

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 63 years in the making.



HEEL & TOE

December 13th 2018

**Australian All Schools
T&F Championships
Barlow Park, Cairns, Friday December 7th**

Gold medals won by Camryn, Jayda & Caitlin

Extract from AA report

The 2018 All Schools Championships have been run and won in Cairns with NSW taking team honours over Queensland and Victoria in third. South Australia won the Small State title.

Over 1000 under 18 children took part in the competition, which saw some sensational results in some pretty poor conditions. But soon after those events and some other qualifying events, the rain came and it came hard! With some events having to be delayed, competition still continued on a number of events including the Girls Long Jump U18, taken out by Annie McGuire from Queensland.

The Friday night finished in torrential rain with the 5000m Girls and Boys U18 Walks, taken out by Caitlin Hannigan and Gwyllym Young respectively.

Six events, six medals and a whole host of fabulous performances and PB's from our Queensland junior race walkers in Cairns last Friday night. Championship gold to Camryn, Jayda and Caitlin. Silver to Kris and bronze to Kai and Nelson. Well done to everyone who competed in the difficult weather conditions. You are all wonder ambassadors for the sport. It was a credit to the athletes and their coaches that they all came prepared and ready to race no matter what the conditions. If you only turn up to race when everything is to your liking then it may be a long time between races!



Jayda, Anika, Kai & Seth. Our U14 competitors.

Thank you to Angela Clarke for the photo

RESULTS RESULTS RESULTS

Australian All Schools Championships Barlow Park Friday December 7th

Boys 3,000 metre Race Walk Under 16

- 1 William Robertson TAS 13:36.67
- 2 **Kris Hayward QLD 13:38.40**
- 3 Heath Beveridge VIC 14:19.54
- 4 **Jonathan Wearne QLD 14:49.10**
- 5 Martin Leerberg NSW 15:34.86
- 6 Owen Costin VIC 16:09.62
- 7 Archie Tebbutt NSW 17:18.48
- 8 Mitchell Bostock WA 18:50.

Girls 3,000 metre Race Walk Under 16

- 1 **Camryn Novinetz QLD 14:03.52**
- 2 Emma Blanch NSW 14:10.67
- 3 Olivia Sandery SA 15:09.13
- 4 Hannah Bolton NSW 15:22.40
- 5 Charlotte Hay VIC 15:36.03
- 6 Ellie DeCelis NSW 15:59.79
- 7 **Bridget Sullivan QLD 16:06.72**
- 8 **Mackenzie Ofield QLD 16:32.11**

- 9 Larissa Vickers QLD 16:58.03
- 10 Laura Burns ACT 16:59.46
- 11 Olivia Thomson NSW 17:43.96
- 12 Mia Wilks SA 17:54.73
- 13 Grace Beaglehole WA 18:31.10

Girls 3,000 metre Race Walk Under 14

- 1 Jayda Anderson QLD 14:33.25
- 2 Emma Thomas NSW 15:05.92
- 3 Izabella Dunne NSW 15:47.20
- 4 Anika Clarke QLD 16:01.01
- 5 Elli Pusonjic SA 17:31.51

Boys 3,000 metre Race Walk Under 14

- 1 Toby Wilks SA 14:10.08
- 2 Harry Dundon NSW 15:13.57
- 3 Kai Norton QLD 15:13.74
- 4 Brendan Pospischil NSW 17:07.40
- 5 Seth Wasson QLD 17:08.16

Girls 5,000 metre Race Walk Under 18

- 1 Caitlin Hannigan QLD 25:33.5h
- 2 Hannah Manning ACT 27:27.8h
- 3 Bridget Bell NSW 27:39.0h
- 4 Holly Cocking VIC 27:55.0h
- 5 Hannah Parker NSW 28:12.5h
- 6 Janaya Lee NSW 28:17.1h
- 7 Milla Rowbotham QLD 28:26.6h
- 8 Charlotte Hamann QLD 30:07.1h
- 9 Kathleen O'Mahony VIC 30:31.3h
- 10 Caitlin Gallagher WA 32:23.3h
- 11 Ebony Gough WA 32:30.8h

Boys 5,000 metre Race Walk Under 18

- 1 Gwyllym Young ACT 22:11.7h
- 2 Corey Dickson VIC 22:13.8h
- 3 Nelson McCutcheon QLD 22:46.4h
- 4 Tristan Camilleri SA 23:03.4h Penalty 30s (230.73)
- 5 Mathew Bruniges SA 25:52.4h
- 6 William Dynes VIC 25:59.2h
- 7 Ryan Stewart QLD 30:14.9h



Jessica Pickles in her first ever 30km on Sunday. Well done Jess.

**GC50 Kurrawa
Sunday December 9th**

The main event was a 50km run along the paths of the Gold Coast beachfront, from Kurrawa to Coolangatta and return. There were also other events including the 30km, 15km and 5km events. A slight breeze early on with hot and humid conditions as the morning wore on.

15km 704 George Megas 2:12:27

30km 202 Jessica Pickles 3:11:27

50km 154 Peter Bennett 5:44:09



Peter Bennett about to finish 50km on Sunday

Ashmore Walks Day

Sunday January 13th

Ashmore Little Athletics are conducting a walks day on January 13th in conjunction with the QRWC.

What's Happening?

- A workshop for athletes
- Technical training and coaching for parents
- Judging and officiating lessons for parents
- Races
- Parents standing with judges while the races progress
- Feedback following the races

Come along and get an official time to submit if you intend nominating to walk at Regional Championships or if you are interested in learning the correct techniques of race walking.

Who: Boys and Girls Under 9 to Under 17

Date: Sunday January 13, 2019

Where: Brian Johnston Athletics Track Currumburra Road, Ashmore

Cost: \$5 on the day no prior nomination required

Time: 8.30am for a 9am start

Events:

Under 9.....700metres

Under 10 - 11...1,100metres

Under 12 - 17...1,500metres

Any qualified judges, or anyone interested in walks judging are invited to participate on the day.

All enquiries contact ashmorelittleathletics@gmail.com

This Week

The last race walk opportunity before Christmas takes place this Sunday morning on the Griffith University track. The Gold Coast Masters 3/5km race starts at 8.00am

AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

Melbourne 2019

Draft Schedule - Please note that this schedule is subject to change

Friday April 26th 1,500m Walk

Saturday April 27th 10,000, Road Walk (In conjunction with a VRWC meet)

Sunday April 28th No Competition

Monday April 29th 5,000m Walk

See website for more details <https://melbourne2019.com.au/welcome>

2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY

<http://athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>

Race Walk Programme

Sunday September 1st 10km road walk

Tuesday September 3rd 5km track walk

Friday September 6th 3km track walk

Event Registration & Fees

Registrations are taken online on the event website. Refer to the website for closing dates.

OMA Registration Fee AU\$40.00 / Administration Fee AU\$50.00

Total Registration Fee AU\$90.00

Entry Fee per Event AU\$10.00

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

December 16th Gold Coast Masters 3/5km Griffith Uni 8.00am

2019

January 13th Ashmore Little Athletics Walks Day

January 26th QA Shield Meet 3,000/5,000 metres SAC

February 10th Oceania & Australian 20km Race Walking Championship Adelaide

February 16th QA Shield Meet 3,000/5,000 metres SAC

March 7-10th Queensland Athletics Championships (U14-Open) QSAC

March 27th Qld Masters Athletics 10,000metre Championships SAC 7pm

March 30th – April 7th Australian Athletics Championships (U14-Open) Sydney

April 7th QRWC Sign on Day 8.am TBC

April 13-14th Queensland Masters Athletics Championships State Athletics Facility SAC

April 14th QRWC Handicap meet 8.00am TBA

April 26-29th Australian Masters Athletics Championships Melbourne Lakeside Stadium

May 25th Great Barrier Reef Masters Games

June 2nd Gold Coast Road Walk Championships Mudgeeraba 8.00am

June 9th LBG Federation Carnival Mt Stromlo Canberra

July 3-14th 30th Summer Universiade, Naples Italy

August 31st Oceania Masters Games Mackay

Sept 28th - Oct 6th IAAF World Championships Doha, Qatar

Queensland Athletics Registration 2018/19

Registrations with Queensland Athletics for the 2018/19 season become due on October 1st. The portal is now live and will accept membership applications. Click on the QRWC as your club. To avoid the problems some members have previously experienced the options on the portal are for QA registration only. No QRWC club fee as it is recognized that our members are already financial with the club up until April 1st 2019. If you are not a current financial member of QRWC please contact the club at qrwcregistrar@outlook.com

You can now Register with Queensland Athletics via the portal on the front page of the QRWC website <http://www.qrwc.com.au>

ALL QRWC NON-COMPETING MEMBERS, VOLUNTEERS, COMMITTEE MEMBERS, OFFICIALS AND COACHES ARE REQUESTED TO TAKE ADVANTAGE OF THE \$ 0 FEE AND REGISTER WITH QA TO ENSURE YOU ARE COVERED BY THE AA/QA INSURANCE POLICY

Racewalking Queensland

(Trading as 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

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

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.

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

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