

Queensland Race Walking Club Inc.
Building on a fine tradition of race walking, 62 years in the making.



HEEL & TOE

January 11th 2018

Australian 10,000m Walk Championships **Canberra, Sunday, January 14th**

The Athletics Australia open 10,000 metres track championships are being conducted in Canberra this Sunday morning. There has been some controversy since the race walks were brought forward to January 14th instead of being part of AA Open Track Championships on the Gold Coast in mid-February. Last year there was a single combined race. This year given the number of entrants there are separate men and women's races.

Queensland will be represented by defending champion Katie Hayward and Jessica Pickles in the women's 10,000 metres. Luke McCutcheon is our sole representative in a huge field of 36 entrants in the men's race. The races include a large contingent of overseas athletes who are currently in Canberra as part of an AIS Nutritional Study camp. We wish the walkers all the very best this Sunday.



Katie Hayward on her way to winning the 2017 10,000 metre title

Race Entrants

8:00am Women 10,000 Metre Race Walk Open

- 1 Sandra Arenas Colombia
- 2 Alana Barber New Zealand

- 3 Chelsea Goodhew New South Wales
- 4 **Katie Hayward Queensland**
- 5 Philippa Huse Victoria
- 6 Regan Lamble Victoria
- 7 Simone McInnes Victoria
- 8 Jemima Montag Victoria
- 9 Natalie Myers Great Britain
- 10 Molly O'Neill New South Wales
- 11 Teegan Pengilley New South Wales
- 12 **Jessica Pickles Queensland**
- 13 Allanah Pitcher New South Wales
- 14 Beki Smith New South Wales
- 15 Claire Tallent South Australia
- 16 Brigita Virbalyt Lithuania

9.25am Men 10,000 Metre Race Walk Open

1. Eider Aravelo Colombia
- 2 Rafal Augustyn Poland
- 3 Mitchell Baker Australian Capital Territory
- 4 Damian Blocki Poland
- 5 Artur Brzozowski Poland
- 6 Callum Burns Australian Capital Territory
- 7 Rhydian Cowley Victoria
- 8 Evan Dunfee Canada
- 9 Rafal Fedaczynski Poland
- 10 Timothy Fraser Australian Capital Territory
- 11 Connor Frew New South Wales
- 12 Adam Garganis Victoria
- 13 Carl Gibbons New South Wales
- 14 Anders Hansson Sweden
- 15 Edward Ignacio Araya Cortes Chile
- 16 Yerko Ignacio Araya Cortes Chile
- 17 Jakub Jelonek Poland
- 18 Perseus Karlstrom Sweden
- 19 Remo Karlström Sweden
- 20 **Luke McCutcheon Queensland**
- 21 Jack McGinniskin New South Wales
- 22 Jose Montano Colombia
- 23 Ever Palma Mexico
- 24 Isaac Palma Mexico
- 25 Brendon Reading Australian Capital Territory
- 26 Quentin Rew New Zealand
- 27 Dylan Richardson New South
- 34 Declan Tingay Western Australia Wales
- 28 Jorge Ruiz Columbia

- 29 Manuel Soto Colombia
- 30 Tadas Suskevicius Lithuania
- 31 Kyle Swan Victoria
- 32 Oscar Tebbutt New South Wales
- 33 Ryan Thomson New South Wales
- 35 Yamamoto Toru Japan
- 36 Marius Ziukas Lithuania

Campaign Get Set for the Games Launch

Monday January 15th The Northern Pavilion, Broadwater Parklands (north of the Gold Coast Aquatic Centre)

Representatives from the club have been invited to participate in a media campaign launch on Monday on the Gold Coast. This is an initiative of the Department of Main Roads to get people to change their travel habits during the period of the Games. A number of politicians and media personnel will be present at the launch as well as Mark Peters, the Chief Executive Officer of the Gold Coast 2018 Commonwealth Games Corporation. Special guest will be Leigh Skinner, the GC2018 Para Powerlifting ambassador.

Gymnastics and race walking have been invited to talk about their sport and to provide a demonstration. This will include a mock race with politicians and media people joining in.

If you can be at the Northern Pavilion, Broadwater Parklands before 10am. on Monday you can join in the fun. The event concludes at 11am after photos shoots etc.

<https://www.getsetforthegames.com>

Redlands Athletics Club Carnival

Sunday 28th January Sheldon College

Rodney Clarke has kindly sent details of a promotion by Redlands LA's of a carnival featuring race walks. The carnival will be conducted on the recently laid IAAF approved tartan track at Sheldon College (photo below).

Walks events on offer include U9 – 700m, U10 to U11 1,100m and U12 to U17 1,500m. and will commence at 8.00am.

Carnival entry is \$15 for 5 events PLUS walks for U7 athletes and above. Rodney explained “*We are trying to encourage walkers and non-walkers with this fee structure to join us in the Redlands.*”

Please direct any enquiries to info@redlandsathletics.org.au



Sheldon College athletics track

We have also been alerted that **Ashmore LA's** have a Walks Day this Sunday 14th . Races start at 9am with walks from U9-U17.

Then on Saturday 20th **Ipswich LA's** are at Bill Paterson with walk s at 1.30pm for U9-U17.

This Week

Queensland Masters competition resumes in Brisbane this Saturday with a 5,000 metres walk at the SAF starting at 8.00am. **Stay well hydrated**

The Australia Track 10,000 metre Championships will be conducted this Sunday morning in Canberra and it looks like there will be big field lining up for both the men's and women's events.

Gold Coast Masters Championships

Runaway Bay Sports Centre February 4th

Walk Championships Programme

7.30am 5,000 metre walk Men & Women

10.30am 1,500 metre walk Men & Women

Medals will be presented to 1st, 2nd and 3rd places for every event in every age division.

No online entries at this stage. Entry forms can be downloaded from the website <https://www.goldcoastmasters.com/>

Entries can be handed in at the track on the 7th or 21st of January.

Contact: Karen Lakin Email to karenlakin@outlook.com.au

Australian 20km Race Walking Championships **Inc. Oceania Championships**

Sunday 11th February 2018

War Memorial Drive, Adelaide, South Australia

Timetable

7:00am: Australian 20km Race Walking Championships

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

8:00am: Invitational Under 18 5km Race Walking Championships

Entry \$30.00 per event Entries Close Monday 5th February 2018

<http://www.athletics.com.au/Compete/Events/2018-oceania-australian-20km-race-walking-championships-1>



ENTRIES ARE NOW OPEN

The QRWC is the host organisation for Athletics - Road Race Walks for the 2018 Pan Pacific Masters Games. The road walks will take place on the Luke Harrop Criterium Circuit next to the Sports Super Centre at Runaway Bay on Sunday November 11th 2018.

Every entry in the 10km road walk will benefit the club so please spread the word amongst your Masters friends.

<https://mastersgames.com.au/ppmg/sports/athletics-road-race-walk/>

Canberra Federation Carnival **Mt Stromlo Canberra Sunday June 10th**

Now is the time to start planning your trip!!

This annual Carnival is held each June in Canberra and brings together races walkers of all ages and abilities from race walking clubs all around the country. This is the main

event for the AFRWC 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. Besides competing against your peers from around Australia you will have a lot of fun and meet people who will become lifelong friends. Besides all that there is the opportunity to win individual , team and handicap awards.

So, start looking at accommodation and flights. If you see any super sales prices on flights please let us know so that we can share the deals with your team mates.

Racewalking Queensland

QRWC Annual Subscriptions

Family \$25.00

Students & Officials \$10.00

Others \$15.00

To register with Queensland Athletics, you must use their On-Line Registration.

Go to www.qldathletics.org.au

Race Day Fees

Students \$3.00 / Others \$5.00

Club/Track Championships \$8.00

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

Racewalking Queensland Management Committee 2017/18

President: S Pearson

Secretary: N. McKinven

Vice President: P. Bennett

Treasurer: J. Heylen

Committee: I Jimenez, A Wearne, R Wales, R Hamann, J Pickles, S Langley

Patron: Patrick & Maxine Sela **Registrar:** A Wearne, S Wearne

Delegates to QA: R Wales, S Pearson

Equipment Officers: N McKinven, I Jimenez, P Bennett, S Pearson

Handicapper: N McKinven

Trophy Officer: N McKinven

Results: N McKinven

Canteen Convenor: G Jimenez

Publicity Officer: J Pickles

Blue Card Co-ordinator: J Haig

Coming Up

January 13th QMA 5,000 metres SAF 8.00am

January 14th AA 10,000 metre track championships Canberra

January 20th QMA 3,000 metres SAF 8.00am

January 21st Gold Coast Masters 3,000 metres Runaway Bay 7.30am
January 20-27th Oceania Masters Championships, Dunedin NZ
January 26th QA Meet 3,000 / 5,000 metres SAF
January 28th **Sunday** QMA 5,000 metres SAF 8.00am
February 2-4th QA Open Track Championships 10km U20/Open
February 4th GC Masters Championships Runaway Bay 5km 7.30am / 1.5km 10.30am
February 7th **Wednesday** QMA 10,000 metres Championships SAF 7.00pm
February 10th QMA 3,000 metres SAF 8.00am
February 11th AA 20km Road Walk Championships Adelaide
February 15-18th AA Open Track Championships Gold Coast
February 17th QMA 5,000 metres SAF 8.00am
February 22-25th QA Junior Track Championships
February 24th QMA 3,000 metres 8.00am / 1,500 metres 9.40am Main Stadium QE11

Looking Further Ahead

March 3rd QA Meet 3,000 / 5,000 metres SAF
March 14-18th AA Junior Track Championship Sydney
April 8th Commonwealth Games 20km Road Walks Currumbin
April 21st QMA Track & Field Championships SAF 5,000 metres
April 26-29 AMA Track & Field Championships Perth WA
April 28-29th Australian Little A's Championships Gold Coast
May 5-6th World Race Walking Team Championships Taicang, China
June 10th LBG Federation Carnival Mt Stromlo Canberra
June 17th Gold Coast Road Walk Championships Mudgeeraba 8.00am
July 10-15th IAAF World Juniors Track Championships Finland
August 5th QA Road Walk Championships / QMA Short Walk C/Ships **TBA**
August 26th AA/Federation Road Walk Championships Sunshine Coast **TBA**
September 1-16th World Masters Athletics Championships Malaga, Spain
November 11th PPMG 10km Road Walk Runaway Bay 7.00am

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(Trading at the Queensland Race Walking Club Inc. ABN 59065512712)

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Students \$3.00

Others \$5.00

Club/Track Championships \$8.00

Track Championships – Non-Member \$ 15.00.

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Go to www.qldathletics.org.au

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/>