

Queensland Race Walking Club Inc.

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



## HEEL & TOE

August 29<sup>th</sup> 2019

### **Record Breaker Lyla Williams** *QRWC Track Championships*

The last meet of the 2019 winter season was held on Sunday in beautiful weather at the University of Queensland track at St Lucia. Our track championships saw some really good races with the highlight being a new U12 1,500 metre record to Lyla Williams. Lyla broke the long-standing record (7.19.70) held by Gold Coast walker Rachel Barker since 2007 with a winning time of 7:18. Congratulations Lyla,

In the U14 1,500 metres Amber Norton was the fastest with 7.04 with Tamika Gee finishing in 7.13 and Anika Clarke with 7.25. Lachlan McCure was the winner of the U16 3,000 metres with a time of 15.36 and Summer Millard (16.24) was the winner of the girl's race. Siaan Fisher was the 1km winner in 5.41 ahead of Isabella Gee with 5.50. Ignacio Jimenez was fastest overall in the 5,000 metres with a time of 23.32 with Nelson McCutcheon (23.49) the U18 winner.

Thank you to everyone who helped out on Sunday and for your wonderful efforts throughout the season.

**Full results below**

### **QRWC End of Season Relays/BBQ/Trophy Day Kalinga Park** Sunday, September 15th

Now it is time to come together as a club to celebrate the achievements of all our members and to reward our athletes for their successes during the road season. Please join your fellow members on Sunday, September 15th with a fun day starting at **10.00am**. with the traditional 4 x 1,000 metres Handicap Relay (Bill Cook Trophy) at Kalinga Park. Then it is onto lunch...

**11.00am** Cooked lunch followed by the presentation of all trophies and medals for the season.

**Where:** 38 Landscape Street, Stafford Heights

**What to Bring:** There is a POOL so swimmers, a towel, sunscreen & sunnies. There is some seating but please bring along a deckchair if you have one ..

- 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.

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

**If you have not already done so please RSVP for the bbq lunch and relay  
ASAP to [peter.bennett@live.com](mailto:peter.bennett@live.com)**



**What comes first the Trophies or the Cake?**

## **RESULTS RESULTS RESULTS**

### **QRWC Track Championships**

#### **UQ Track, St Lucia August 29<sup>th</sup>**

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

**Men:** (1) Ignacio Jimenez 23.32 (2) Peter Bennett 27.46 (3) Patrick Sela 39.45.

**Women:** (1) Brenda Gannon 28.36 (2) Noela McKinven 41.21.

##### **U20 5,000m**

**Women:** (1) Charlotte Hamann 28.39.

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

**Men:** (1) Nelson McCutcheon 23.49.

**Women:** (1) Jasmine Rose McRoberts 34.00.

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

**Men:** (1) Lachlan McCure 15.36 (2) Kai Norton 16.42.

**Women:** (1) Summer Millard 16.24 (2) Sophie Porter 17.26 (3) Korey Brady 17.51 (4) Torryn Fisher 20.25.

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

**Men:** (1) Sam McCure 7.28 (2) Alex Bradley 7.54.

**Women:** (1) Amber Norton 7.04 (2) Tamika Gee 7.13 (3) Anika Clarke 7.25 (4) Olivia Hingst 8.51 (5) Phoebe Chadwick 10.08.

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

**Men:** (1) Jack Bannister 8.41 (2) Korbyn Bricknell-Hewitt 10.17.

**Women:** (1) Lyla Williams 7.18 (2) Lily Goulding 8.42 (3) Anna Tudor 9.19.

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

**Men:** (1) Blake Gee 6.16.

**Women:** (1) Siaan Fisher 5.41 (2) Isabella Gee 5.50 (3) Lucie Goulding 6.44.

### **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 Lyla Williams 2019 7:18.00 **NEW**  
 Under 10 Girls 1,000 metres Lyla Williams 2016 5.22.27

## Australian Road Walk Championships Adelaide September 8<sup>th</sup>



**LAST CHANCE ENTRIES CLOSE AUGUST 30<sup>th</sup>**

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

The Athletics Australia 2019 Australian Winter Road Walk Championships will be held in Adelaide on Sunday September 8<sup>th</sup>. 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 1<sup>st</sup>

Sunday September 1<sup>st</sup> 10km road walk

Tuesday September 3<sup>rd</sup> 5km track walk

Friday September 6<sup>th</sup> 3km track walk

All the best to Nyle and Argenis who will be competing in the 10km road walk at the Oceania Masters Championships in Mackay on Sunday morning

## 10,000 Metre Race Walk

- 1 Kevin Cassidy M59 AUS
- 2 Jim Kerse M70 NZL
- 3 Paul Moritz M60 AUS
- 4 Peter Fox M65 NZL
- 5 Argenis Guevara M51 AUS
- 6 Geoff Iremonger M72 NZL
- 7 John Hines M83 NZL
- 8 Eric Kemsley M68 NZL
- 9 George White M74 AUS
- 10 Simon Evans M59 AUS
- 11 Russ Dickenson M73 AUS
- 12 Stephen James Barker M76 AUS
- 13 Peter Sheaf M83 NZL
- 14 Ronald Johnson M87 NZL
- 15 Bryan Thomas M78 AUS
- 16 Frank Prowse M67 AUS
- 17 Sylvia Machin W78 AUS
- 18 Alison Thompson W66 AUS
- 19 Donna-Marie Elms W58 AUS
- 20 Peggy Macliver W75 AUS
- 21 Vicky Jones W40 NZL
- 22 Barb Bryant W65 AUS
- 23 Daphne Jones W78 NZL
- 24 Dash Newington W35 GBR
- 25 Gwen Steed W77 AUS
- 26 Nyle Sunderland W52 NZL
- 27 Heather Carr W70 AUS
- 28 Anne Weekes W57 AUS
- 29 Barbara Morrison W70 NZL
- 30 Carolyn Rosenbrock W57 AUS
- 31 Jacqueline Wilson W73 NZL

## Coaching

If you are looking for coach or would like to be part of a training squad there are a number of qualified coaches in the club: Dave Smith, Steve Langley, Noela McKinven, Shane Pearson, Robyn Wales. To search for a walks coach, see their qualifications, contact details or where & when the coach go to ; <http://icoach.athletics.com.au/at/icoach/Search.aspx>

## **Forget Medals & PB's it is all about having Fun**

*These are my personal opinions based on my own experiences and observations over the years of my involvement in race walking. I'm not a race walk coach or a psychologist and I don't expect everyone will agree with all this but it is what it is. Peter Bennett*

The primary necessity is for kids to enjoy sport without pressure or the risk of damage (physical and emotional) caused by over training. The main reason all young athletes should be training and competing is because they want to and not merely to just to keep their family, friends or even the coach happy.

Stress levels increase with the expectations and importance placed on success e.g. qualifying for State or National championships, pb's, winning titles or medals in carnivals etc. At elite levels of competition the end result is the prime driver but a win first mentality in age group competition can lead to an environment that can be stressful and unenjoyable for the athlete .

Creating a fun environment can increase enjoyment of the sport but it also assists in keeping the athlete in the sport and will have positive impact on training and race performance. Parents and coaches look at it this way; if you are in a job that you do not enjoy, feel you are not valued or treated as just a number, dread getting up in the morning and going into the office; do you give 100%? Giving your all in any situation is difficult to do if you are not enjoying it. When we are happy in what we are doing and there is an element of pleasure and when we get positive feedback, we tend to push ourselves a little harder, we focus more, have greater commitment and have a greater sense of self satisfaction.

Usually in our event we are working towards achieving our best performance when it matters; National Championships for example. This is not always easy to achieve due to the various pressures. Many athletes achieve pb's in low key races when they have low expectations and little associated stress. They are just competing for fun.

Coaches have an important role to play in building a positive mindset among their athletes with the training atmosphere they create. All athletes respond differently to various coaching behaviors but I would argue that athletes perform at their best when they are enjoying themselves. Let's face it, not every training session is going to be overly enjoyable. To achieve success at anything requires hard work to improve and you need to push yourself outside your comfort zone. But with positive encouragement and feedback and with the setting of achievable and realistic goals & then taking the time to acknowledge and celebrate achieving those goals athletes will begin to experience greater enjoyment during training sessions where they have to push themselves to extend themselves. That is when improvement happens!

Understanding the individual athlete and not just treating the squad as a whole is important. Before a race some like quiet time and personal space and others like talking and joking around. We all know walkers like this, we see them every Sunday morning! If an athlete enjoys joking around prior to a race as they know that this helps them to start the race with a positive mindset then a coach can contribute to this. Sharing a joke with an athlete may also lighten the mood and ease the tension. The coach can remind the athlete that whatever the result, at the end of the day it is just race walking, not life and death.

There are very real dangers in pushing kids too far. Some kids are self-driven and thrive on hard work but parents have a primary responsibility to protect their child. Coaches have the same responsibility in protecting, educating, and developing the young athletes in their care. Parents, the coach and the athlete should plan a training programme that allows for recovery, safety, progression and fun. Aiming to be the best is understandable but we all need to recognize that success comes at price that just isn't worth paying some times.



<http://australianmastersgames.com>

**Track Walks** SA Athletics Stadium

Saturday 5<sup>th</sup> - Tuesday October 8<sup>th</sup> 8:00am–5:00pm

1,500m Walk

3,000m Walk

5,000m Walk

**Road Walk**

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



6-15<sup>th</sup> November 2020

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



**April 10-13<sup>th</sup> 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 at Riverside Drive, West End.

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

## **Still to Come 2019**

September 1<sup>st</sup> Oceania Masters Games Mackay 10km road walk

September 8<sup>th</sup> Australian Road Walk Championships, Adelaide, SA

September 14<sup>th</sup> Qld Masters SAC 3,000 Metres 8.00am

September 15<sup>th</sup> Relay/Trophy/BBQ day Kalinga Park 10am

September 18<sup>th</sup> Qld Masters SAC 2,000 metres 7pm Wednesday

Saturday 28<sup>th</sup> Qld Masters SAC 5,000 metres 8.00am

September 28<sup>th</sup> - Oct 6<sup>th</sup> IAAF World Championships Doha, Qatar

October 5<sup>th</sup> Qld Masters SAC TBA 8.00am

October 19<sup>th</sup> Qld Masters UQ **St Lucia TBA 2.00pm \*\***

October 26<sup>th</sup> Qld Masters UQ **St Lucia TBA 2.00pm \*\***

November 7<sup>th</sup> Thursday QA UQ 1,500m Classic

November 9<sup>th</sup> Qld Masters SAC TBA 8.00am

November 16<sup>th</sup> Qld Masters SAC TBA 8.00am  
November 23<sup>rd</sup> Qld Masters SAC TBA 8.00am  
December 1<sup>st</sup> Australian 50km Championships, Fawkner Park, Melbourne  
December 7<sup>th</sup> Qld Masters Venue not confirmed TBA  
December 11<sup>th</sup> Qld Masters Wednesday SAC TBA 7.00pm  
December 21<sup>st</sup> Qld Masters SAC TBA 8.00am  
December 6-8<sup>th</sup> Australian All Schools Track Championships, Perth

## **Looking further ahead 2020**

February 9<sup>th</sup> Australian 20km Road Walk Championships, Adelaide  
March 21-29<sup>th</sup> Australian Open and Junior Track Championships, Sydney  
April 10-13<sup>th</sup> Australian Masters Championships, Brisbane  
April 18-19<sup>th</sup> Australian Little Athletics Track Championships, Canberra  
May 2-3<sup>rd</sup> IAAF World Race Walking Team Championships, Minsk, Belarus  
July 17-20<sup>th</sup> World U20 Track Championships, Nairobi, Kenya  
July 24<sup>th</sup>-Aug 9<sup>th</sup> Olympic Games, Tokyo, Japan  
July 20<sup>th</sup>-Aug 1<sup>st</sup> World Masters Track Championships, Toronto, Canada

## ***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  
**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](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 (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](http://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.

## Play by the Rules

Lots of good resources and on-line training here.

<https://www.playbytherules.net.au>

## 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.

## 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.

QRWC race entries [qrwc1955@icloud.com](mailto: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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>