

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



## HEEL & TOE

July 19<sup>th</sup> 2018

### **IAAF World U20 Championships Tampere 2018**

#### **Katie Hayward 5<sup>th</sup> with a huge PB & State Open Resident Record**

Katie Hayward put in a superb performance in Finland at the World U20 Championships to finish strongly in 5<sup>th</sup> place in a time of 45:10. This bettered her own Pb and Queensland U20 & Open State resident records by 38 seconds. Congratulations Katie for bouncing by from the disappointment of the World Race Walking Cup in China to race so well and to realise your potential. Congratulations are also in order to her coach Steve Langley who made the trip to Finland to prepare and support Katie.

#### **Extract from AA race report:**

Katie Hayward (QLD) raced superbly in the 10,000m walk final at the World U20 Championships in Finland to place a brilliant fifth in a fast 45:10.42. "I'm really happy. It was a massive PB as well. It was a 38 second PB," Hayward said.

Only former World Championships representative Jess Rothwell (VIC) has recorded a better placing and time at these championships when 4th at the 2008 edition with 44:44.22. "I focussed on the people in front so I could get faster and then go by them and try and hold on."

On her coach Steve Langley's reaction, the teen said "He's ecstatic. He's happy. He has a big massive smile on his face"

At the World Race Walking Team Championships in Tainan, China earlier this year Hayward was "disqualified 200m from the line so it's a nicer feeling here crossing the line."





*Katie in the leading pack at the 4km mark*

### **AA Championship Wrap Up**

Australian U20 Athletics Team has produced arguably the best medal result at a World U20 Championships and the best overall team performance since 1996.

Australia finished with five medals, two gold and three silver, to be placed seventh on the medal table ahead of Germany, China and France. Kenya topped the medal table with six gold and 11 medals in total.

Ashley Moloney set three new championship decathlon event bests in the 100m, high jump, 400m and his total score of 8,190 points was a championship record. He also broke the Australian record held by his Olympian training partner Cedric Dubler. Other new Australian U20 records were set by Declan Tingay (WA) in the 10,000m walk breaking Olympic medallist Dane Bird-Smith's mark. And the women's 4x100m relay team broke the record set in 2004 (full details below).

Athletics Australia Head Coach Craig Hilliard was on hand in Finland supporting the U20 Team. "This has been an excellent world championship for our aspiring Under-20 athletes accruing five medals, 15 top 8's and 18 athletes with individual personal bests. This is clearly Australia's best overall result since hosting in 1996 and demonstrates the success of the junior program and impact it has had on the coaches and athletes. "Most impressive was the manner in which the athletes conducted themselves, and the personal coaches and the management team should be congratulated on how the team was prepared. "I am excited about the future prospects of a number of athletes and will be monitoring closely their progression and transition to senior ranks."

Athletics Australia CEO Darren Gocher was thrilled with the Australian U20 Team in Tampere, Finland. "For this group of athletes to have the best team performance by a World U20s team since 1996, is simply outstanding," Gocher said. "Special thanks to all of the team members and support staff who represented Australia. You should all be very

proud. And to the medallists, top-8 finishers, new record holders and those who produced personal bests - a huge congratulations.

Team walks coach Brent Vallance deserves a special mention with all three 10,000m walkers finishing in the top 8: Declan Tingay 4th, Katie Hayward 5th and Kyle Swan 6th. Vallance is the personal coach of Swan, while Steve Langley coaches Hayward. Tingay, who broke Dane Bird-Smith's Australian record, is coached by his dad.

This Team will now strive for senior Australian teams with the Doha 2019 World Championships, 2019 World University Games in Naples, Tokyo 2020 Olympic Games, Eugene 2021 World Championships and the Birmingham 2022 Commonwealth Games all in the next four years.00 Metres track race.

## **RESULTS RESULTS RESULTS**

**15<sup>th</sup> July, 2018**

**Morningside**

**A Grade Men 15km**

(1) Ignacio Jimenez 1.15.28 (2) Peter Bennett 1.30.25.

**A Grade Women 10km**

(1) Noela McKinven 1.21.53.

**B Grade 8km**

**Men:** (1) P. Sela 1.04.34

**Women:** (1) Brenda Gannon 46.06.

**C Grade 5km**

**Men:** (1) Jayden Lyttle 29.45.

**D Grade 3km**

**Men:** (1) Jonathan Wearne 15.35 (2) Kai Norton 18.12.

**Women:** (1) Jayda Anderson 14.48 (2) Anika Clarke 16.12 (3) Amber Norton 16.23 (4) Korey Brady 18.18 (5) Torryn Fisher 19.49 (6) Jasmine McRoberts 20.00 (7) Amber Tofful 21.54.

**E Grade 2km**

**Men:** (1) Myles Callaghan 10.37 (2) Jacob Petrovic 14.30.

**Women:** (1) Lyla Williams 10.30 (2) Lily Goulding 13.29 (3) Charlotte Brady 15.54 (4) Robyn Wales 17.03.

**F Grade 1km**

**Men:** (1) Flynn Callaghan 5.49 (2) Knox Anderson 7.59.

**Women:** (1) Makenna Clarke 5.49 (2) Siaan Fisher 6.14 (3) Holly Delchau 7.11.

A very cool start to the morning at Morningside with most people taking up positions on the opposite side of the road to the check in area just to be in the sun. Near the bbq and the hot water urn were also popular spots today. The cold breeze made conditions even more uncomfortable for the walkers in the early stages of the races before the sun emerged from the shadows of the buildings. Even with the school holidays and the cold morning we still had a good turnout of competitors at a venue that is not at the top of the most popular list.

Jayda Anderson backed up from her State 3,000 metres track record at the Downunder meet on Friday with another super performance over 3km (14.48). Good 3km performances as well from Anika Clarke (16.12) and Amber Norton (16.23). Ignacio Jimenez put in a fine effort to win the 15km (1.15.28) with Brenda Gannon, back in club race walking action, winning the 8km in 46.06. Lyla Williams was fastest over the 2km with a time of 10.30 with Myles Callaghan the fastest of the boys with 10.37. Makenna Clarke and Flynn Callaghan had their weekly duel with both walkers finishing in 5.49 for the 1km.

A big Thank You to everyone who braved the chilly conditions this morning to volunteer in the running of the meet from setting up, sign on, judging, lap scoring, timekeeping, the canteen and packing up. We appreciate your support and dedication.

### **Downunder Carnival Griffith Uni Gold Coast July 13<sup>th</sup>**

Congratulation to Jayda Anderson with a big pb time of 14:38.91 in the 3,000 metres. This breaks Katie Haywards U14 State track record. Congratulations Jayda. A good performance by Anika Clarke in the same race finishing second in 15:58.05.

#### **5,000m Open Walk**

1. Pickles, Jessica 24 UNQ 24:23.53

#### **5,000m U20 Walk**

Bhakta, Ajay 19 USA DNF

#### **5,000m U18 Walk**

1. Clarke, Ethan 17 QRWC 30:48.90

#### **3,000m U16 Walk Girls**

1. Anderson, Jayda 13 QRWC 14:38.91

2. Clarke, Anika 13 Redlands 15:58.05

3. Schofield, Amelia 15 Gold Coast Victory 17:56.07

4. Brady, Korey 13 QRWC 18:37.34

5. Fisher, Torryn 13 QRWC 18:46.12

#### **3,000m U16 Walk Boys**

1. Wearne, Jonathan 14 QRWC 15:19.03

2. Norton, Kai 13 15:48.01



*Medal time for Amelia, Jayda & Anika*  
Photo: Robyn Wales

## **IAAF World Under 20 Championships**

### **Women's 10,000 metres (top 10 placings)**

1. Alegna González MEX 44:13.88 NR
2. Meryem Bekmez TUR 44:17.69 NR
3. Glenda Morejón ECU 44:19.40 NR
4. Nanako Fujii JPN 45:08.68 PB
- 5. Katie Hayward AUS 45:10.42 PB**
6. Yuxia Shi CHN 45:21.39
7. Rachelle De Orbeta PUR 45:23.05 NR
8. Ayse Tekdal TUR 45:49.43 PB
9. Noelia Vargas CRC 45:51.58 NR
10. Taylor Ewert USA 45:57.81 NR

### **Men's 10,000 metres (top 10 placings)**

1. Yao Zhang CHN 40:32.06 PB
2. David Hurtado ECU 40:32.06 PB
3. José Ortiz GUA 40:45.26 PB
- 4. Declan Tingay AUS 40:49.72 NR**
5. Zhaozhao Wang CHN 41:04.22
- 6. Kyle Swan AUS 41:24.12 PB**
7. Dominic Samson Ndigiti KEN 41:30.52
8. Sho Sakazaki JPN 41:50.91
9. Mikita Kaliada BLR 41:51.76 PB
10. Tatsuhiko Nagayama JPN 41:58.12

## Presidents Update by Shane Pearson

***This season is flying by.....***

*Well and truly half way through the 2018 winter already.*

*I have been away for a few weeks and so much has happened.*

*Congratulations to all our club members involved with the Gold Coast Marathon.*

*We had athletes compete in I think nearly every event. With some outstanding performances by a few as well. Plus, volunteers and officials there early in the morning braving the chilly conditions.*

*We had athletes and officials at the Down Under meet on the Gold Coast, with Pb's, and a State Record. What a huge effort by everyone there.*

*Then Katie Haywood in Finland at World Juniors. An amazing performance, finishing 5<sup>th</sup> with a new PB. Peter Bennett was in France walking for 24hrs to win his pet event again.*

*I want to congratulate every member of our club. I thank you so much for all your continued hard work. Also, thank you to Dave Smith and Dane for hosting a Coaching Clinic during the school holidays. I know some athletes in my squad went along and really enjoyed the day.*

*The busy and serious end of the season is fast approaching. This Sunday is the RWA Postal Challenge races. I hope we can get as many as possible to race this Sunday. Next week we are all heading north to Skippy Park on the Sunshine Coast Hinterland. If you know any walkers up that way, let them know we'll be there so they can come along and "Have a Go". Skippy Park is the Home Ground for the Glasshouse Little A's Club. Then the week after that is the Qld Athletics Road Walking Champs at Murarrie.*

*So many event's coming up. Our Club Champs on Track and Road plus, We are hosting the Second Race walking Australia Federation Cup and Australian Champs on August 26<sup>th</sup> at Lake Kawana Sports Precinct. Entries are now open for these events. As QRWC is the Host for this year's Champs, we will be requiring as many people as possible to put your hand up to help. This event only comes around every 7 years. Let's put on a great show.*

*A couple months back I started organizing accommodation for the club near Lake Kawana. Unfortunately, I'm sorry to say, due to not reaching the minimum amount of people they said was needed to hold the booking by the required due date we were unable to proceed with this offer. Curramundi Recreation Centre was getting inquires by many other groups due to all the events on the Sunshine coast that weekend. I tried to offer some of the accommodations to other states and some were interested at first by they also didn't get back to me in time to confirm. Very Sorry about this. Hopefully though we can all still try and meet up for a dinner together on the Saturday evening. Race eve. Not a*

*late night. Just a relaxed meal to sit and enjoy each other's company before a busy day of racing.*

*Finally. Best of luck to our school members competing on Sunday at the Old State Cross Country Champs at Maroochy. Thanks again everybody and see you on Sunday.....*

## **THIS WEEK**

### **Sunday July 22<sup>nd</sup> Racewalking Australia Postal Challenge Logan River Parklands, Beenleigh**

This Sunday our club meet is at the Logan River Parklands for the QRWC leg of the annual RWA interstate postal challenge. This is a virtual interstate meet whereby all Federation Race walking clubs from around Australia conduct the same programme of events.

We need walkers in every age group to do well in this competition so please come along on Sunday and see where you rank with your peers from around the country.

#### **Programme**

##### **8.00am**

Open M/W 10km

Masters M/W 10km

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 500 metre (Non-challenge event)

#### **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.

Volunteers helpers will be required on Sunday at Beenleigh to assist with the canteen, lap scoring, timekeeping and course marshals. We thank you for your assistance .

## **The people of Aitutaki would appreciate your help**

QRWC member Di Adams and her partner John visited the Cook Islands in May of this year and they spent time on the island of Aitutaki to participate in the first ever marathon event at this location.

Aitutaki is a small island 240km off the coast of Rarotonga, with a population of around 2000. In addition to the marathon, half marathon and 10km events, as part of the Aitutaki running week, locals were encouraged to take part in the first ever 5km Airport Runway Fun Run/Walk. Around 100 local families turned out, many of whom did not have proper running gear, but they were very enthusiastic and happy to participate. While there is a high incidence of obesity in the Cook Islands population, there is a corresponding push to promote exercise, sport and healthy living in the local schools.

Di and John will be returning to the Cook Islands in September of this year, and they will be taking with them any new or good condition pre-loved sportswear they can take, including running shoes, walking shoes, shorts, shirts, hats, sports balls and anything else that will encourage and help school children and their families to get out and about to be active, fit and healthy. To that end, we are asking you to donate any of these new or pre-loved sporting goods, so Di and John can continue the fantastic volunteer work they're doing to make a positive and constructive contribution to our fellow man, woman, boy and girl.

Please bring along any of these sporting goods to our meet this Sunday at Beenleigh (July 22<sup>nd</sup>) or the club championships at Kalinga Park on August 19<sup>th</sup>.



## **NEXT WEEK**

**July 29<sup>th</sup> QRWC Handicap Meet Skippy Park 9.00am**  
**Old Landsborough Road, Landsborough (off Steve Irwin Way )**

### **Programme**

**9.00am**

A Grade 10km

B Grade 5km

C Grade 3km

D Grade 2km

E Grade 2km

F Grade 1km

We will be supported on the day by the Glasshouse Little Athletics Club and a “Come and Try “event will be put on for anyone wanting to give race walking a go.

A venue map is located on the QRWC website at

<http://www.qrwc.com.au/Maps/SkipPyPark.png>

Volunteers helpers will be required to assist with the canteen, lap scoring, timekeeping and course marshals. We thank you for your assistance .

<p style="text-align: center;"><b>QUEENSLAND ROAD WALKING CHAMPIONSHIPS</b> <b>Incorporating QMA Short Course Road Walk Championships</b></p>
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**Sunday August 5<sup>th</sup> Murarrie Recreation Reserve, Murarrie**  
**Get you entry in NOW**

### **PROGRAM OF EVENTS**

9:15am 20km Open Men

20km Open Women

10km Masters Men 35+ / Under 20 Men / Under 20 Women / Under 18 Boys

9:45am 5km Masters Women 35+ / Under 18 Girls / Under 16 Boys / Under 16 Girls

10:15am 3km Under 14 Girls / Under 14 Boys

10:45am 2km Under 12 Girls / Under 12 Boys

1km Under 10 Girls / Under 10 Boys

### **HOW TO ENTER**

Entries online at [www.qldathletics.org.au](http://www.qldathletics.org.au) and close midnight on Thursday 2nd August.

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

New Members \* \$ 30.00

QA Platinum Members FREE

QA Traditional or Dual Members \$ 20.00

QA Base 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

ü Queensland State Championship medals will be awarded to the first three individual male and female

place getters in each age group.

ü Queensland Championship medals will also be awarded to the first three placed QA club teams in each age group.

#### AGE GROUPS

ü Athletes are permitted to compete in an older age group where appropriate.

ü Age groups are determined by the athlete's age as on 31 December 2018 (i.e. year born). For example, if an athlete will be turning 12 years old during 2018 (born 2006), they are considered to be 12 years old and therefore in the Under 14 age group. Refer to the program above for guidance.

ü All races and results are conducted as separate male or female events, for each age group listed, with concurrent start times.

ü The Open age group is open to all ages, as appropriate, although generally for athletes aged 20 year old and above.

ü The minimum age for these championships is 6 years (born 2012).

ü 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+)

ü Certificates will be awarded to QMA registered athletes who enter the Masters Events in the 5 year age groups.

#### TEAMS

ü Queensland State Championship medals will also be awarded to the first three placed QA club teams in each age group.

ü 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

ü 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.

ü Athletes are only eligible for team medals in the age group they specifically entered.

ü Masters Teams will be in the 35-54 and 55+ year age groups.

# **Australian Winter Walking Championships**

## **Sunday August 26th**

### **Lake Kawana Sports Precinct, Sunshine Coast**

## **ENTRIES NOW OPEN ON-LINE AT**

<https://winterwalks.eventdesq.com/reg/types>

## **ENTRIES CLOSE: 5pm Monday August 6<sup>th</sup>**

The 2018 Australian Winter Walking Championships will ensure a bumper weekend of Athletics on the Sunshine Coast, with the 2018 Australian Cross-Country Championships to be held the day before. NB: This event will be held in conjunction with Road Walking Australia (RWA) events.

Athletics Australian Championship events will be held from Under 14'S up to Open. Under 12's and Masters events will be Race Walking Australia events. All teams' medals and handicap trophies will be awarded by Race Walking Australia. You will need to be a current member of the club to be eligible. Three walkers make up a team and we can have numerous teams in each age group so every member of the club can participate.

**\*\*\* IMPORTANT NOTE.** please read Shane's President Update message regarding accommodations for the Nationals. There will not be any organized accommodation offered at the Curramundi Recreation Centre.

A final timetable of races has not be released by AA at this stage

### **EVENTS**

#### **MEN**

- Open - 20km (including Masters 20km RWA Championship event)
- Under 20 - 10km
- Under 18 - 10km
- Under 16 - 5km
- Under 14 - 3km
- Under 12 - 2km RWA Championship event

#### **WOMEN**

- Open - 20km
- Open - 10km (including Masters 10km RWA Championships event)
- Under 20 - 10km
- Under 18 - 5km
- Under 16 - 5km
- Under 14 - 3km
- Under 12 - 2km RWA Championship event

**ENTRY FEE:** \$30.00 per event

In addition, there will be two **QRWC Invitation** events on the programme :

U10 1 km

Open 5km

Entry to these two events will be on the day. Entry Fee \$ 10 . Trophies to place getters.

It would be appreciated if you could advise Noela if you intend to enter either of these events [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com)

### **Notes on the Events**

- Open Women can enter either the A.A. 20 km event OR the R.W.A. 10 km event but not both. However, all women, whether in the A.A. 20 km event or the R.W.A. 10 km event, are automatically eligible to score points in the R.W.A. 10 km Teams Championship provided they are members of one of our R.W.A. clubs. 10 km split times will be used for this purpose.
- Masters Men and Women do not need to enter separately. Simply enter the 20 km Open Men or the 10 km Open Women. Your age (M35+ or W35+) will automatically put you in the 10 km Masters category as well, just like for the Canberra Carnival.
- Because of the close scheduling of events and because of the longer distances being raced by our younger walkers, only walkers 12 years and older on the day may enter multiple events. This is a duty of care consideration. By way of example, we do not want to see very young walkers racing the Under 12 2 km event and then following up with a second race over either the 3 km or 5 km distance with little or no break.
- If events are held concurrently, walkers may only enter ONE of the events on offer. For instance, if the Under 20 Men 10km and Under 18 Men 10km are held concurrently, walkers may only enter ONE of the events.

### **State Representation and Uniforms**

Walkers in Athletics Australia Championship events may be nominated to represent their State as official representatives provided that they are current members of Athletics Australia affiliated clubs. These walkers should wear State uniforms. State Institute of Sport walkers may wear their official Institute competition uniform. The remaining Race Walking Australia club athletes must wear their official Walking Club uniform. Other walkers should wear a uniform that conforms to I.A.A.F standards.

### **Age Designation**

Age for all A.A. and R.W.A. events is age as at 31 December of the current year.

### **Athletics Australia Affiliation**

It is recognized that for the Carnival, there may be R.W.A. competitors who are not current members of affiliated A.A. clubs. Permission is given for these athletes to compete in the Australian championship events.

### **Race Numbers and Chips**

All race numbers and race chips will be provided by A.A.

### **Awards**

- Athletics Australia Championship medals will be presented to 1st, 2nd and 3rd place getters in the Australian Championship events.
- Racewalking Australia medals will be awarded to 1st, 2nd and 3rd place getters in the Racewalking Australia

### **Masters and Under 12 events.**

- Handicap Trophies will be awarded to 1st, 2nd and 3rd place getters in all Racewalking Australia events.
- Racewalking Australia medals will be awarded to 1st, 2nd and 3rd placed teams in Racewalking Australia

### **Teams Events.**

- Racewalking Australia Perpetual trophies will be awarded to the winning teams in Racewalking Australia events.
- Racewalking Victoria medals will be awarded to 1st, 2nd and 3rd places in the Under 10 events.

**Note: Placegetters in individual events cannot win a handicap trophy.**

### **Perpetual Trophies**

- |                              |                       |
|------------------------------|-----------------------|
| • Glover Shield              | Open Men 20km Teams   |
| • Carrington Cup             | Open Women 10km Teams |
| • Troy Sundstrom Trophy      | U/20 Men 10km Teams   |
| • Jane Saville Trophy        | U/20 Women 10km Teams |
| • Nathan Deakes Trophy       | U/18 Men 10km Teams   |
| • Jacobson Trophy            | U/18 Women 5km Teams  |
| • Goble Trophy               | U/16 Boys 5km Teams   |
| • Knight Trophy              | U/16 Girls 5km Teams  |
| • Ron Crawford Trophy        | U/14 Boys 3km Teams   |
| • Deanna Rahill Trophy       | U/14 Girls 3km Teams  |
| • Under 12 Boys Team Trophy  | U/12 Boys 2km Teams   |
| • Under 12 Girls Team Trophy | U/12 Girls 2km Teams  |

Current perpetual trophy holders are asked to return the engraved trophies to the organizers on or before the day of the carnival.



**ENTRIES ARE NOW OPEN**

Entries Close: •Wednesday 31 October 2018

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/>

Dates & Times •Sunday 11 November 2018: 7am start

Events: •10km Road Race Walk

#### Age Requirements

- Age is determined as at 11 November 2018
- Minimum age for competition is 30 years

Fees: Sport Fee: \$20 per person

Games Fee: Competitor: Early bird – \$120 | Standard – \$140

#### **HOT NEWS !!**

Great news! The race walk schedule on the track has been moved to avoid conflict with the Road Race Walk on the Sunday.

The new schedule for the 3,000m Race Walk is as per below:

Day 2 - 3,000 Metre Race Walk

Time	Event
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11:30 AM	- Women 30+
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11:30 AM	- Men 30+
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Note: This decision has just been made so it does not appear on the Pan Pacs website as yet

### **QA Registration for Volunteers**

The club encourages all club volunteers, officials, committee members and coaches to register with Queensland Athletics through their Free member option. This membership is valid up until 30th September 2018 and includes coverage for Personal Accident Insurance under the National Insurance Program.

Go to the QA website membership page and register as a QRWC volunteer.

<http://www.qldathletics.org.au/Membership/Membership-Information>

## **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 .....**

July 22<sup>nd</sup> RWA Postal Challenge Beenleigh 8.00am

July 29<sup>th</sup> QRWC Handicap Meet Skippy Park 9.00am

August 5<sup>th</sup> QA Road Walk Championships / QMA Short Walk C/Ships **TBA**

August 5<sup>th</sup> AMA 20km Road Walk Championships Adelaide

August 12<sup>th</sup> QRWC Track Championships UQ St Lucia 8.00am

August 19<sup>th</sup> QRWC Club Championships Kalinga Park 8.00am

August 26<sup>th</sup> AA/Federation Road Walk Championships Kawana Sunshine Coast

### **Looking Further Ahead .....**

September 1-16<sup>th</sup> World Masters Athletics Championships Malaga, Spain

September 2<sup>nd</sup> QMA Long RW C/Ships / QRWC Invite meet / 20km Murarrie

September 16<sup>th</sup> Relay/Trophy/BBQ Day Kalinga Park 10.00am

November 11<sup>th</sup> PPMG 10km Road Walk Runaway Bay 7.00am

## ***Racewalking Queensland***

*(Trading at 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](http://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

A great way to save money and not have to worry about paying race fees every week is to invest in a QRWC "Season Ticket". This enables the athlete to compete in up to 15 club meets a season (10 x handicaps, club road championships, club track championships, Postal Challenge, Invite Meet & relay day). This does not cover QA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet.

**QRWC Website:** [www.qrwc.com.au](http://www.qrwc.com.au)

### Contact emails:

[qrwc1@optusnet.com.au](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club  
[racewalkqld@outlook.com](mailto:racewalkqld@outlook.com) Articles for the newsletter, to send in results, to join newsletter mailing list.

[qrwcregistrar@outlook.com](mailto: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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>