

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



HEEL & TOE

June 14th 2018

52nd Canberra Federation Carnival Mt Stromlo Forest Park

Our small QRWC team had a very enjoyable and successful trip to the national capital on Sunday for the LBG Carnival. The weekend started with the Federation AGM on Sunday night with the club ably represented by Shane Pearson, Noela McKinven and Peter Bennett. Shane was re-elected as Federation Vice President and Peter to a position on the Management Committee.

Race day was a bit different than last year. Not only did the athletes walk in the opposite direction but you could actually see the course this year. Last year a thick blanket of fog enveloped the course making it hard to see the athlete in front of you. And you know you are in Canberra when the race announcer has to warn athletes to look out for kangaroos crossing road during the race.

We have heard numerous time before that our Qld walkers punch above their weight but this group on Sunday really did the club and themselves proud. Everyone gave 100% with a number of pbs and great performances in a tough competition. Special mention to Anika Clarke who earned the praise of the race MC for her sportsmanship in waiting for every other competitor in her race to cross the line and congratulate them on their performance. Well done Anika especially after the hard race she had just completed.



Congratulation and a job well done to every QRWC walker who competed on Sunday. Thank you to the coaches, to Noela & Shane judging and to Robyn & Andrew on the drinks table for the entire 30km. Thank you also to Helen for all her support for our team although she was struggling knowing which hat to wear when a South Australia walker went by.

Anyway, Shane has written this report on the carnival so read on.

Presidents Report

LBG Carnival *plus a bit more*

A cold and fresh morning greeted us as we arrived on the hill of Stromlo Forest Park. for the 52nd Annual LBG carnival.

This year Queensland only had a small but strong motivated team. In the earlier races we were represented by Peter 30k, Argenis 15k, George Fitness 15k & Noela masters 15k. There are no real flat spots on this course, slight rises and falls the whole way on the 1k loop. Also, with a fairly strong wind from the south made conditions tough going and pretty chilly early on. All 4 of our competitors raced well and received medals or trophies in their division. I was judging in these races so didn't really get a chance to fully appreciate the individual effort these athletes put in. But they all stayed strong and hung on to finish well.

Later in the day our younger athletes put on a strong showing. Makenna in the girls u/10 raced out of her skin to be in the lead early on mixing it with the other girls. The lead changed a few times and she kept fighting but she finished a strong 3rd. Chelsea was also in this race. She put in a super effort and came through the field in the second half to finish 5th. I believe it was a pb for her as well. I really enjoyed this race. Watching these young athletes racing hard with no fear, giving it their all but realizing that their skills at this age are so raw and new.

Sam and Charlie u/12 boys. The pace at the start of this race was fast. Charlie was up with the leaders for the first lap. Sam raced smartly within himself early on then put the afterburners on in the 2nd lap. He came from around 9th through 1k to finish in 3rd with Charlie 4th. Awesome effort by Charlie to hang on in the late stages.

Anika in the 14 girls 2k realized early into her race this speed early on was crazy. She held back and went through 1k in a sensible 5 flat. Where everybody else slowed down she managed to hold onto a 5.03 2nd km to finish in 3rd. This for me was the most mature race I've seen Anika walk to date.

Sam backed up for a 2nd race in the 14 Boys 2k. This time he finished 7th but the older and stronger boys did have an advantage. The experience he would have gained from this race I'm sure will keep him coming back for more in the future.

The final race we had team members in was the u16 boys 3k. Jono went with the leaders through 1k in 4.30. He tried hard to keep in touch for most the 2nd lap but he paid the price with the early speed and started to fall behind. His 2k split was a pb for him and he held on to finish 4th in a pb time of 14.37. He would have learnt a lot from this race as he now starts to get older and the distances start to get longer very quickly.

I am extremely proud of the efforts our small team put in. Every member of the team received a medal or handicap trophy from the day. I would have loved to have seen more from QRWC be there competing. I think we could have matched it with every other state in the team's events. It was a fantastic day and a lot of fun was had by all. Even Peter punching out another 30k I think deep down enjoyed himself. So, I'm really looking forward to everybody racing at the Australian Winter Champs and 2nd Federation Carnival at Lake Kawana, Sunshine Coast, Queensland on August 26th.

In relation to the carnival in August. I need to confirm numbers for accommodation at the Curramundi Recreational Camp for the Saturday night August 25th. The cost is \$55 for the night. This includes Bed, Linen, and meals.

We have a limited number of spots available but I think we have enough to fill our allocation. It is Dormitory style rooms but I think for 1 night most of us won't have an issue with that. (Team Bonding old school style). I have been asked from other states about staying at the same location. I'm happy to offer it to them but I want to make sure we look after the QRWC walkers first.

Please let me know by this Sunday. June 17th at Kalinga Park, So I can lock in your booking. After that date I'll need to release what is left to NSW and SA or we could lose this offer altogether.

One last thing.

With us assisting to host the Winter Champs in August. We would like to start putting together a Volunteers List of who will be available to help at the Championships. Field Of Play Set up and Pack down, Setting up Tents, Assisting Athletics Australia & Qld Athletics with anything they might need. Canteen, Photography, Lap Scorers, Results assistance, Drinks and Feed Tables, Judging Assistants, DQ Board, Runners?, Presentations and the list will go on.

I know people like Peter, Iggy, Noela etch will be there to help. But on this occasion they too will be competing. So, I hope that we can all get in and make this happen without relying on them so they can prepare to race and not be concerned about the actual operations on the day.

It won't be as big as the Commonwealth Games but we would like it to be just as well organized. Can you please let me know if you will be available to help out.

The more people helping the less work it will be.

Have a great week and see you on the road soon. SHANE



Makenna taking on the opposition



You would think it was cold in Canberra

RESULTS RESULTS RESULTS

52nd Annual Lake Burley Griffin Walking Carnival

QRWC Results

Open 30km

Men

1. 206 TYLER JONES NSWRC 02:21:27
Non RWA 203 LUIS BUSTAMANTE Mexico 02:22:32
- 2 207 DYLAN RICHARDSON NSWRC 02:31:19
- 3 200 IAN RAYSON ACTW 02:35:33
- 4 210 ANDREW DUNCAN WARWC 02:41:34
- 5 208 PETER BENNETT RWQ 03:12:51**
- 6 25 PETER CRUMP SARWC 03:15:59
- 202 ROBIN WHYTE ACTW DSQ
- 205 CARL GIBBONS NSWRC DNF
- 204 IGNACIO GONZALEZ Mexico DNF
- 201 BRENDON READING ACTW DNF

Masters 30km

Men

1. ANDREW DUNCAN 210 WARWC 02:41:34
- 2. PETER BENNETT 208 RWQ 03:12:51**
3. PETER CRUMP 25 SARWC 03:15:59

ROBIN WHYTE 202 ACTW DSQ

AACT W&M 30km Championship

Men

1. 1208 PETER BENNETT RWQ 03:12:51
- 1202 ROBIN WHYTE ACTW DSQ

Open Women 15km

1. 112 RACHEL TALLENT RWV 01:14:58
2. 110 ANNA CROSS SARWC 01:20:53
3. 103 CHELSEA GOODHEW NSWRC 01:27:13
4. 100 ANN STAUNTON-JUGOVIC ACTW 01:33:59
5. 105 ANNE WEEKES NSWRC 01:36:31
6. 111 DONNA-MARIE ELMS RWV 01:42:07
7. 104 JOAN PURCELL NSWRC 02:02:19
8. 108 NOELA MCKINVEN RWQ 02:09

Masters Women 15km

1. ANN STAUNTON-JUGOVIC 100 ACTW 01:33:59
2. ANNE WEEKES 105 NSWRC 01:36:31
3. DONNA-MARIE ELMS 111 RWV 01:42:07
4. JOAN PURCELL 104 NSWRC 02:02:19
5. NOELA MCKINVEN 108 RWQ 02:09:36

Handicap Open Women 15km

1. NOELA MCKINVEN 108 RWQ
2. JOAN PURCELL 104 NSWRC

Open Men 15km

1. 102 CONNOR FREW ACTW 01:13:34
2. 107 OSCAR TEBBUTT NSWRC 01:15:06
3. 106 TRAVIS BARENDREGT NSWRC 01:24:17
4. 109 ARGENIS GUEVARA RWQ 01:29:19
5. 113 DAVID SMYTH RWV 01:30:51
6. 101 GREG DURR ACTW 01:38:17

Masters Open Men 15km

1. ARGENIS GUEVARA 109 RWQ 01:29:19
2. DAVID SMYTH 113 RWV 01:30:51
3. GREG DURR 101 ACTW 01:38:17

Fitness 15km

Men

1. 119 DOUG FITZGERALD ACTW 02:00:55
2. 120 GEORGE MEGAS RWQ 02:15:48

Women

1. 117 LORNA ENGLAND ACTW 02:14:43
2. 118 RUTH ENGLAND ACTW 02:14:44
3. 116 VAL CHESTERTON ACTW 02:20:02

Girls U10 1km

Women

1. 42 MIA STEWART NSWRC 00:05:35
2. 4 ELOISE SMITH ACTW 00:05:36
3. 326 MAKENNA CLARKE RWQ 00:05:39
4. 325 CHELSEA CAPPS RWQ 00:05:56
5. 41 WANDA SKUODAS NSWRC 00:06:10
6. 336 ZAHLIA HEIKKILA-DUBOWIK RWV 00:06:17
7. 39 CAETLIN ASHBY NSWRC 00:07:04
8. 40 CARA-LEE FLECKNOE NSWRC 00:08:19
9. 43 ZOE ZANTIOTIS NSWRC 00:11:11

Handicap Girls U10 1km

1. ZOE ZANTIOTIS 43 NSWRC
2. CARA-LEE FLECKNOE 40 NSWRC
3. CHELSEA CAPPS 325 RWQ

Boys U12 2km

1. 338 LUKE EPPS RWV 00:10:18
2. 49 PETER ELLIOTT NSWRC 00:10:39
3. 328 SAM MCCURE RWQ 00:10:47
4. 339 LIAM HUTCHINS RWV 00:10:49
5. 327 CHARLIE CAPPS RWQ 00:10:51
6. 47 MYLES ASHBY NSWRC 00:10:52
7. 6 OWEN TOYNE ACTW 00:11:02
8. 48 DARCY BELL NSWRC 00:11:22
9. 337 HAMISH BLACKWOOD RWV 00:11:23
10. 341 SCOTT PEART RWV 00:12:01
11. 50 CHRISTOPHER NILON NSWRC 00:12:13
12. 52 THOMAS VARGA-STRIKE NSWRC 00:12:23
13. 51 AIDAN POSPISCHIL NSWRC 00:12:29
14. 5 ANDREW CAMP-LIDDIARD ACTW DSQ

Handicap Boys U12 2km

1. CHARLIE CAPPS 327 RWQ
2. DARCY BELL 48 NSWRC
3. HAMISH BLACKWOOD 337 RWV

Boys U14 2km

1. 392 TOBY WILKS SARWC 00:09:18
2. 355 FRASER SAUNDER RWV 00:09:46
3. 9 TOM HUNT ACTW 00:10:18
4. 348 LUKE EPPS RWV 00:10:54
5. 356 MARCUS WAKIM RWV 00:11:01
6. 66 DARCY BELL NSWRC 00:11:11
7. 329 SAM MCCURE RWQ 00:11:19
8. 351 LIAM HUTCHINS RWV 00:11:22
9. 69 BRENDAN POSPISCHIL NSWRC 00:11:26
10. 68 PETER ELLIOTT NSWRC 00:11:42
11. 65 MYLES ASHBY NSWRC 00:11:57

12. 354 SCOTT PEART RWV 00:12:01
13. 346 HAMISH BLACKWOOD RWV 00:12:11
14. 8 HARRISON BAKER ACTW 00:12:19
15. 391 SAM WILKS SARWC 00:12:19
16. 10 SEBASTIAN YOUNG ACTW 00:12:25

Girls U14 2km

1. 358 DARCEY ROBERTS RWV 00:09:58
2. 73 IZABELLA DUNNE NSWRC 00:10:02
3. 330 ANIKA CLARKE RWQ 00:10:03
4. 72 ELLIE DECELIS NSWRC 00:10:19
5. 83 EMMA THOMAS NSWRC 00:10:20
6. 12 LAURA BURNS ACTW 00:10:30
7. 13 SIDNEY SHAW ACTW 00:11:00
8. 74 CHLOE KRKLINSKI NSWRC 00:11:17
9. 357 KAYLAH HEIKKILA-DUBOWIK RWV 00:11:35
10. 85 JADA THOMSON NSWRC 00:11:38
11. 80 ISABELLE NILON NSWRC 00:11:52
12. 87 CHIA WALTERS NSWRC 00:12:03
13. 361 RIANNAH TATLOCK RWV 00:12:30
14. 86 ZSOFIA VARGA-STRIKE NSWRC 00:12:41
15. 11 ELLA BAKER ACTW 00:12:52
16. 71 EMILY CHALLINOR NSWRC 00:15:54

Boys U16 3km

1. 384 COREY DICKSON RWV 00:13:34
2. 89 JACK MCGINNISKIN NSWRC 00:13:36
3. 394 TOBY WILKS SARWC 00:13:47
4. 331 JONATHAN WEARNE RWQ 00:14:37
5. 385 HEATH BEVERIDGE RWV 00:15:14
6. 367 FRASER SAUNDER RWV 00:15:22
7. 88 JOEL KEMP NSWRC 00:16:21
8. 362 LUKE EPPS RWV 00:17:17
9. 363 ANGUS HAY RWV 00:17:37
10. 365 LIAM HUTCHINS RWV 00:17:55

Handicap Boys U16 3km

1. HEATH BEVERIDGE 385 RWV
2. JONATHAN WEARNE 331 RWQ
3. JOEL KEMP 88 NSWRC



Chelsea and Charlie getting the job done for Queensland (and No they are not going in different directions!)

THIS WEEK

June 17th QRWC Handicap Meet Kalinga Park

See you all back at Kalinga Park this Sunday when our Handicap meets resume. Those who went to Canberra will no doubt have some “war stories” to tell as we move into the halfway point of the road walk season. Lots of action in the second half of the season with the Downunder Meet, Federation Postal Challenge, QA Road Walk Championships, Club Track Championships, Club Road Walk Championships and then the National Road Walk Championships on the Sunshine Coast on August 26th.

8.00am

- A Grade 10km
- B Grade 5km
- C Grade 3km
- D Grade 2km
- E Grade 2km
- F Grade 1km

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

See you all on Sunday.

Australian Winter Walking Championships

Sunday August 26th

Lake Kawana Sports Precinct, Sunshine Coast

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. Athletics Australia will offer events for all ages (listed below) at the Winter Walks with entry details to be released shortly. NB: This event will be held in conjunction with Road Walking Australia (RWA) events.

Events will most likely kick off from 8.30am with all races planned to be finished by 1pm

An Invitation 5km is expected to be programmed to cater for our men and women who want to participate in the carnival but do not wish to race over 20km or 10km distances

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.

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 - 10k
- Under 18 - 5km
- Under 16 - 5km
- Under 14 - 3km
- Under 12 - 2km RWA Championship event



Australian Masters Athletics 20km Walk Championships

Adelaide, South Australia Sunday 5th August

Entry Fee \$20 / Entries Close Sunday 29th July / Start Time 10am

For more information contact: George White gwhite@adam.com.au



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/>

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

Entries Close: •Wednesday 31 October 2018

Downunder Meet 2018

Griffith University, Southport, Friday July 13th

The annual Downunder Championships is the biggest track and field competition on the QA winter calendar. In 2017, more than 700 athletes participated, 220+ of whom were from American High Schools.

Note: Those athletes who turn 13 this year can enter the Downunder 3,000 metre walk for 14/15year olds

Walks Downunder

Friday July 13th

8.45am 3000m Walk Males & Females 14/15yr

8.45am 5000m Walk Males & Females 16-Open

EARLY BIRD \$25.00 per event

Early Bird entries close at 11:59 p.m. on Tuesday, 19th June

STANDARD \$30 per event

Standard Entries close at 11:59 p.m. on Tuesday, 3rd July

For more information and to enter online, visit www.sportscredentials.com.au

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

June 17th QRWC Handicap Meet Kalinga Park

June 24th QRWC Handicap Meet Davies Park 8.00am

July 8th QRWC Handicap Meet TBC

July 10-15th IAAF World Juniors Track Championships Finland

July 13th Friday Down Under Meet

July 15th QRWC Handicap Meet Morningside 7.30am

July 22nd RWA Postal Challenge Beenleigh 8.00am

July 29th QRWC Handicap Meet Skippy Park

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

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/>