

Queensland Race Walking Club Inc.

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



HEEL & TOE

January 31st 2019

Katie Hayward Smashes Australian U20 10,000 metre Record

Congratulation to Katie Hayward who recorded a huge 39 sec PB time of **44:29.27** in the Canberra Track Classic 10,000 metre walk on Monday. Katie broke the Australian U20 10,000m walk record that had been held by Victorian Jessica Rothwell since 2008.

Katie was third female to finish behind Sandra Lorenas of Colombia (43:41.51) and Commonwealth Games 20km Champions Jemima Montag. Jemima broke her pb by a massive 1 min 37 sec to finish with a time of 43:59.46. Our club captain, Jessica Pickles, improved dramatically from her last 10km three weeks ago to finish in 49:37.49. Next big race coming up is the National 20km in Adelaide on Sunday February 10th.

RESULTS RESULTS RESULTS

Canberra Track Classic 10,000 metres

1. Karlstrom, Perseus M Sweden 39:20.81
2. Dunfee, Evan M Canada 39:56.54
3. Cowley, Rhydian M Australia 40:07.01
4. Fujisawa, Isamu M Japan 40:09.76
5. Arteaga, Mauricio M Ecuador 40:20.29
6. Araya, Yerko M Chile 40:40.99
7. Uradnik, Miroslav M Slovakia 40:43.73
8. Tingay, Declan M Australia 41:28.50
9. Brzozowski, Artur M Poland 41:36.05
10. Rew, Quentin M New Zealand 41:40.58
11. Ziukas, Marius M Lithuania 41:59.22
12. Melendez, Jose M Puerto Rico 42:05.46
13. Blocki, Damian M Poland 42:44.72
14. Arevalo, Eider M Colombia 42:59.86
15. Sikora, Rafal M Poland 43:05.31
16. Reading, Brendon M Australia 43:10.61

17. Bilodeau, Mat M Canada 43:13.39
18. Suskevicius, Tadas M Lithuania 43:15.92
19. Palma, Ever M Mexico 43:31.89
20. Araya, Edward M Chile 43:33.53
21. Yamamoto, Toru M Japan 43:34.58
22. Ruiz, Jorge M Colombia 43:37.49
23. Lorenas, Sandra W Colombia 43:41.51
24. Montag, Jemima W Australia 43:59.46
25. Tallent, Jared M Australia 44:21.55
26. Hayward, Katie W Australia 44:29.29
27. Virbalyte, Brigita W Lithuania 45:32.50
28. Fraser, Tim M Australia 46:05.86
29. Dickson, Corey M Australia 46:28.44
30. Camilleri, Tristan M Australia 46:35.07
31. McInnes, Simone W Australia 47:26.23
32. Tallent, Rachel W Australia 47:48.77
33. Barber, Aiana W New Zealand 48:22.14
34. Rayson, Ian M Australia 49:24.34
35. Pickles, Jess W Australia 49:37.49
36. Huse, Philippa W Australia 51:28.29
37. Manning, Hannah W Australia 1:00:12.30

Qld Masters Athletics QSAC January 26th

Masters 5,000 Meter Race Walk

- 1 Peter Bennett M63 Brisbane 28:34.84
- 2 Mark Carlile M45 Brisbane 41:21.38
- 3 Noela McKinven W76 Brisbane 43:44.64

Lots of great times and pbs at the first QA track meet with walk events for 2019 on Saturday evening at QSAC. Super walk by Christina Papadopoulos with a 5km time of 22:39.45. Nelson McCutcheon was not far behind with a finish time of 22:42.73. Caitlin Hannigan walked well with a smart time of 24:32.38

In the 3km the best walk was by Katya Martin with 14:26.16 with Sam McCure walking 16:28.60 to win the men's race.

QA Shield Series: Norma Croker Shield

Saturday January 26th QSAC

Women 3,000 Metre Race Walk

- 1 Martin, Katya 22 Gold Coast Victory 14:26.16
- 2 Ofield, Mackenzie 15 USC 16:52.74
- 3 Clarke, Anika 14 Redlands 17:05.82
- 4 Fisher, Torryn 14 QRWC 20:36.81
- 5 Hingst, Olivia 12 Qrun 22:00.56

Women 5,000 Metre Race Walk

- 1 Papadopoulos, Christina 23 UNQ 22:39.45
- 2 Hannigan, Caitlin 17 UNQ 24:32.38

3 Gannon, Brenda 45 QMA 27:47.13
4 Millard, Summer 14 QRWC 28:32.28
5 Hamann, Charlotte 18 QRWC 29:15.92
6 Hill, Gabriella 16 Gold Coast Victory 29:43.35
7 Rowbotham, Milla 18 UNQ 29:56.93

Men 3,000 Metre Race Walk

1 McCure, Sam 13 Gold Coast Victory 16:28.60
2 Bannister, Jack 13 QRWC 20:46.29

Men 5,000 Metre Race Walk

1 McCutcheon, Nelson 17 Qeii Track Club 22:42.73
-- Stewart, Ryan 17 Ipswich & District DNF

This Week

At Qld Masters this Saturday there is a 1 mile walk at QSAC starting at the later time of 8.45am. Good chance for Masters walkers to chase an age group record.

On Sunday morning Qld Masters are back at QSAC with a 3,000 metres (spiral handicap) starting at 8.20am

**Caboolture Dusk til Dawn
Saturday February 9th at 6pm**

Venue: Caboolture Historical Village 280 Beerburrum Road

Time Based Events

12 Hour \$85 6:00pm / 6 Hour \$65 6:00pm

Distance Based Events

100km \$85 6:00pm 50 km \$65 6:00pm

Marathon \$60 6:00pm / ½ Marathon \$40 6:00pm

15 km \$15 6:00pm / 10 km \$10 6:00pm

More Info go to : <http://www.geoffsrns.com/events/dusk-til-dawn/>

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



Date: Sunday 10th February

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

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>

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 **Regional Australia Athletics Team** presents an amazing opportunity for regional athletes to compete at the 2019 Oceania Championships in Townsville

Eligibility

A. Only those athletes who qualify according to this clause 3A will be eligible for selection in the Team:

- Be a citizen of Australia
- Either have their normal place of residence (defined as being a place where an athlete is resident and/or educated) in an “athletically remote area” of Australia (defined as a being a place more than 300km from any major city or “Northern Australia” (defined as comprising the Northern Territory, parts of Western Australia and North Queensland, north of 26th parallel south latitude).
- Be a registered member of Athletics Australia through an affiliated club
- Complete and submit the Application for Consideration for Selection by Wednesday 12 April 2019.

Standards

Open Men 10km 56:00
Open Women 10km 62:00
Under 20 Men 10km 59:30
Under 20 Women 10k 54:00
Under 18 Men 5km 30:30

Under 18 Women 5km 35:00
To find out more go to

<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



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 2nd Qld Masters Meet 1-mile SAC 8.45am

February 3rd Qld Masters Meet 3,000 metres (spiral handicap) SAC 8.20am

February 10th Oceania & Australian 20km Race Walking Championship Adelaide 7.00am

February 10th Gold Coast Masters Griffith Uni Inc. QMA 3,000m C/Ship 7.30am

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 8,000 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 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/>