

Queensland Race Walking Club Inc.

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



## HEEL & TOE

July 4<sup>th</sup> 2019

### Iggy Jimenez QMA Athlete of the Year 2019

The Queensland Masters Athletics Athlete of the Year Awards were presented at the recent AGM with Club Captain, Iggy Jimenez continuing on with his stellar year by being named Male Athlete of the Year. Brenda Gannon won the Female Encouragement Award after a series of great walks and Masters records this season.

Female Nominees were Julie Brims, Kerri Hodge, Brenda Gannon and Althea Mackie.

Athlete of the Year Award winner: Kerri Hodge

**Encouragement Award winner:** Brenda Gannon

Male Nominees : Gary Parkinson, Aidan Hobbs, John Shaw, Iggy Jimenez and Lagos Joni.

**Athlete of the Year winner:** Ignacio Jimenez

Encouragement Award winner: Lajos Joni

**Congratulations Iggy & Brenda**



### RESULTS RESULTS RESULTS

QRWC Handicap # 8 June 30<sup>th</sup>

Morningside

A Grade

**Men 15km:** (1) Ignacio Jimenez 1.17.51 (2) Peter Bennett 1.31.47.

**Women 10km:** (1) Noela McKinven 1.23.58.

**B Grade 8km**

**Women:** (1) Summer Millard 49.23 (2) Jasmine McRoberts 51.38.

**C Grade 5km**

**Men:** (1) Kai Norton 32.29.

**Women:** (1) Amber Norton 29.25 (2) Anika Clarke 31.18.

**D Grade 3km**

**Men:** (1) Jack Bannister 19.48.

**Women:** (1) Tamika Gee 15.43 (2) Lyla Williams 16.16 (3) Lily Goulding 19.55 (4) Milly Sharpe 19.57 (5) Sophie Porter 20.38 (6) Jennifer Stuckey 22.30.

**E Grade 2km**

**Women:** (1) Makenna Clarke 11.56 (2) Siaan Fisher 13.37

**F Grade 1km**

**Men:** (1) Blake Gee 8.31.

**Women:** (1) Lucia Goulding 6.52 (2) Isabella Gee 6.53.

Well done to the walkers who competed at Morningside on Sunday morning with best walks from Tamika Gee & Lyla Williams in the 3km and Amber Norton in the 5km. Thank you to all our volunteers who helped out at the meet. As always, your efforts were greatly appreciated.

## THIS WEEK

There will be no club races this weekend (July 7<sup>th</sup>). All the best to our walkers competing in the Gold Coast Marathon or support events and to our volunteers that are involved in conducting the races.

## Katie in Strong Australian World University Games Team



### Australian 20km Walk Team

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

**Men:** Declan Tingay (WA)

A strong Australian team of 51 track and field athletes will commence competition on day five of the 30<sup>th</sup> edition of the multi-sport World University Games, being held in Naples (Italy) this week. At the Games, 18 sports will be contested by 5,971 athletes from 112 countries. In track and field, 1,247 athletes will compete in the 50 gold medal events.

The Games are an ideal stepping stone to the global, Olympic and World Championship events as athletes are in a multi-sport environment, experience rounds and follow all the procedures like any major championship.

Race walkers Jemima Montag (The University of Melbourne) and Katie Hayward (Griffith University) 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 hyperbaric chamber 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.

## DownUnder Championships Gold Coast

The annual DownUnder Championships is the biggest track and field competition on the Queensland Athletics winter calendar and there are walk events on the programme.

### Entries as at June 18<sup>th</sup> & seed times

#### Events Friday 12<sup>th</sup> 8.45am

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

- 1 Anderson, Jayda 14 GCC 13:49.91
- 2 Chopping, Miranda 15 Keppel Coast 17:24.01
- 3 Clarke, Anika 14 RED 15:02.00
- 4 Fisher, Torryn 14 QRWC 19:09.00
- 5 Heap, Ashanti 13 GCC 15:09.04
- 6 Millard, Summer 14 QRWC 15:23.11
- 7 Norton, Amber 13 Qld 16:08.00
- 8 Porter, Sophie 14 QRWC 18:14.00

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

- 1 McCure, Sam 13 Gold Coast V 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

More information <https://www.sportscredentials.com.au/downunder-2017>

## Coming Up...

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

This is a virtual interstate meet whereby all Federation Race walking clubs from around Australia conduct the same programme of events.

#### 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.

### **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)

### **Old Masters Short Course Road Walk Championships**

The QMA Short Course Championships: will be conducted in conjunction with the Postal Challenge at Beenleigh on July 14<sup>th</sup>

8.00am. Men 30+ 10 km (M60+ 5km Option) / Women 5km  
**Entry is on the Day \$ 7 (in addition to QRWC race fees)**

<p style="text-align: center;"><b>QUEENSLAND ROAD WALKING CHAMPIONSHIPS</b> <b>Incorporating QMA Long Course Road Walk Championships</b></p>
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**Entries Now Open**

**Saturday 27th July 27<sup>th</sup> Ipswich Cycle Park, Churchill**

### **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](http://www.qldathletics.org.au)

Entries close 9:00am Friday 26th July 26<sup>th</sup>

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.

## **National Athlete Support Structure (NASS)**

Under the new National Athlete Support Structure (NASS) **policy**, re-written as part of the Australian Institute of Sport (AIS) Refresh process, Athletics Australia announces its latest **NASS Race Walk selections:**

PODIUM **Dane Bird-Smith (QAS)**, Jared Tallent (SASI)

PODIUM POTENTIAL Rhydian Cowley (VIS, **Katie Hayward (QAS)**), Jemima Montag (VIS)

NON-OLYMPIC GOLD Claire Woods (SASI)

DEVELOPMENT Tyler Jones (NSWIS), Declan Tingay (WAIS)

EMERGING Kyle Swan (VIS)

Congratulations to Dane and Katie on their selections.

## Australian Athletics Foundation 2019 AAF Gift Application

The Australian Athletics Foundation (Foundation) is the philanthropic fundraising arm of Athletics Australia (AA) that invests in the development of our sport. The Foundation's vision is to become a contributor to all levels of the athletics community by providing assistance to the sport at development and high-performance levels.

For the initial round of gifts, the Foundation's Scholarship Committee (Committee) is seeking applications from able-bodied and para athletes and/or their coaches who are "Targeting Tokyo", as Australian representatives at either the 2020 Olympic or Paralympic Games, or events beyond that.

On behalf of the Foundation, the Committee will be awarding selected athletes and coaches one of ten \$2000 gifts to assist them in achieving some of their immediate goals. Specifically, the Committee is seeking applications from either:

- high performance athletes (or their coaches) seeking funding to allow them to compete at their best; or
- developing athletes (or their coaches) with aspirations of international representation and who are seeking funding to assist with their progression to a high performance level.

The Committee invites applicants to complete the details at the link below by 11:59pm on Wednesday 17 July 2019.

The Committee anticipates that this will be a competitive process and that applications will be received from a large number of qualified people. The Committee will consider each application and determine which athletes to award each gift to be based on the Committee's overall assessment of the candidate and their ability to meet the aims of the program. We regret that this will mean disappointment for some applicants, however we encourage each applicant to stay committed and in touch with AA and the AA Foundation as we continue to strive to support our community.

**To lodge an application, go to**

[https://www.surveymonkey.com/r/foundation\\_application](https://www.surveymonkey.com/r/foundation_application)

If you don't put in an application you won't have a chance of being awarded a gift!!!!

## QRWC Track Meets Update

This season the QRWC will host two track meets on the track at UQ St Lucia.

On **Sunday July 21<sup>st</sup>** our 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. This meet will incorporate the **QMA 10,000 metres track championships**.

Then, on **Sunday August 25<sup>th</sup>** the annual QRWC Track Walk Championships will be held at UQ St Lucia starting from 8.00am. For these Championships it is **Age on the Day**.

## Australian Road Walk Championships Adelaide September 8<sup>th</sup>



The Athletics Australia 2019 Australian Winter Road Walk Championships will be held in Adelaide on Sunday September 8<sup>th</sup>. 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

## 2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY



**Event registration is now open and closes July 21<sup>st</sup>**

<http://athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>

### Race Walk Programme

Sunday September 1<sup>st</sup> 10km road walk  
Tuesday September 3<sup>rd</sup> 5km track walk  
Friday September 6<sup>th</sup> 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 5<sup>th</sup> - Tuesday October 8<sup>th</sup> 8:00am–5:00pm

1,500m Walk

3,000m Walk

5,000m Walk

### Road Walk

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



**April 10-13<sup>th</sup> 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 3-14<sup>th</sup> 30th Summer Universiade, Naples Italy

July 7<sup>th</sup> Gold Coast Marathon. No club competition

July 14<sup>th</sup> RWA Postal Challenge / **QMA S/C C/Ships** Beenleigh 8.00am

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

July 27<sup>th</sup> **Saturday** QA Open & Age Road Walk Championships Ipswich **TBC**

August 4<sup>th</sup> QRWC Handicap # 9 meet Kalinga Park 8.00am

August 11<sup>th</sup> QRWC Handicap # 10 meet **TBA**

August 11<sup>th</sup> Australian Masters 20km road championships Adelaide

August 18<sup>th</sup> QRWC Road Walk Championships Beenleigh 8.00am

August 25<sup>th</sup> QRWC Track Walk Championships UQ St Lucia 8.00am



## Looking further ahead

September 1<sup>st</sup> Oceania Masters Games Mackay 10km road walk  
September 8<sup>th</sup> Australian Road Walk Championships, Adelaide, SA  
September 15<sup>th</sup> Relay/Trophy/BBQ day Kalinga Park  
Sept 28<sup>th</sup> - Oct 6<sup>th</sup> 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 2<sup>nd</sup>

### **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](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 (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](http://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:**

[grwc1@optusnet.com.au](mailto:grwc1@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.

**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/>