

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



HEEL & TOE

January 4th 2018

HAPPY NEW YEAR
WELCOME 2018

What a massive year 2018 is shaping up to be for QRWC.

I would like to take this opportunity to wish all our athletes, volunteers, officials, coaches and all their families a Very Happy New Year.

May all your goals and dreams come true. Hope you all have a year of good health, fortune, solid and consistent training and great racing.

As a club there is a chance we will have athletes representing Australia at many International events and the usual Australian and States Championships

We'll probably have athletes competing at this year's Gold Coast Commonwealth Games and we'll have many club members involved as Volunteers during the Games and Queens Baton Relay Runners. The club has also been invited to be part of a Race walking Promotional Stand at the Games on the day of the Walks. More information on this will be announced soon.

Plus, The IAAF Race Walking Teams World Cup and World Juniors Championships should see QRWC members flying the flag. Queensland is also hosting the Australian Little Athletics Champs, the Australian Winter Road Walking Champs and the Masters Pan Pacific Games. So, we are all in for a very busy year.

I really hope that we are all planning on competing in Canberra at this years LBG carnival. As the 2nd Nationals this winter is in Queensland I encourage as many people as possible to be in Canberra. We can then show the country more of the amazing talent Queensland has on offer.

For now, it's all about getting all the training into place and getting ready for a fantastic year. Looking forward to seeing you all on the road or a track real soon.

Club President
Shane Pearson

2018 Australian 10,000m Walk Championships

Date: Sunday 14th January, 2018 **Location:** Canberra, ACT

Entry: \$30.00 per event **Entries close:** Monday 8th January, 2018

<https://10000mwalk.eventdesq.com/>

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

Entries close on the 31st January.



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/>

This Week

The first Queensland race walk of the year will be held this Saturday January 7th. The Gold Coast Masters have a 3,000 metres walk at **Runaway Bay** starting at 9.30am.

Important Message from the Gold Coast Masters “We have moved”

Starting with the first meet on January 7th competitions will now be held at the Runaway Bay Sports Super Centre located at 1 Sports Drive, Runaway Bay.

There will not be any walk events at the QA Shield meet on Saturday at UQ. Message from QA *“The walks along with some other track events and field events were removed from the program last year to allow more time for the championship events (Combined Event Championships).”*

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 7th Gold Coast Masters 3,000 metres **Runaway Bay** 9.30am
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 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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Others \$5.00

Club/Track Championships \$8.00

Track Championships – Non-Member \$ 15.00.

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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/>