

Queensland Race Walking Club Inc.

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



HEEL & TOE

February 14th 2019

Katie & Dane Walk Away with Australian Titles 20km in Adelaide



Our shining star Queensland walkers took out the double at the Australian 20km road walk championships in Adelaide on Sunday morning and what fantastic performances they were. Defending champions, **Dane Bird-Smith** took out the Australian men's title in a World Championship qualifying time of 1:20:52. Dane lead from the start and built up a good lead passing the 10km mark in 40:49 and then negative split the race by coming home in 40:03. Despite this great effort Dane was reeled in by Perseus Karlstrom from Sweden by the 16k mark. The Swede put in a lightening second 10km split of 38:57 to be first across the line in 1:20:05.

The women's race saw the walk of the day that would have surprised even the greatest optimist. At 18 years old and in her first ever 20km race **Katie Hayward** stormed home to win the Australian open title (and second female) from Commonwealth Games champion, Jemima Montag and Claire Tallent. Katies time of 1:29.25 is the fastest ever

by an Australian female on home soil and third fastest time over 20km by any Australian girl. It was also a World University and a World Championship qualifier not to mention an Australian U20 20 km record. As a debut 20km by a junior you would be hard pressed to find a faster first up time by anyone in the world. And for good measure Katie negative split the race with a PB 43:45 10km. Just as a reference, the women's winning time at the Commonwealth Games at Currumbin last year was 1:32:50 by Jemima Montag.

Well done to our other Queensland girls in the 20km. Jess Pickles walked a brave race with a time of 1:41:10. Katya Martin walked her first ever 20km and finished in 1:50:17. Christina Papadopoulos walked a strong first half before having to withdraw with an injury late in the race. Milla Rowbotham (1:01:42) Charlotte Hamann (1:04:32) toughed it to complete their first ever 10km races. Caitlin Hannigan was leading the U20 10km before an unfortunate fall that saw her having to withdraw from the race.

Terrific efforts from all our competitors in Adelaide, we are proud of you all.

Athletics Australia Race Report

Fantastic walking conditions greeted the world-class lineup in the Oceania and Australian Race-Walking Championships in Adelaide at War Memorial Drive.

In the men's 20km race, it was Perseus Karlstrom from Sweden who crossed the line first in 1:20.05, followed by Queenslander Dane Bird-Smith (1:20.52) and Eider Arevalo (1:21.36) from Colombia.

In the women's 20km race, it was Sandra Lorenas from Colombia who won the race in 1:28.49, followed by Queenslander Katie Hayward (1:29.25) and Victorian Jemima Montag (1:30.51).

Dane Bird-Smith set a cracking pace early in the men's race, going through the first 10km in 40.49 and was ahead of second place by over 40 seconds. He was eventually chased-down with just 4km to go but was very pleased with his performance.

"I was really happy to go through at an even pace the whole race," Bird-Smith said after the race. "It's a great way to start off the year I guess, coming off the back of relatively low amount of training, just working through a bit of a tendon reaction from December and then getting into some pretty sporadic training. "I wasn't too fussed as Percy (Perseus Karlstrom) came past, I was a bit like there isn't much point in trying to chase him down, I figured I would just get through the race and be the first Aussie home and I got a world qualifier – so job done, I'm very happy. "Commonwealth Games Gold medallist - Bird Smith's next major race is the 10,000m National Championships in April and after today's race says he has one major goal.

"My old man still has that record at 38.21 and I'm 10 seconds off that pace (as of PB last year) – so 10 seconds over 10km, its actually quite a lot to chase down but he still gives me a whole heap of niggles about it at the dinner table, so I'm pretty keen to get it and break it," Bird-Smith said.

Sandra Lorenas, Katie Hayward and Jemima Montag set the pace in the women 20km Championship – remaining together until the 16km mark. But over the last few kilometres, Sandra Lorenas proved too strong and broke away to take the win. But it was

Queenslander Katie Hayward who was the talk of the town at War Memorial Drive in Adelaide, her time of 1:29.25 is the fastest ever by an Australian female on home soil and third fastest time over 20km by any Australian girl. “I had no idea it was the third fastest Australian time and I’ve just heard about it – so I’m ecstatic, “I actually found the race really fun, which is kind of weird but it was hard and I’m glad it’s finished,” said Hayward. Not only was her time the fastest time by an Australian in seven years, it was also a World University and a World Championship qualifier. “World Uni’s and World Champs are my major goals now, but I also have the IAAF Asian Championships in Japan next month which will be my second 20km race and then aiming for Sydney in April,” Hayward said.

The morning also held the U20 10km Oceania Race-Walking Championship and a Under 18 Invitational 5km Race Walk, the 10km Championships was taken out by Jan Moreu (43:53) with second Oscar Tebbutt (44:19) and Tristan Camilleri (44:27) in third. The 5km Championship was won by Toby Wilks (23:43), second was Olivia Sandery (25:19) and third was Kiera Ross (27:05).



Queensland 20km girls Jess, Katie, Katya

Results Results Results

Australia 20km Race Walk Championships Adelaide Women 20,000 Meter Race Walk OPEN

1 # 5 Lorenas, Sandra Colombia 1:28:49

2 # 3 Hayward, Katie Qld 1:29:25

3 # 7 Montag, Jemima Vic 1:30:51

4 # 13 Virbalytre, Brigita Lithuania 1:31:25

5 # 12 Tallent, Claire SA 1:33:24
6 # 1 Barber, Alana New Zealand 1:36:38
7 # 14 Tallent, Rachel Act 1:38:41
8 # 11 Ruddick, Kelly Vic 1:39:52
9 # 10 Pickles, Jessica Qld 1:41:10
10 # 4 Huse, Philippa Vic 1:41:30
11 # 6 Martin, Katya Qld 1:50:17
12 # 8 Ng, Sau Man Hong Kong 2:02:46
-- # 9 Papadopoulos, Christina Qld DNF

Women 10,000 Meter Race Walk Under 20

1 # 58 De Orbeta, Rachel Puerto Rico 44:50
2 # 55 Pitchers, Alannah Nsw 50:08
3 # 59 Upton, Victoria SA 53:59
4 # 51 Bolton, Hannah Nsw 55:01
5 # 54 Lovegrove, Rhiann SA 57:18
6 # 56 Rowbotham, Milla Qld 1:01:42
7 # 52 Hamann, Charlotte Qld 1:04:32
-- # 53 Hannigan, Caitlin Qld DNF

Women 5000 Meter Race Walk Under 18

1 # 69 Sandery, Olivia SA 25:19
2 # 68 Ross, Kiera SA 27:05
3 # 71 Upton, Kitarni SA 29:55

Men 20,000 Meter Race Walk OPEN

1 # 31 Karlstrom, Perseu Sweden 1:20:05
2 # 22 Bird-Smith, Dane Qld 1:20:52
3 # 18 Arevalo, Eider Colombia 1:21:36
4 # 48 Ziukas, Marius Lithuania 1:21:44
5 # 27 Dunfee, Evan Canada 1:22:23
6 # 34 Palma, Ever Mexico 1:23:18
7 # 25 Cowley, Rhydian Vic 1:23:33
8 # 37 Rew, Quentin New Zealand 1:23:42
9 # 46 Uradnik, Miroslav Slovakia 1:23:46
10 # 19 Arteaga, Mauricio Ecuador 1:23:53
11 # 33 Melendez, Jose Puerto Rico 1:24:08
12 # 24 Brzozowski, Artur Poland 1:24:49
13 # 23 Blocki, Damian Poland 1:25:04

14 # 30 Jones, Tyler Nsw 1:25:44
15 # 44 Tingay, Declan WA 1:26:22
16 # 20 Bilodeau, Mat Canada 1:26:35
17 # 16 Araya, Edward Chile 1:26:57
18 # 41 Suskevicius, Tada Lithuania 1:27:25
19 # 40 Sikora, Rafal Poland 1:27:36
20 # 42 Tallent, Jared SA 1:27:37
21 # 39 Ruiz, Jorge Colombia 1:28:10
22 # 47 Yamamoto, Toru Japan 1:29:10
23 # 28 Espada, Luis Puerto Rico 1:29:14
24 # 29 Gibbons, Carl Nsw 1:29:53
25 # 45 Tse, Chun Hung Hong Kong 1:35:47
26 # 32 Kozica, Jason Vic 1:37:18
27 # 38 Richardson, Dylan Nsw 1:37:55
28 # 21 Bird, Kyle Vic 1:45:52
29 # 35 Prasad, Pramesh Fiji 1:48:44
-- # 36 Reading, Brendon Act DNF
-- # 17 Araya, Yerko Chile DNF

Men 10000 Meter Race Walk Under 20

1 # 65 Moreu, Jan Puerto Rico 43:53
2 # 66 Tebbutt, Oscar Nsw 44:19
3 # 61 Camilleri, Trista SA 44:27
4 # 63 Fraser, Timothy Act 44:28
5 # 62 Dickson, Corey Vic 44:53
5 # 64 McGinniskin, Jack Nsw 44:53
7 # 60 Bruniges, Mathew SA 49:53

Men 5000 Meter Race Walk Under 18

1 # 74 Wilks, Toby SA 24:33



Caitlin leading the field in the U20 10km

**Queensland Little Athletics
South East Regional Championships, SAF**

Girls U9 700m Race Walk

- 1 Fisher, Siaan Redlands 4:19.78
- 2 Athousis, Georgina Sunnybank 5:08.84
- 3 Lucas, Rihanna Redlands 6:04.95

Girls U10 1100m Race Walk

- 1 Clarke, Makenna Redlands 6:01.59 **Regional Championship Best Performance**
- 2 Kruck, Sienna Algester 7:23.64
- 3 Cosford, Amy Springwood 7:25.50
- 4 Mackay, Phoenix Algester 7:54.04
- 5 Gaviglio, Zara Algester 7:54.11
- 6 Haggerty, Jaimie Sunnybank 8:03.67
- 7 Freese, Chelsea Redlands 8:05.72

Girls U11 1100m Race Walk

- 1 Birt, Katie Springwood 7:35.42
- 2 Wise, Chiara Springwood 7:35.78
- 3 Cordwell, Kayli Wynnum Manly 9:46.58
- Talbot, Tegan Springwood DQ

Girls U12 1500m Race Walk

- 1 Gee, Tamika Algester 8:04.22
- 2 Pearson, Charlotte Balmoral 10:37.61
- 3 Kopittke, Tiana Algester 10:56.88
- 4 McDonald, Tatum Beenleigh 10:58.17
- 5 Thomasson, Aleksia Mt Gravatt 11:28.32
- 6 Messerschmidt, Beatrix Algester 12:54.12

Girls U14 1500m Race Walk

- 1 Clarke, Anika Redlands 7:40.74 **Regional Championship Best Performance**
- 2 Fisher, Torryn Redlands 9:09.91
- 3 Heath, Lauren Algester 10:06.82
- Newman, Claire Balmoral DQ

Girls U15 1500m Race Walk

- 1 Clifford, Lorrilee Beenleigh 10:52.47
- Kruck, Savarnah Algester DQ

Girls U16 1500m Race Walk

- 1 Hargreaves, Josii Jimboomba 8:42.70 **Regional Championship Best Performance**
- 2 Moore, Kristi Springwood 12:23.16

Girls U17 1500m Race Walk

- 1 Talbot, Courtney Springwood 12:00.19

Boys U9 700m Race Walk

- 1 Hambrook-Smith, Jake Mt Gravatt 4:19.33 **Regional Championship Best Performance**
- 2 Bingham, Lochie Sunnybank 4:21.22
- 3 Burrows, Hayden Springwood 5:43.79
- 4 Vagne, AidanMax Mt Gravatt 6:25.65

Boys U10 1100m Race Walk

- 1 Callaghan, Flynn Redlands 6:01.57 **Regional Championship Best Performance**

- 2 Eassie, Ryan Algester 7:20.72
- 3 Athosis, Constantinos Sunnybank 7:24.18
- 4 Kopittke, Joshua Algester 7:46.03
- 5 Taverner, Mitchell Springwood 9:46.45
- 6 Whitehead, Matthew Mt Gravatt 10:10.65
- Hannam, Jacob Jimboomba DQ

Boys U11 1100m Race Walk

- 1 Lucas, Jaydon Redlands 7:21.09
- 2 Epitropakis, Zackary Algester 7:28.37
- 3 Harriott, Bradley Mt Gravatt 8:24.12
- 4 Kidman, Jacob Springwood 9:27.55

Boys U12 1500m Race Walk

- 1 Callaghan, Myles Redlands 8:25.17
- 2 Cosford, Sam Springwood 8:43.82
- 3 Burrows, Bailey Springwood 11:23.17

Boys U13 1500m Race Walk

- 1 Kavanagh, Danny Springwood 9:40.46
- 2 Edser, Jackson Algester 10:50.58

Met West Regional Championships, Ipswich

Girls U9 700m Race Walk

- 1 Pearce, Emmelia Ipswich 5:05.24
- 2 Reid, Jordyn Ipswich 5:42.48
- 3 Bergin Piggott, Opal Toowong Harriers 6:25.78

Girls U10 1100m Race Walk

- 1 Sheehan, Emma Toowong Harriers 7:23.17
- 2 Pearce, Bethany Ipswich 7:51.05
- 3 Webster, Hannah Toowong Harriers 8:06.20
- Crocker, Jorja Rosewood DQ
- Goulding, Lucie Ipswich DQ

Girls U11 1100m Race Walk

- 1 Davey, Caterina Toowong Harriers 7:13.83
- 2 Mathewson, Riley Ipswich 7:29.48
- 3 Slater, Emma Toowong Harriers 8:29.03
- 4 Dubbeldam, Kaylan Toowong Harriers 9:31.91

Girls U12 1500m Race Walk

- 1 Teahen, Rebecca Toowong Harriers 8:25.85
- 2 Stewart, Kamara Ipswich 9:08.12
- 3 Scott, Sophie Toowong Harriers 10:26.46
- 4 Little, Emily Ipswich 12:12.67
- 5 La Forest, Eve Centenary
- Goulding, Lily Ipswich DQ

Girls U13 1500m Race Walk

- 1 Armstrong, Jade Ipswich 12:14.93
- 2 Thomas, Emily Kenmore 13:06.25

Girls U14 1500m Race Walk

- 1 Jager, Brealla Centenary 10:48.61

- 2 McNamara, Rachael Rosewood 11:07.65
- 3 Mathewson, Tiana Ipswich 11:10.13
- 4 Sheehan, Hannah Toowong Harriers 11:16.83
- 5 Loveday, Destiny Rosewood 11:40.72
- 6 Little, Danielle Ipswich 13:51.69

Girls U16 1500m Race Walk

- 1 Novinetz, Camryn Ipswich 6:47.36 **Regional Championship Best Performance**

Boys U9 700m Race Walk

- 1 Hoyling, Angus Toowong Harriers 5:44.18
- 2 Scott, Thomas Toowong Harriers 5:44.39
- 3 Manteit, Ryan Ipswich 5:49.02

Boys U10 1100m Race Walk

- 1 Stewart, Mitchell Ipswich 7:23.31
- 2 Anderson, Lucas Toowong Harriers 8:06.96

Boys U11 1100m Race Walk

- 1 Manteit, Zack Ipswich 7:32.01
- 2 Cohen, Harry Toowong Harriers 7:32.06
- 3 Thomas, Gregory Kenmore 9:30.78

Boys U12 1500m Race Walk

- 1 Rasmussen, Jhye Ipswich 10:30.87
- 2 Sheehan, Liam Toowong Harriers 11:01.63
- 3 Vojinovic, Ethan Toowong Harriers 12:14.65
- Manteit, Torin Ipswich DQ

Boys U13 1500m Race Walk

- 1 Riese, Jonathan Toowong Harriers 9:58.43
- 2 Dubbeldam, Cameron Toowong Harriers 10:51.63

Boys U14 1500m Race Walk

- 1 Manteit, Jordan Ipswich 8:40.98
- 2 Webster, Alexander Toowong Harriers 10:17.97

Downs & South West Regional Championships, Highfields

Girls U9 700m Race Walk

- 1 Zirbel, Mikayla Highfields 4:55.92
- 2 Clifford, Sally Highfields 5:29.71
- 3 Ilka, Heidi Laidley 7:20.96

Girls U10 1100m Race Walk

- 1 Collins, Amber Laidley 8:19.38
- 2 Smith, Morgan Highfields 8:46.09
- 3 Koplick, Ruth Laidley 9:23.83

Girls U11 1100m Race Walk

- 1 Fedrick, Clare Ropehill 6:42.44
- 2 Blatchly, Mikaylee Laidley 8:18.08
- 3 Ilka, Matilda Laidley 8:19.71
- 4 Hayes, Angelina Highfields 8:24.73
- 5 Griffiths, Ella Ropehill 8:44.50
- 6 O'Dea, Erin Granite Belt 8:51.78
- 7 Jackwitz, Karnee Ropehill 9:12.00

--- Hart, Rheanna Toowoomba Cent DQ

Girls U12 1500m Race Walk

1 Eddison, Abigail Upper Lockyer 12:46.57

Girls U13 1500m Race Walk

1 Zirbel, Cheyenne Highfields 9:36.13

2 Burton, Matilda Highfields 9:40.19

3 O'Dea, Brigid Granite Belt 11:02.10

Girls U14 1500m Race Walk

1 Gore, Molly Toowoomba Cent 10:45.58

Boys U9 700m Race Walk

1 Koplick, Jeremy Laidley 6:38.84

2 Wilson, Jordan Toowoomba Cent 6:57.88

Boys U10 1100m Race Walk

1 Zirbel, Blake Highfields 7:36.55

2 Jenner, Joshua Warwick 8:32.16

3 Wilson, Blake Toowoomba Cent 10:13.50

--- Goldspink, Joshua MT Tarampa DQ

Boys U11 1100m Race Walk

1 Sutton, Jak Laidley 7:28.87

2 Paynter, Will Highfields 7:32.22

3 Burke, Noah Toowoomba Cent 7:32.96

--- Sutton, William Laidley DQ

Boys U12 1500m Race Walk

1 Jenner, Zachary Warwick 12:05.06

Boys U13 1500m Race Walk

1 Bradley, Alex Highfields 8:07.73 **Regional Championship Best Performance**

Boys U14 1500m Race Walk

1 Griffiths, Lochie Ropehill 11:35.15

Boys U16 1500m Race Walk

1 Zirbel, Joshua Highfields 8:32.54

Boys U17 1500m Race Walk

1 Buchanan, Jedekiah MT Tarampa 10:11.50

Saturday night Live at Caboolture

The annual Caboolture Dusk to Dawn 12-hour race was held on Saturday night at the Caboolture Historical Village. The race was held in 30-degree heat and 86% humidity throughout the night with many competitors battling for survival rather than great distances. Peter Bennett won the Andrew Ludwig Memorial Shield for the furthest distance by a walker with 86km. This was the 10th anniversary race since Andrews passing.

Extract from the race report by one of the runners

“So, the event kicked off at the furnace in oppressive conditions at 6pm with the sun not setting until shortly after 7pm. Although you felt this slight cooling breeze at nightfall around the back section of the course you soon realized its deception - like a mirage, as it

stripped your body of its remaining fluids. The drinks at the far end were being filled by a running hose and to explain just how sapping the humidity was - I can tell you the relief on about lap 60 when the race director offered hose down anyone that desired it."

This Week

This Saturday night at the QA Shield meet on the track at UQ St Lucia there is a combined start 3k/5km walk starting at 9pm.

The 2019 Australian Track & Field Championships **Sydney Olympic Park Athletic Centre April 1st to April 7th**

Draft Walks Timetable

Monday 1st April

9:00am 10000 metres Walk Under 20 Men
9:00 am 10000 metres Walk Under 20 Women
4:30 pm 3000m Race Walk Under 15 Boys
4:30 pm 3000m Race Walk Under 16 Boys
5:00 pm 3000m Race Walk Under 15 Girls
5:00 pm 3000m Race Walk Under 16 Girls

Tuesday 2nd April

11:30 am 3000 metres Race Walk Under 14 Girls
11:30 am 3000 metres Race Walk Under 14 Boys

Friday 5th April

8:10 pm 10000 metres Race Walk Open Men
8:10 pm 10000 metres Race Walk Open Women

Saturday 6th April

9:00 am 5000m Race Walk Under 18 Women
9:00 am 5000m Race Walk Under 18 Men
9:40 am 5000 metre Walk Under 17 Women
9:40 am 5000 metre Walk Under 17 Men

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>

UNIFORM NEWS REMINDER: if you are intending to compete at the AMA National Championships in Melbourne in April, you **MUST** wear the current QMA singlet, t-shirt or crop top. If you don't have one, get your order in ASAP, and certainly by the 27th February to ensure delivery in time. Contact Kathy: Email: kathy@qldmastersathletics.org.au Ph: 34253918 Mobile: 0417754126

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 9th



The annual Carnival is held each June in Canberra and brings together race walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the Australia Federation of Race Walking Clubs (Race Walking Australia) and has a strong team emphasis. The carnival is over 50 years of age and involves over 300 walkers of all ages. This is a chance for EVERY member of the club to represent your State. So now is the time to start looking at accommodation and flights.

2019 Oceania Regional Championships

Event Date: 25-28th June 2019
Location: Townsville Sports Reserve

The **2019 Oceania Area Championships** will be held in Townsville, Australia from 25-28 June 2019. The Oceania Area Championships will include U18, U20 and Open age groups.

Standards

	AA Team	Regional AA Team
Open Men 10km	41:30.0	56:00
Open Women 10km	46:30.0	62:00
Under 20 Men 10km	42:48.0	59:30
Under 20 Women 10k	46:30.0	54:00
Under 18 Men 5km	21:25.0	30:30
Under 18 Women 5km	23:29.0	35:00

To find out on eligibility and selection policy more go to

AA Team

<http://www.athletics.com.au/High-Performance/Able-Bodied/Team-Information/Oceania-Area-Championships>

Regional Team

<http://www.athleticsnorthqld.org.au/2019rat>

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



Entries Now Open

<http://australianmastersgames.com>

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

February 13th Qld Masters Meet SAC 30min walk 7.00pm (Wednesday night meet)

February 16th QA Shield Meet 3,000/5,000 metres UQ St Lucia 9.00pm

February 24th Gold Coast Masters Griffith Uni TBD

February 27th Qld Masters Meet 5,000 metres SAC 7.00pm (Wednesday night meet)

March 2nd Qld Masters Meet SAC TBD

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

March 10th Gold Coast Masters Griffith Uni

March 16th Qld Masters Meet SAC TBD

March 22nd Qld LA Championships Townsville

March 23th Qld Masters Meet SAC TBD
March 24^h Gold Coast Masters Griffith Uni TBD
March 27th Qld Masters Athletics 10,000metre Championships SAC 7pm
March 30th Gold Coast Masters Championships Griffith Uni
March 30th – April 7th Australian Athletics Championships (U14-Open) Sydney
April 7th QRWC Sign on Day / AGM Kalinga Park 8.00am
April 13-14th Queensland Masters Athletics Championships State Athletics Facility SAC
April 14th QRWC Handicap meet Logan River Parklands Beenleigh 8.00am
April 21st Easter Sunday
April 26-29th Australian Masters Athletics Championships Melbourne Lakeside Stadium
April 28th QRWC Handicap meet 8.00am TBA

Looking further ahead

May 5th QRWC Handicap meet TBA
May 12th Mother's Day
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

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/>