

Queensland Race Walking Club Inc.

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



HEEL & TOE



December 20th 2018

Seasons Greetings to QRWC

*The 2018 year has been a massive and hugely successful year for the Club.
From our participation by the whole club leading up to and during the Commonwealth Games.*

Dane's Gold Medal with a new Commonwealth Record.

Dane and Katie representing Australia at the World Cup.

Katie at World Juniors.

QRWC Hosting the Australian Winter Championships with Athletics Australia.

Hosting the Pan Pacific Masters Champs with EMQ.

Members who achieved Club Records, State Records, National Records.

Our athletes who Repped the Club at LBG in Canberra, and at Winter Walks at Kawana.

Our Athletes who repped Queensland at the Athletics Australia Track and Field Champs in Sydney. Oceania Champs in Adelaide, Australian Little A's on the Gold Coast, and Queensland Schools just recently in Cairns.

Members who were selected into Development Teams and National Squads.

Congratulations to you all.

For a small club we well and truly punch above our weight. I'm so proud of the effort from all our members, the athletes, coaches, volunteers and committee.

I thank you all.

As 2018 winds down, I would like to wish all our members of QRWC

A Very Merry Christmas and Happy New Year. Stay safe. Have Fun.

Looking forward to what the 2019 year can bring. May you dream big and achieve bigger.

See you on a track or road soon.

Shane.



RESULTS RESULTS RESULTS

Gold Coast Masters

Griffith University Sunday December 16th

3,000 Metre Race Walk

Brenda Gannon 17:07.89

Nyle Sunderland 18:04.15

Michael George 16:36.18

Kay Shaw 20:23'35

Qld Masters Athletics SAC Brisbane

Sat 1st December 2018

5,000 Metre Race Walk

Gannon, Brenda 29:54.10 28:46.83 68.74%

Bennett, Peter 28:25.62 22:45.52 78.91%

-- Mabbutt, Mike SCR (The mysterious Mike Mabbutt!)

McKinven, Noela 42:44.09 27:42.05 71.42%



Kay, Nyle & Michael from the Isle of Man



Fun times at the Gold Coast Masters Christmas party



“A Coach is someone who always makes you do what you don’t want to do, so you can become who you always wanted to be. There is no glory in training but without training there is no glory.”

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

Merry Christmas & a Happy New Year to All

**Oceania & Australian 20km Race Walking
Championship**

Date: Sunday 10th February 2019

Location: War Memorial Drive, Adelaide SA

Timetable:

7:00am - Australian 20km Race Walking Championship

8:00am - Under 20 Oceania 10km Race Walking Championship

8:00am - Under 18 Invitational 5km Race Walk

Entry Fee:

\$30.00

NB: Entries will close on the 21st January at 5pm.

Entries <https://2019racewalk.eventdesq.com/>



Some days are diamond
Some days are GOLD





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

2019

January 5th Qld Masters Meet 3,000 metres SAC 8.00am

December 12th Qld Masters Meet 5,000 Metres SAC 8.00am

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

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/>