 Boys	3km Championship 3km Teams Race
12	12.15 pm	A.A. R.W.A	Under 14 Girls Under 14 Girls	3km Championship 3km Teams Race
13	12.35 pm	R.W.A. R.W.A.	Under 12 Boys Under 12 Boys	2km Championship 2km Teams Race
14	12.35 pm	R.W.A. R.W.A.	Under 12 Girls Under 12 Girls	2km Championship 2km Teams Race
15	12.55 pm	Invitation Invitation	Under 10 Boys Under 10 Girls	1km 1km

### **Athletics Australia Affiliation**

It is recognized that for the Carnival, there may be R.W.A. competitors who are not current members of affiliated A.A. clubs. Permission is given for these athletes to compete in the Australian championship events.

### **Awards**

- Athletics Australia Championship medals will be presented to 1st, 2nd and 3rd place getters in the Australian Championship events.
- Racewalking Australia medals will be awarded to 1st, 2nd and 3rd place getters in the Racewalking Australia events.

**Note: Placegetters in individual events cannot win a handicap trophy.**

## **IMPORTANT INFORMATION**

1. **Technical Regulations** The Championships will be conducted according to the rules of the IAAF and Athletics Australia.

### **2. UNIFORMS:**

Walkers in Athletics Australia Championship events may be nominated to represent their State as official representatives provided that they are current members of Athletics Australia affiliated clubs. These walkers should wear State uniforms. State or Australian Institute of Sport walkers may wear their official Institute competition uniform. The remaining Race Walking Australia club athletes must wear their official Federation Walking Club uniform. Other walkers should wear a uniform that conforms to IAAF standards.

### **3. COMPETITION NUMBERS:**

Competition numbers can be collected from the administration area from 7:00am on Sunday. The competition bib numbers issued to competitors for these Championships must be worn on the front and back of your competition uniform firmly attached with not less than four (4) pins, so the entire number and sponsorship information can be easily read. No part of the number shall be folded under the uniform.

**ATHLETICS AUSTRALIA WILL ENFORCE IAAF RULE 143.8, WHICH RENDERS AN ATHLETE LIABLE TO DISQUALIFICATION IF S/HE TAMPERS IN ANY WAY WITH THE COMPETITION NUMBER.**

### **4. TIMING TAG**

Timing tags will be firmly attached to your competition number, please ensure the bib with the tag attached is worn on the front.

### **5. WARM UP:**

Warm up should not take place on the course whilst events are underway. There are ample walking paths around the venue for this purpose.

### **6. CALL TIMES:**

There will be Call Times via the announcer starting 15 minutes prior to each event. Athletes must report to the Call Room, no later than 15 minutes prior to the starting time of their event to confirm their entry. Basic uniform checks, including non-conforming advertising will be made. Athletes must then be assembled in the assembly area adjacent to the start/finish line 5 minutes prior to the official start time for the event. There will be a 5-minute and 3-minute warning announcement for athletes in the assembly area.

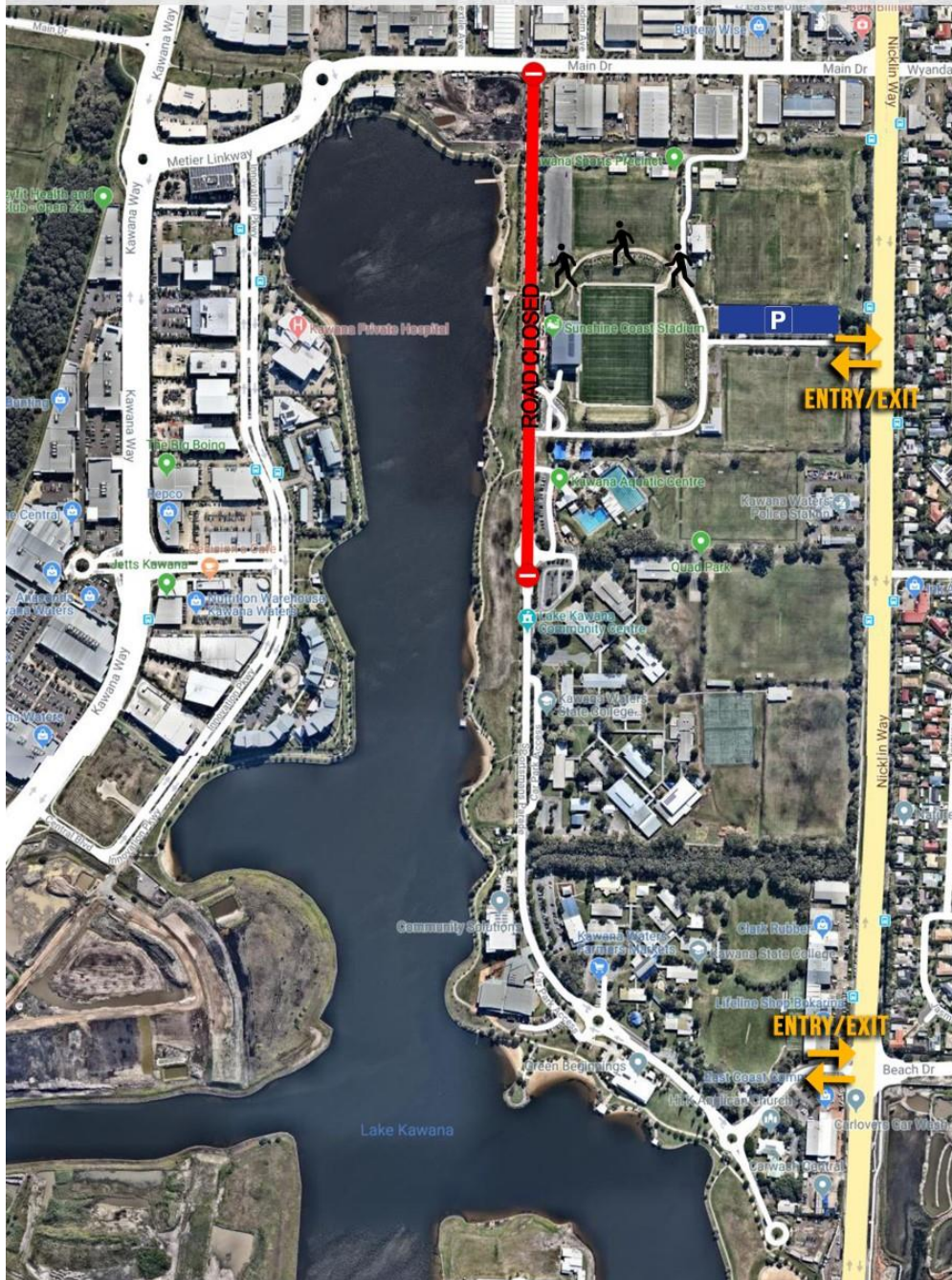
## 7. PROTESTS:

Protests must be lodged initially with the Referee as per IAAF rules. Appeals to the Jury are to be made in writing on the appropriate Appeal Form and lodged with the \$50 fee. Appeals can be made by either the athlete or Team Manager and should be lodged at the Administration tent where forms will be available.



**The 1km race loop is highlighted in Blue**

# 2018 AUSTRALIAN WINTER RACE WALKING CHAMPIONSHIPS



The race venue showing the entry and exits off the Nicklin Way & the parking area



## RESULTS RESULTS RESULTS

### QRWC Club Track Championships UQ St Lucia Sunday August 12<sup>th</sup>

What a fantastic turnout and great weather at the annual QRWC track championships at UQ St Lucia on Sunday morning. It was the biggest number of athletes we have ever had at these championships so thank you one and all for your support. It was so good to see all the contests going on within each race and the determination and focus of all the athletes. There were numerous personal bests recorded and two championship records; Flynn Callaghan (6.00) broke the U10 1km record (Yanis Benzenati 6.08.90 2009) by over eight seconds and Jayda Anderson (6:46) sliced five seconds off the record previously held by Katya Martin (6.51.90 2010) for the U14 1,500 metres

Our lap scorers, time keepers and judges were kept busy and we thank you all for making this such a successful meet. A big thank you to our wonderful canteen helpers and to everyone who assisted with the setting up and packing up.

*All photos courtesy of Crystal Goulding*



#### **Open 5,000m**

Men: (1) Ignacio Jimenez 23.22(2) Peter Bennett 28.07 (3) Argenis Guevara 28.33 (4) Patrick Sela 40.18.

Women: (1) Brenda Gannon 28.26 (2) Di Adams 29.17 (3) Noela McKinven 40.58.

#### **U18 5,000m**

Women: (1) Caitlin Hannigan 24.45 (2) Jasmine McRoberts 35.40 (3) Charlotte Hamann 37.11.

### **U16 3,000m**

Men: (1) Nelson McCutcheon 13.33 (2) Jonathan Wearne 15.17

Women: (1) Camryn Novinetz 15.09 (2) Mackenzie Ofield 16.48 (3) Larissa Vickers 17.31 (4) Amelia Schofield 17.42 (5) Charlotte Sentence 18.09 (6) Summer Millard 18.44 (7) Torryn Fisher 19.17.



### **U14 1,500m**

Men: (1) Kai Norton 7.40

Women: (1) Jayda Anderson 6.46 (Rec) (2) Anika Clarke 7.26 (3) Ashanti Heap 7.28 (4) Amber Norton 8.05 (5) Scarlett Schofield 8.27 (6) Korey Brady 8.36 (7) Amber Tofful 10.30

### **U12 1,500m**

Men: (1) Myles Callaghan 7.39 (2) Sam McCure 7.58 (3) Jacob Petrovic 11.19

Women: (1) Lyla Williams 7.56 (2) Alejandra Hannouf 8.03 (3) Rebecca Teahen 8.20 (34) Kamara Stewart 9.12 (5) Lily Goulding 9.38

### **U10 1,000m**

Men: (1) Flynn Callaghan 6.00 (Rec).

Women: (1) Makenna Clarke 5.38 (2) Chelsea Capps 5.45 (3) Siaan Fisher 6.17 (4) Charlotte Brady 7.17.



## **Race Walking Queensland Track Championship Records**

**As at 12/08/2018**

**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 **NEW**

**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** Jayda Anderson 2018 6.46 **NEW**  
**Under 12 Girls 1,500 metres** Rachel Barker 2007 7.19.70  
**Under 10 Girls 1,000 metres** Lyla Williams 2016 5.22.27



## RWA State Challenge 2018

### Final Result

Clubs	SARWC	NSWRWC	TAS	WARWC	ACTW	RWQ	RWV
<b>Totals</b>	56	43	68	69	61	63	45
<b>Fairness calculation</b>	2	1.4	2.2	2.2	1.8	1.8	1.1
<b>Final Total</b>	28	30.71	30.91	31.36	33.89	35	40.91
<b>Placings</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>

Points are awarded to the fastest individual per club. If a club does not have a competitor, they receive 5 points. The final points score is calculated by applying a Fairness Calculator (based on the number of athletes in a club) so that the smallest club can compete against the biggest

**Congratulations to the South Australian Walkers Club**

**on winning the postal challenge for 2018**



# **THIS WEEK**

## **August 19<sup>th</sup> 2018 QRWC Club Championships**

### **Kalinga Park**

**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

- 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.

The Canteen will again be in operation so please bring along some change to buy some of the goodies on offer.

PS We will need a number of volunteers to assist with lap scoring and time keeping on Sunday. We would be very grateful for your help in this regard.

### **Sports Clothing Donations for the Cook Islands**

Di and John Adams will be at the race on Sunday before returning to the Cook Islands in September for another epic race. Di is doing a fabulous jog of collecting pre-loved sportswear including running shoes, walking shoes, shorts, shirts, hats, sports balls etc to donate to families in the Cook Islands to encourage a active, fit and healthy lifestyle. If you still have any items to donate please bring them along to Kalinga Park this Sunday and Di will be very grateful to receive them. Thank you .

## **QRWC Club Championship Records**

**Men's Open 10 km** Rhydian 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** Amelia Schofield 2016 9:48.00  
**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

**Entry Fees for all athletes is \$8 (No charge for Seasons Pass holders)**

Note: If you have a Perpetual Club Trophy from last season could you please bring it t along to Kalinga Park this Sunday.

## **COMING UP**

**QMA Long Road Walk Championships**

**Club 20km Championship / Invitation Meet**

**Sunday, September 2<sup>nd</sup> Sports Reserve, Murarrie.**

This is our last road walk meet of the season and incorporates the Queensland Masters Athletics Long Road Walk Championships. (Entry to these championships is on the day.)

The club Men's 20km championships for the Dave Smith Medal will be held in conjunction with the Masters 20km race. The Masters Championships races & Open 20km will start at 7.30am. All Invitation races will start at 8.00am.

### **7.30am QMA Long Walk Championships**

M30+ 20km / W30+ 10km / M60 + 10km \* Option

RWQ Open 20km Championship - Dave Smith Medal Open Men's 20km

### **8.00am Invitation Races**

10km (U20/Open)

5km (U16/U18/U20)

3km (U14/U16)

2km (U12/U14)

1km (U8/U10/U12)



**ENTRIES ARE NOW OPEN**

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

**Early bird fee closing September 2**

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.

<https://mastersgames.com.au/ppmg/sports/athletics-road-race-walk/>

Dates & Times •Sunday 11 November 2018: 7am start

Events: •10km Road Race Walk

## Age Requirements

- Age is determined as at 11 November 2018
- Minimum age for competition is 30 years

Fees: Sport Fee: \$20 per person

Games Fee: Competitor: Early bird – \$120 | Standard – \$140

The race walk schedule on the track has been moved to avoid conflict with the Road Race Walk on the Sunday.

The new schedule for the 3,000m Race Walk is as per below:

Day 2 - 3,000 Metre Race Walk

11:30 AM - Women 30+ / Men 30+

## 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 .....**



August 19<sup>th</sup> QRWC Club Championships Kalinga Park 8.00am

August 26<sup>th</sup> AA/Federation Road Walk Championships Kawana Sunshine Coast

September 1-16<sup>th</sup> World Masters Athletics Championships Malaga, Spain

September 2<sup>nd</sup> QMA Long RW C/Ships / QRWC Invite meet / 20km Murarrie

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

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

## ***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/>