

Queensland Race Walking Club Inc.

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



HEEL & TOE

June 20th 2019

Presidents Report 2019 SEASON..... ALREADY HALF WAY

Here we are half way almost into another winter season. Lots have happened with plenty more still to come.

This Sunday we are heading up to the Sunshine Coast again. Skippy Park, Landsborough. Home ground of the Glasshouse Little Athletics Club. Flat open 1k course. Good for fast times. Last year we gained a few new members at this meet that have continued to improve since joining our club.

Sunshine Coast University Winter Championships.

Afterwards drive a few more minutes up the road the Sippy Downs, Athletics Track, for the Sunshine Coast University Winter Champs. They have kindly changed the times of their 3000m walk to now start at 12. 30pm. Then the other race walk events start from 1pm.

*For more information head to the Qld Athletics webpage. To enter these races go to the QA webpage. Look for "Events" Then "Sunshine Coast University Championships" and follow the directions to enter. For those wanting a 3000m walk time on track you can enter as an U/18, U/20 or Open depending on your age. 14 years +. **Entries have now been extended until 9am Friday, June 21st.** (See further details below on the two walk meets this Sunday)*

We also have quite a few of our members heading to Townsville for the Oceania Championships next week. Good luck to all these athletes going up north.

Only a few weeks away till the Gold Coast Marathon weekend. July 6th & 7th. In the past we have had many club members either compete in some of the events that are available over the 2 days or volunteer their time to assist in areas from Timing, Drinks & Feed Stations, Athlete Support, Promotions, etc. Good luck to all involved.

A week after that is the Downunder Track & Field Carnival. There is a 3000m & 5000m walk on the Friday morning, July 12th, starting at 8.45am.

For information on this, speak with Robyn Wales or go to the QA webpage.

This is another opportunity for our younger athletes to get qualifying times for your school regions.

2 days later is the RWA Postal Challenge race at Logan. Sunday, July 14th.

We need to get as many of our club members to race here as we don't have any points yet in the National Walks comp this season. The more people that race, the more possibilities to gain points.

Then we head into the pointy end of the season with a lot of Championships coming up. Including, State Road Walk Championships, Club Champs and Nationals in Adelaide.

I'm heading to Adelaide for Nationals, September 8th. If there are people interested in going, let me know as I'm trying to organize discounted accommodation. We will need to start booking sooner than later, as places will fill up.

As usual. A huge thank you to all the parents and officials who volunteer each week to make the races possible. Well done to all the athletes that have competed each week, I hope you are achieving your personal goals for the season and good luck to the up coming events and rest of the 2019 season.

See you on the road soon.

Shane

RESULTS RESULTS RESULTS

QRWC Handicap # 7 June 16th

Kalinga Park

Walk of the day would be the fast 15:49 by Lyla Williams to win the C grade 3km. Thank you to everyone who assisted with the running of the meet.

A Grade 10km

Men: (1) Argenis Guevara 55.13.

B Grade 5km

Men: (1) Patrick Sela 40.42.

Women: (1) Summer Millard 30.03 (2) Charlotte Hamann 31.11 (3) Jasmine McRoberts 33.35 (4) Noela McKinven 41.15.

C Grade 3km

Men: (1) Sam McCure 16.34 (2) Jack Bannister 20.37.

Women: (1) Lyla Williams 15.49 (2) Anika Clarke 17.18 (3) Amelia Schofield 18.31 (4) Amber Norton 18.32 (5) Torryn Fisher 19.35 (6) Scarlett Schofield 19.43 (7) Lily Goulding 19.54 (8) Bella Schofield 20.33.

D Grade 2km

Men: (1) Korbyn Bricknell-Hewitt 15.03...

Women: (1) Makenna Clarke 12.34 (2) Caterina Davey 13.14 (3) Siaan Fisher 13.21 (4) Zoe Davey 13.51 (5) Jennifer Stuckey 14.49.

F Grade 1km

Women: (1) Lucie Goulding 7.12.

<p style="text-align: center;">Canberra Federation Carnival Mt Stromlo Canberra Sunday June 9th</p>
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It might have been one of the smallest teams ever to represent the State at his meet but they still returned big results with a swag of trophies and medals. Congratulation to Iggy, Noela & George on your efforts in Canberra

RWA 30km Open Men

1. Brendon Reading 201 ACTW 2:25:20
2. Carl Gibbons 202 NSWRC 2:25:37
3. Kim Mottrom 205 SARWC 2:34:27
5. **Ignacio Jimenez S. 204 RWQ 2:40:13**

Handicap

1. Royrie Upton 206 SARWC
2. **Ignacio Jimenez S. 204 RWQ**
3. Dylan Richardson 203 NSWRC

RWA 30km Masters Men

1. Ignacio Jimenez S. 204 RWQ 2:40:13

2. Royrie Upton 206 SARWC 3:27:10

AACT 30km Men

1. Ignacio Jimenez S. 2004 RWQ 2:40:13

RWA 15km Open Women

1. Elaine Wang 103 NSWRC 1:26:46

2. Amanda Barendregt 102 NSWRC 1:28:36

3. Ann Staunton-Jugovic 101 ACTW 1:33:25

4. Claire Samanna 109 RWV 1:34:00

5. Anne Weekes 104 NSWRC 1:42:41

6. Antoinette Woodward 105 NSWRC 1:46:57

7. Noela McKinven 107 RWQ 2:11:11

8. Val Chesterton 100 ACTW 2:13:51

Handicap

1. Claire Samanna 109 RWV

2. Val Chesterton 100 ACTW

3. Noela McKinven 107 RWQ

RWA 15km Masters Women

1. Ann Staunton-Jugovic 101 ACTW 1:33:25

2. Anne Weekes 104 NSWRC 1:42:41

3. Antoinette Woodward 105 NSWRC 1:46:57

4. Noela McKinven 107 RWQ 2:11:11

5. Val Chesterton 100 ACTW 2:13:51

Handicap

1. Val Chesterton 100 ACTW

2. Noela McKinven 107 RWQ

Fitness 15km Men

1. Mick Saunders 121 ACTW 1:53:58

2. Bryan Thomas 122 ACTW 1:55:27

3. George Megas 124 RWQ 2:14:04

2019 Race Walking Australia Merit Awards

By Terry Swan

David Smith (QRWC) and Peter Bennett (QRWC) were both awarded 40 year and 25 year Merit Awards respectively for services to the AFoRWC.

Congratulations to both for their outstanding commitment to our sport

QRWC Skippy Park Meet / Sunshine Coast Championships Sunday June 23rd

This Sunday June 23rd we will be conducting our club handicap meet at Skippy Park, Landsborough. Thanks to the **Glasshouse Little Athletics Club** we will be able to use their facilities for our meet and we invite all walkers from the Sunshine Coast region to join us on the Sunday morning for a race or just to talk our coaches, judges and athletes about race walking.

June 23rd QRWC Handicap # 7 meet Skippy Park

Landsborough Road Landsborough

Programme

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 2km (U12/14)
F Grade 1km (U8/U10)

We will need your help... this week and every week

Sunshine Coast Winter Athletics Championships

University of the Sunshine Coast Athletics Track at Chancellor Park

Events are being held for all age groups from Under 10 through to Open and Masters (10 year age groups)

12.30pm U18, Open, Masters Men 3,000m Walk

12.30pm U18, Open, Masters Women 3,000m Walk

1.00pm U10 Boys 300m Walk

1.00pm U10 Girls 300m Walk

1.00pm U12 Boys 700m Walk

1.00pm U12 Girls 700m Walk

1.00pm U14 - U16 Girls 1,500m Walk

1.00pm U14 - U16 Boys 1,500m Walk

Medals will be awarded to place-getters in all events.

Contacts

Phone: 07 5476 8233 / Email: SEC.USCAC@GMAIL.COM

Website: <http://uscathleticsclub.asn.au>

For an entry form or to enter on line go to

<http://www.qldathletics.org.au/Events/Upcoming-Events/ArtMID/6764/ArticleID/2061515/Sunshine-Coast-Winter-Carnival>

Note: The entry form may still have the 3km walks listed as an 8.15am start but they are now scheduled for **12.30pm**

Online and postal entries close at 9am Friday June 21st BUT late entries are available on the day for the payment of an additional Late Fee

Please support these two meets to promote race walking on the Sunshine Coast

The Oceania Area Championships

Tuesday June 25th



AA Preview

*The six Australian representatives in the 10,000m track walk at next week's Oceania Championships highlight a number of new emerging and talented race walkers in Australia. Our group is headed by our three already selected for the Doha World Championships **Dane Bird-Smith, Jemima Montag** and teenager **Katie Hayward**, along with Rio Olympian **Rachel Tallent**. Hayward has been outstanding in 2018/19, as the 18-year-old has broken a number of Australian under-20 records and clocked the third best 20km walk time in Australian history. The other two in the men's race is teenager **Declan Tingay** and **Rhydian Cowley**. Declan, was a brilliant fourth at the World U20 Championships and has also broken Australian junior records in the last year.*

Maybe going under the radar has been the great progression of 28-year-old Rhydian Cowley in the last three months. After making eight appearances in the green and gold at the highest levels, including Olympics and world championships, this year Cowley has

*been in great form with two times of 1:20.19 and 1:21.02. His new PB, which elevated him to number 7 Australian all-time, has not only qualified him for the Doha World Championships, but also the Tokyo Olympics. Rhydian credits a change in focus, a good period of training and a move to **Brent Vallance**'s squad as key to his recent progression. "It's hard to pinpoint exactly what makes the most difference, but I think my last 12 months training having been some of the most consistent I've managed is probably a factor. I think my change in coaching environment at the end of last year has also made a difference, getting regular training sessions in with a good group of athletes including Jemima Montag, Quentin Rew (NZL) and Kyle Swan. And I've been focusing on having fun and enjoying my athletics a bit more in this last year, which I think also helps."*

Walks Programme

Tuesday June 25th

2.05pm

10,000m Walk Open Men

Dane Bird-Smith (QLD), Rhydian Cowley (VIC), Declan Tingay (WA)

10,000m Walk Open Women

Katie Hayward (QLD), Jemima Montag (VIC), Rachael Tallent (ACT)

3.55pm

10,000m Walk U20 Women

Alice Randall (TAS), Anna Blackwell (TAS)

10,000m Walk U20 Men

Tristan Camilleri (SA)

Wednesday June 26th

2.05pm

5000m Walk U18 Boys

Gwyllym Young (ACT), Corey Dickson (VIC), William Robertson (TAS)

5000m Walk U18 Girls

Caitlin Hannigan (QLD), Charlotte Hay (VIC), Olivia Sandery (SA)

The above are athletes that have been selected in the Athletics Australian team for the championships but there are other Queensland and interstate walkers in the starting line ups.



51e édition des 24 h internationales de Rouen



Peter Bennett being presented with the trophy after winning the Rouen 24-hour race

NEXT WEEK

June 30th QRWC Handicap # 8 meet Morningside

Riverside Place (off Lytton Road) Morningside.

Programme

7.30am A Grade M 15km (Open)

A Grade W 10km (Open)

B Grade 8km (Open/U20)

8.00am C Grade 5km (U18/U16/U14)

D Grade 3km (U14/U16)

E Grade 2km (U12/U14)

F Grade 1km (U8/U10)

Old Masters Athletics Update

Road Walk Championships Dates and Details.

Short Course Championships: **July 14th** Logan River Parklands Beenleigh 8.00am. Men 30+ 10 km (M60+ 5km Option) / Women 5km

Long Course Championships: July 27th (Saturday) Ipswich Cycle Park, Raceview. M30+ 20km (M60+ 10km Option) / Women 30+ 10km (this is with the QA Road Walk Championships)

The QMA 10,000 track walk Championship that were postponed in March due to rain will now be held with the QRWC track meet on July 21st at UQ St Lucia starting at 8.00am.

QRWC Track Meets Update

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

On **Sunday July 21st** 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 25th** 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**.

DownUnder Championships Gold Coast



July 12-14th

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.

Early bird (closes at 11.59pm Tuesday 18th June): \$25.00 (GST inclusive) per event

Standard entry (closes at 11.59pm Tuesday 2nd July): \$30.00 (GST inclusive) per event

Draft Walks Timetable

Friday July 12th

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

8.45am 5000 metre Walk Males & Females 16-Open

For entry and further information <https://www.sportscredentials.com.au/downunder-2017>

Sunday July 14th Racewalking Australia Postal Challenge 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)

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

These are 100km Runners ?



**AUSTRALIAN
100KM CHAMPIONSHIPS**

Good to see AA have people working for them who really know their sport 😊😊

This is actually a photo from the U20 & U18 10km at the 2018 AA/Federation Race Walk Championships at Lake Kawana. Katie & Nelson haven't stepped up to the 100km as yet.

2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY



Event registration is now open and 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

Australian Masters Athletics Championships

Brisbane, Qld

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

2019

June 23rd QRWC Handicap # 7 meet Skippy Park 8.00am

June 23rd Sunshine Coast Winter Athletics Championships USC track Chancellor Park

June 25-28th Oceania Area Championships Townsville

June 30th QRWC Handicap # 8 meet Morningside **7.30am**

July 3-14th 30th Summer Universiade, Naples Italy

July 7th Gold Coast Marathon. No club competition

July 14th RWA Postal Challenge 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**

Looking further ahead

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
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>

ALL QRWC NON-COMPETING MEMBERS, VOLUNTEERS, COMMITTEE MEMBERS, OFFICIALS AND COACHES ARE REQUESTED TO TAKE ADVANTAGE OF THE \$ 0 FEE AND REGISTER WITH QA TO ENSURE YOU ARE COVERED BY THE AA/QA INSURANCE POLICY

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/>