

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 64 years in the making.



HEEL & TOE

July 11th 2019

QUEENSLAND ROAD WALKING CHAMPIONSHIPS **Incorporating QMA Long Course Road Walk Championships**

Entries Now Open

These Championships are on a Saturday this year because of a clash with the
QA State Cross Country Championships

**Saturday 27th July 27th Ipswich Cycle Park, Churchill (adjacent to the
Ipswich Hockey Association grounds- 36 Huxham Street)**

Programme

- 8:00am 20km Open Men
 - Open Women
 - Masters Men 35+ (30+ for QMA)
- 10km Under 20 Men
 - Under 20 Women
 - Under 18 Boys
 - Masters Women 35+ (30+ for QMA)
- 8:30am 5km Under 18 Girls
 - Under 16 Boys
 - Under 16 Girls
- 9:00am 3km Under 14 Girls
 - Under 14 Boys
- 9:30am 2km Under 12 Girls
 - Under 12 Boys
- 1km Under 10 Girls
 - Under 10 Boys

ENTRY & FEES

Enter online at www.qldathletics.org.au

Entries close 9:00am Friday 26th July 26th

Late entries submitted on the day will incur an additional late fee of \$10.00 per athlete.

Athletes must be a registered member of Queensland Athletics (or ANQ/Interstate) to enter this event. If you are not a current member, you can [register/renew with QA online](#).

New Members * \$ 30.00

QA Platinum Members FREE

QA Traditional / QA Base Members \$ 20.00

QMA Members \$ 20.00

*New Members only need to pay \$30.00 when entering their first event which includes a Base Membership with QA.

STATE CHAMPIONSHIP MEDALS

- Queensland State Championship medals will be awarded to the first three individual male and female place getters in each age group.
- Queensland Championship medals will also be awarded to the first three placed QA club teams in each age group.

AGE GROUPS

- Athletes are permitted to compete in an older age group where appropriate.
- Age groups are determined by the athlete's age as on 31 December 2019 (i.e. year born)..
- All races and results are conducted as separate male or female events, for each age group listed, with concurrent start times.
- The Open age group is open to all ages, as appropriate, although generally for athletes aged 20 year old and above.
- The minimum age for these championships is 6 years (born 2013).
- For Masters events age is calculated as at the day of competition and will be run in 10 year age groups. (35-44, 45-54, 55-64, 65+)
- Certificates will be awarded to QMA registered athletes who enter the Masters Events in the 5 year age groups from 30+.

TEAMS

- Queensland State Championship medals will also be awarded to the first three placed QA club teams in each age group.
- A team consists of three competitors who are all;
 - the same gender
 - entered into the same age group
 - registered members of the same Queensland Athletics club
- Athletes are automatically placed in teams according to their QA club and their finishing order. If there are more than three walkers in an age group from a club, then the first three walkers from the club to finish will constitute the first team and the second three walkers from that club to finish shall be deemed to be the second team and so on.
- Athletes are only eligible for team medals in the age group they specifically entered.
- Masters Teams will be in the 35-54 and 55+ year age groups.

NATIONAL CHAMPIONSHIPS

The 2019 Australian Road Walking Championships are being held in Adelaide on Sunday September 8th 2019. Entries are open to all race walkers with no selection or qualifying standards. Entries are taken online directly with Athletics Australia.

Summer Universiade Games Naples 2019

*****Walks this Friday*****

Race walkers Katie Hayward (Griffith University) and Jemima Montag (The University of Melbourne) are in the best form of their careers. In warm conditions Montag last week won the Oceania 10,000m event in a PB, while teenager Hayward has this year become the third fastest in Australian history.

The performance at Oceania in challenging conditions also confirmed that Montag's training preparation for hot races at the World University Games (Naples) and World Championships (Doha), were right on track. "At the VIS I have been using the heat room about twice a week. It is generally cranked up to about 36-37 degrees with about 60% humidity," Montag said.

In the men's 20km walk, Declan Tingay (The University of Western Australia) is stepping up from being an outstanding junior in 2018 to the 20km distance. He has returned well from an early year injury and heads to Italy for two weeks training prior to the Games. After he placed

second to Olympian Rhydian Cowley in the Oceania 10km walk last week, he indicated he was aiming for about double the 10km time of 42:42 he had just walked.

All the best to Katie and the team on Friday. The men & women's walks are being held together.

7:00am Friday July 12th Women / Men 20 Km Walk

20km Women: Katie Hayward (QLD), Jemima Montag (VIC) and Philippa Huse (VIC)

20km Men: Declan Tingay (WA)

DownUnder Championships Gold Coast Griffith University

If you are on the Gold Coast this Friday morning get along to the track at Griffith University to cheer on the race walkers in the 3,000 & 5,000 metre races.

Race Walks Friday 12th 8.45am

Entries as at July 8th & seed times

Women 13-15 3,000 M Race Walk Under 16

- 1 Anderson, Jayda 14 GCC 13:49.91
- 2 Bergh, Mia 14 GCV 18:57.56
- 3 Brady, Korey 14 QRWC 18:23.00
- 4 Chadwick, Phoebe 13 QRWC 21:52.00
- 5 Chopping, Miranda 15 KPL 17:24.01
- 6 Clarke, Anika 14 RED 15:02.00
- 7 Fisher, Torryn 14 QRWC 19:09.00
- 8 Heap, Ashanti 13 GCC 15:09.04
- 9 Millard, Summer 14 QRWC 15:23.11
- 10 Norton, Amber 13 Qld 16:08.00
- 11 Porter, Sophie 14 QRWC 18:14.00
- 12 Sentance, Charlotte 14 Qld 19:00.30

Men 13-15 3,000 M Race Walk Under 16

- 1 McCure, Sam 13 GCV 16:00.00
- 2 Norton, Kai 14 QRWC 15:40.00

Women 16-17 5,000 M Race Walk Under 18

- 1 McRoberts, Jasmine-Rose 17 QRWC 34:02.00

Men 18-19 5,000 M Race Walk Under 20

- 1 Mogler, D'Artagnian 18 United State NT

Men 16-17 5,000 M Race Walk Under 18

- 1 Grichar, Dylan 17 United State NT

Entries have now closed. Any applications for a late entry - contact Sports Credentials at info@sportscredentials.com.au

CHECK-IN - Check-in CLOSES one hour before the scheduled start time of your event For all athletes **in early events up to and including a 9am SCHEDULED start time**, we are offering an EMAIL check-in. CHECK-IN still closes one hour before. Emailed check-ins cannot be later than one hour before, just the same as personal check-ins.

Please note that the offer of an email check-in for those early events each day is an ON THE DAY option. Please don't email through prior to the day of competition, BUT make sure you email more than ONE HOUR before the scheduled start time of the event.

Please send an email to with the subject "CHECK-IN - your surname and first name - your age - your event". e.g. "CHECK-IN Smith Joe 21 Hammer". How simple is that?? This does mean, however, that there are absolutely NO excuses at all for anyone coming in to the office after close of the event to plead their case. It is not necessary to include any words or anything in the body of the email. This email offer only applies to those events scheduled to start at or before 9am

This Week

Sunday July 14th Racewalking Australia Postal Challenge / QMA C/Ships Logan River Parklands, Beenleigh

We Need You! This Sunday we will be conducting our leg of the annual virtual interstate meet when all Federation Race walking clubs from around Australia conduct the same programme of events. To be successful in this meet a club needs to have a competitor in every event so please be at Beenleigh on Sunday and race the distance for your age group.

Age is determined as 'age on the day'

Programme

8.00am Open M/W 10km
 QMA Masters M 10km (M60+ 5km option)
 QMA Masters W 5km
 U 20 M/W 10km
 U18 M/W 8km
 Invitation 5km (Non-challenge event)
 U16 M/W 5km
 U14 M/W 3km
 U12 M/W 2km
 U10 M/W 1.5km
 Invitation (Non-challenge event) 500 metres

RWA Rules

1. The Racewalking Australia State Challenge event is a RWA club-versus-club team's competition with points being awarded within each race to the top finisher for each club.
2. Walkers may compete in more than one event on the day provided the events are held at different times. A walker cannot walk in two different age groups in a concurrent race.
3. Age is 'age on the day' for all walkers including Masters.
4. Masters athletes will not be scored on their time but their age grading so all Masters athletes must submit their age at entry time.

Old Masters Short Course Road Walk Championships

The QMA Short Course Championships: will be conducted in conjunction with the Postal Challenge at Beenleigh this Sunday

8.00am. Men 30+ 10 km (M60+ 5km Option) / Women 5km

Entry is on the Day \$ 7 (in addition to QRWC race fees). Not covered by QRWC Season Pass.

Once again, we will need your assistance to run this meet so please help out with the lapscoreing, setting up, on the canteen. We value your assistance.

A Sausage Sizzle will be in operation and cold drinks will be on sale

Next Week

Sunday July 21st QRWC Track Walk Meet / QMA 10,000 metres Championships University of Queensland, St Lucia

This will be the first of two track meets on the track at UQ St Lucia conducted by the QRWC this season. This track meet will provide athletes with an opportunity to record a qualifying

time for Schools and QA track championships. there will be races over 1,500, 3,000 & 5,000 metres as well as a 1km race for younger athletes.

There are no grades or age group, athletes choose their event. If you like you can compete in more than one event. If you are looking to record a qualifying time for Schools championships etc this is the ideal opportunity. QA have confirmed that times from these races will be accepted.

Parents, you are most welcome to enter these races especially the 1km if you are thinking of competing in a team on Relay Day. Walkers can enter more than one race if they so wish.

Programme

8.00am 5,000 metres / QMA 10,000 metres championships

8.45am 3,000 metres

9.10am 1,500 metres

9.25am 1,000 metres

Race fees for the track meet are **Students \$ 6 / Others \$8 . This higher race fee is to cover UQ track fees.**

**QMA Track Championship entry is on the day: \$ 7 (in addition to QRWC race fees).
Not covered by QRWC Season Pass.**

Reminder: This is NOT the QRWC track Championships. These will be held on Sunday August 25th.

August 4th QRWC Handicap # 9 meet Kalinga Park

8.00am

A Grade 10km (Open/U20)

B Grade 5km (U16/U18/U20)

C Grade 3km (U14/U16)

D Grade 2km (U12/14)

E Grade 1.5km (U12/14)

F Grade 1km (U8/U10)

Australian Road Walk Championships Adelaide September 8th



The Athletics Australia 2019 Australian Winter Road Walk Championships will be held in Adelaide on Sunday September 8th. This meet will be held in conjunction with Race Walking Australia (RWA) events.

The venue is War Memorial Drive North Adelaide.

Events Programme

Men

8.00am Open - 20km (including Masters 20km RWA Championship event)

10.00am Under 20 - 10km

10.00am Under 18 - 10km

11.15am Under 16 - 5km
11.45am Under 14 - 3km
12.05 Under 12 - 2km RWA Championship event
12.25pm Under 10 Invitation – 1km

Women

8.00am Open - 20km
8.00am Open - 10km (including Masters 10km RWA Championships event)
10.00am Under 20 - 10k
10.30 am Under 18 - 5km
10.30am Invitation M/W 5km
11.15am Under 16 - 5km
11.45am Under 14 - 3km
12.05pm Under 12 - 2km RWA Championship event
12.25pm Under 10 Invitation – 1km



War Memorial Drive North Adelaide

2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY



Event registration is now open
REMINDER: Entries closes July 21st

<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

OMA Registration Fee AU\$40.00 / Administration Fee AU\$50.00

Total Registration Fee AU\$90.00

Entry Fee per Event AU\$10.00

Track events will be held on the new Mackay Aquatic, Sport & Recreational Centre at CQUniversity, Ooralea located 7km from the Mackay CBD. There is public transport from the town centre to the Uni every hour. The 10km road walk will be conducted on a circuit on the harbour breakwater road approx. 6km from the town centre.



Entries Now Open

<http://australianmastersgames.com>

Track Walks SA Athletics Stadium

Saturday 5th - Tuesday October 8th 8:00am–5:00pm

1,500m Walk

3,000m Walk

5,000m Walk

Road Walk

10km Saturday October 12th: 8:00am Start: Peacock Rd - Adelaide Harriers clubrooms



April 10-13th 2020

There are track races over 5,000 metres and 1,500 metres and a 10km road race which will be conducted by the QRWC.

More Details at <http://www.brisbane2020nationals.com.au/>

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.

Still to Come

July 14th RWA Postal Challenge / QMA S/C C/Ships Beenleigh 8.00am

July 21st QRWC Track Walks / QMA 10km C/Ships UQ St Lucia 8.00am

July 27th **Saturday** QA Open & Age Road Walk Championships Ipswich **TBC**

August 4th QRWC Handicap # 9 meet Kalinga Park 8.00am

August 11th QRWC Handicap # 10 meet **TBA**

August 11th Australian Masters 20km road championships Adelaide

August 18th QRWC Road Walk Championships Beenleigh 8.00am

August 25th QRWC Track Walk Championships UQ St Lucia 8.00am

Looking further ahead

September 1st Oceania Masters Games Mackay 10km road walk
September 8th Australian Road Walk Championships, Adelaide, SA
September 15th Relay/Trophy/BBQ day Kalinga Park
Sept 28th - Oct 6th IAAF World Championships Doha, Qatar

Racewalking Queensland

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

Racewalking Queensland Management Committee 2019/20

President: S. Pearson **Secretary:** N. McKinven
Vice President: P Bennett **Treasurer:** R Hamann
Committee: C Goulding, I. Jimenez, S. Langley, T. Norton, S McCure, J. Westlin.
Patrons: Patrick & Maxine Sela
Registrar: T Norton
Delegates to QA: S Pearson, P Bennett
Handicapper/Results: N. McKinven
Social Media/Publicity: C Goulding
QRWC State Coach: D. Smith
Trophy Officer: N. McKinven
Newsletter Editor: P. Bennett
Social Media / Webmaster: C Goulding
Club Captains: To be announced Sunday June 2nd

2019/20 Registration Fees

Family \$40

Students & Officials \$15

Others \$25

Note: 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 (for entry to all QRWC events for the season including track and road championships. Does not cover QA, AA or RWA championship and other events organised by those organisations). Recommended if you intend doing all the races during the season and it saves the hassle of trying to find coins to pay your race fees each Sunday.

QRWC Website: www.qrwc.com.au

BlueCard: The club recommends that all volunteers and athletes over 18 apply for a Queensland Government BlueCard. Please read the requirements on who needs a card at the following website. <https://www.bluecard.qld.gov.au/volunteers/howdoiapply.html>

An application form can be printed off from this site.

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>

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.

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/>