

Queensland Race Walking Club Inc.

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



HEEL & TOE

August 22nd 2019

QRWC Club Championships **Oldest Club Record Falls to Myles Callaghan**

The well attended club road walk championships at the Logan River Parklands on Sunday saw a record from last century broken and a number of other top performances. Myles Callaghan broke a 29 year old record in winning the U12 1,500 metres in 7.28.00. The record was set by Ryan Pollock back in 1990 with a time of 7:31.00 and survived assaults by many a good club walker until now. Congratulations Myles. Other good walks were recorded by Jayda Anderson in the U16 4km (20.01) , Amber Norton (9.56) and Tamika Gee (10.04) in the U14 2km , Lyla Williams (7.44) U12 1.5km , Flynn Callaghan (4.03) , Siaan Fisher & Isabella Gee both 4.14 in the U10 .75km and Iggy Jimenez (48.17) in the open men's 10km .

Well done to everyone who competed on Sunday and a big thank you to all our race judges, time keepers and lapscorers. Special thank you to the Brady family for their welcome efforts yet again on the BBQ. Tara reports that the new timing system performed very well and we would like to thank all our members for their co-operation during the trial.

Full Results below

QRWC Track Championships **University of Qld St Lucia August 25th**

This Sunday we have our last full race meet of the winter season with our Track Championships at St Lucia. 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.

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.

Volunteers will be required for timekeeping & lapscoreing for all the races and Tara will need the assistance of some “spotters” when the time system is being trialled again.

Tea, coffee and cold drinks will be on sale and we would welcome donations of muffins, cup cakes etc Thank you.

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

RESULTS RESULTS RESULTS

QRWC Club Championships

Logan River Parklands August 18th

Open 10km

Men: (1) Ignacio Jimenez 48.17 (2) Peter Bennett 56.55 (3) Patrick Sela 1.20.05.

Women: (1) Brenda Gannon 58.37 (2) Nyle Sunderland 59.44 (3) Noela McKinven 1.24.09.

U20 8km

Women: (1) Charlotte Hamann 48.10.

U18 6km

Men: (1) Nelson McCutcheon 28.37.

Women: (1) Jasmine Rose McRoberts 39.38.

U16 4km

Men: (1) Kai Norton 24.13.

Women: (1) Jayda Anderson 20.01 (2) Summer Millard 25.04 (3) Korey Brady 25.25 (4) Sophie Porter 25.40 (5) Torryn Fisher 28.23.

U14 2km

Men: (1) Alex Bradley 10.48 (2) Jack Bannister 12.08.

Women: (1) Amber Norton 9.56 (2) Tamika Gee 10.04 (3) Anika Clarke 10.26 (4) Ashanti Heap 10.50 (5) Phoebe Chadwick 16.02.

U12 1.5km

Men: (1) Myles Callaghan 7.28 **Record** (2) Korbyn Bricknell-Hewitt 11.46.

Women: (1) Lyla Williams 7.44 (2) Makenna Clarke 8.20 (3) Milly Sharpe 8.32 (4) Lily Goulding 8.43 (5) Caterina Davey 9.17 (6) Aliesha Heap 9.33 (7) Charlotte Brady 10.39.

U10 750m

Men: (1) Flynn Callaghan 4.03 (2) Knox Anderson 4.43 (3) Blake Gee 5.12.

Women: eq (1) Siaan Fisher, Isabella Gee 4.14 (3) Lucie Goulding 4.44.

UPDATE

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 Myles Callaghan 2019 7.28.00 **NEW**
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

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 CLOSE AUGUST 30th

<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

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.



6-15th November 2020

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



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/>

Still to Come

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 2,000 metres 7pm Wednesday

Saturday 28th Qld Masters SAC 5,000 metres 8.00am

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/>