

Queensland Race Walking Club Inc.

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



HEEL & TOE

December 12th 2019

Australian All Schools
Track and Field Championships
Gold to Lachlan & Jayda

What a great team effort from our Queensland walkers at the Australian All Schools track Championships in Perth last Friday and Saturday. There were so many terrific performances and a swag of personal bests recorded. The walkers won two gold, a silver and a bronze medal.

The boys U16 3,000 metres saw our most improved walker of the year Lachlan McCure claim the gold medal in a time of 14:21.41. Jayda Anderson outclassed the field to win the girls U16 girls 3,000 metres in 13:57.95.

The silver medal was won by Alex Bradley (14:54.44) in the boys U14 3,000 metres and Amber Norton (14:48.34) came home with a bronze medal in the girls U14 3,000 metres. Just off the medals in 4th place were Ashanti Heap (15:21.21) U14km 3,000 metres, Kai Norton (14:41.19) U16 3,000 metres & Anika Clarke (15:01.74) U16 3,000 metres.

Congratulations to the medal winners and a big well done to everyone who competed in these Championships. We are very proud of you all.

RESULTS RESULTS RESULTS

Australian All Schools Track & Field Championships

December 6th & 7th Perth, WA

Girls 3,000 Metre Race Walk Under 14

1 Boughton, Milly 06 NEW SOUTH WALES 14:28.90

2 Stanley, Jayda 06 NEW SOUTH WALES 14:46.15

3 Norton, Amber 06 QUEENSLAND 14:48.34

4 Heap, Ashanti 06 QUEENSLAND 15:21.21

5 Lawrence, Lataya 06 WESTERN AUSTRALIA 15:41.83

6 Spence, Ashlyn 07 WESTERN AUSTRALIA 16:55.37

Girls 3,000 Metre Race Walk Under 16

1 Anderson, Jayda 05 QUEENSLAND 13:57.95

2 McMillen, Elizabeth 04 NEW SOUTH WALES 14:18.59

3 Griffin, Alexandra 05 WESTERN AUSTRALIA 14:23.51

4 Clarke, Anika 05 QUEENSLAND 15:01.74
5 DeCelis, Ellie 04 NEW SOUTH WALES 15:17.08
6 Thomas, Emma 05 NEW SOUTH WALES 15:18.10
7 Laytham, Tara 05 NEW SOUTH WALES 15:22.82
8 Ofield, Mackenzie 04 QUEENSLAND 15:45.16
9 Mortimore, Brooke 05 WESTERN AUSTRALIA 15:50.56
10 Doyle, Hannah 05 WESTERN AUSTRALIA 17:23.56
11 Milosevic, Vivian 02 QUEENSLAND 17:28.63
12 Langford, Ruby 04 SOUTH AUSTRALIA 17:42.16
13 Langford, Nellie 05 SOUTH AUSTRALIA 18:33.78
14 Thompson, Eliza-Grace 04 VICTORIA 19:52.60
15 Hodgkinson, Caitlin 04 WESTERN AUSTRALIA 20:42.28
-- Heikkila-Dubowik, Kaylah 05 VICTORIA DQ World Aths 230.7a

Boys 3,000 Metre Race Walk Under 14

1 Ronan, John 07 WESTERN AUSTRALIA 14:46.69
2 Bradley, Alexander 04 QUEENSLAND 14:54.44
3 Wright, Jack 06 WESTERN AUSTRALIA 14:56.44
4 Wakim, Marcus 06 VICTORIA 14:59.98
5 McCure, Sam 06 QUEENSLAND 15:29.31
6 Beacroft, Isaac 07 NEW SOUTH WALES 15:57.30
7 Morgan, Oliver 07 TASMANIA 16:32.75
8 Tana, Anthony 06 SOUTH AUSTRALIA 17:29.92
-- Young, Sebastian 06 ACT DQ World Aths 230.7a

Boys 3,000 Metre Race Walk Under 16

1 McCure, Lachlan 04 QUEENSLAND 14:21.41
2 Dundon, Harry 05 NEW SOUTH WALES 14:27.57
3 Dickson, Adam 04 NEW SOUTH WALES 14:33.20
4 Norton, Kai 05 QUEENSLAND 14:41.19
5 Robson, Jack 05 NEW SOUTH WALES 15:28.48
6 Wasson, Seth 05 QUEENSLAND 15:28.61
7 Costin, Owen 04 VICTORIA 16:05.57
8 Cramer, Jackson 05 WESTERN AUSTRALIA 18:58.38
9 Westcott, Mark 04 NEW SOUTH WALES 19:21.62
-- Nayar, Surya 04 RIS XDQ World Aths 230.7a



Mackenzie Ofield, Ashanti Heap, Anika Clarke, Jayda Anderson, Vivian Milosevic

Girls 5,000 Metre Race Walk Under 18

1 Peart, Alanna	03 VIC	24:51.39
2 Pitcher, Allanah	03 NSW	25:22.86
3 Blanch, Emma	03 NSW	25:39.95
4 Hay, Charlotte	03 VIC	26:18.45
5 Bolton, Hannah	03 NSW	26:56.63
6 Manning, Hannah	02 ACT	27:41.33
7 Hill, Gabriella	03 NSW	30:26.42
8 McRoberts, Jasmine-Rose	02 QLD	30:28.66
9 Morales, Richelle	03 WA	30:45.40
10 Bow, Elliot	03 QLD	30:49.77
11 Ireland, Hannah	03 WA	31:45.80

12 Gough, Ebony 03 WA 33:11.79
-- Gallagher, Caitlin 02 WA DNF

Boys 5,000 Metre Race Walk Under 18

1 Young, Gwyllym 02 ACT 21:56.78
2 Dickson, Corey 02 VIC 22:00.89
3 McGinniskin, Jack 02 NSW 22:44.99
4 Thompson, Will 02 VIC 23:05.83
5 Robertson, William 03 TAS 23:58.81
6 Beveridge, Heath 03 VIC 25:12.08
7 Murphy, Calum 02 WA 27:14.32
8 Smit, James 02 NSW 29:33.28

Queensland Masters Athletics

Saturday December 7th QSAC

3,000 Metre Race Walk

1 Sela, Patrick 23:26.55 (14:37.27 71.98%)



Broadbeach Sunday 8th

50km Peter Bennett 5:38:29

15km George Megas 2:13:33

Queensland Masters Athletics

Wednesday December 11th QSAC

10,000 Metre Race Walk

Bennett, Peter 1:01:23.91 (49:33.66 75.03%)

THIS WEEK

This Sunday, December 15th, Gold Coast Masters are on the track at Griffith University. There is a 3/5km walk starting at 8.00am.



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 at Riverside Drive, West End.

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

QMA CALLING FOR VOLUNTEERS BRISBANE 2020

QMA is hosting the Australian Masters Athletics Championships at Easter 10-13 April 2020. The road walking events will be held at West End by the QRWC on Easter Monday. Volunteer helpers are needed to assist with the smooth running of this event. Duties include:
Water station attendants
Setting up and pack up
Marshalling at walks
Assisting with medal presentations

(There will be a separate call for qualified Officials).

If interested please email me at peter.bennett@live.com and include your polo shirt size.

Pan Pacific Masters Games November 6-15th 2020 Gold Coast

PLAY IT, LIVE IT, LOVE IT!

ENTRIES NOW OPEN

<https://entermastersgames.com>

QRWC is the host club for the Pan Pacs 10km road walk

Queensland Athletics 2019/20 Registration

- Queensland Athletics registrations are due from October 1st. All athletes wishing to compete during the track season must register on line. For information regarding registering with Queensland Athletics, visit
- <http://www.qldathletics.org.au/Membership/Membership-Information>
- To renew your QA registration as a member of QRWC go to
- <https://www.revolutionise.com.au/qldracewalkingclub/registration>
-
- Current financial club memberships are due to expire 31st March 2020. Click on the required **Existing QRWC member** option if you paid your club membership during the winter road walk season. If you are not a financial member of the QRWC you are required to select the option that includes club membership. All club officials, coaches, volunteers and Committee Members should register. This is a \$ 0 options and ensures that you are covered by insurance.
- **QA / QRWC Registration Fees Structure**
- QA Base Membership / Existing QRWC member \$ 12
- QA Platinum Membership / Existing QRWC member \$ 232
- QA Young Athlete Platinum / Existing QRWC member \$ 182
- QA Seniors Athlete Platinum / Existing QRWC member \$182
- Club Coach, Officials, Volunteers / Existing QRWC member \$ 0

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>

Still to Come 2019

December 15th Gold Coast Masters Griffith Uni 3/5km 8.00am
December 21st Qld Masters SAC 3,000 metres Andrew Ludwig Memorial 8.00am

Looking further ahead 2020

January 18th Qld Athletics SAC 3,000/5,000 metres
February 22nd Qld Athletics SAC 3,000/5,000 metres
February 9th Australian 20km Road Walk Championships, Adelaide
March 21-29th Australian Open and Junior Track Championships, Sydney
April 10-13th Australian Masters Championships, Brisbane
April 18-19th Australian Little Athletics Track Championships, Canberra
May 2-3rd IAAF World Race Walking Team Championships, Minsk, Belarus
June 5th Qld Masters State Championships Townsville
July 17-20th World U20 Track Championships, Nairobi, Kenya
July 24th-Aug 9th Olympic Games, Tokyo, Japan
July 20th-Aug 1st 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
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.

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 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/>