

Queensland Race Walking Club Inc.

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



HEEL & TOE

June 27th 2019

Oceania Athletics Championships Gold to Caitlin Hannigan U18 5km

Congratulations to Caitlin Hannigan for winning the gold medal in the U18 5,000 metres at the Oceania Athletics Championships in Townsville on Wednesday. Caitlin was a clear winner in 24:50.40.

The Open Women's 10,000 metres was won by Victorian Jemima Montag in a pb time of 43:50.84. Katie Hayward took the silver medal in 45:35.81. While Katie's time might not be up there with her avalanche of Australian U20 record performances earlier in the year it is still faster than any other Queensland women over the distance.

AA Report

The conditions for the women's walk were warm and windy, less than ideal, but that didn't stop Commonwealth Games champion, Jemima Montag setting a PB of 43:50.84, to take the 10,000m track walk title.

"I think it was a sneaky PB but only by a about a quarter of a second, "said Montag who would later realise it was a nine second PB. "Each race has a different focus, and today was more about winning to get the most points as possible on the IAAF Walks Challenge. I think I was about ninth on the rankings and hopefully this will boost me up to about fourth."

The performance in the warm conditions also confirmed that Montag's training preparation for upcoming races in hot conditions at the World University Games (Naples) and World Championships (Doha), were on the right 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."

Second in the walk was teenager Katie Hayward who has enjoyed a breakthrough year, jumping to number three Australian all time in the 20km walk. In Townsville she clocked 45:35.81, with Claire Woods third in 47:16.28. "Because I have World Uni's, and that heat, in my legs, trying to put the speed on today, my legs just did not respond," said Hayward. "You can't always do an amazing race every time. At the end of the day we are human beings, not robots. There's always going to be that race that just doesn't come together, and I will learn from it."

Tokyo Olympic qualifier Rhydian Cowley won the men's 10,000m walk in 41:57.57 from WA's Declan Tingay 42:42.44.

RESULTS RESULTS RESULTS

Oceania Athletics Championships

June 25-26th

Townsville Sports Reserve

Women 10,000 Metre Race Walk Under 20

1 Anna Blackwell 18 Australia 56:46.40

-- Alice Randall 19 Australia DNF

Women 10,000 Metre Race Walk Senior

1 Jemima Montag 21 Australia 43:50.84

2 Katie Hayward 19 Australia 45:35.81

-- Rachel Tallent 26 Australia DNF

-- Claire Woods 38 Invitational X47:16.28 bronze

-- Beki Smith 33 Invitational X48:18.95

Men 10,000 Metre Race Walk Under 20

1 Tristan Camilleri 18 Australia 45:27.32

Men 10,000 Metre Race Walk Senior

1 Rhydian Cowley 28 Australia 41:57.57

2 Declan Tingay 20 Australia 42:42.44

-- Pramesh Prasad 45 Fiji DQ IAAF 230.7C

Men 5,000 Metre Race Walk Under 18

1 Daniel du Toit 03 New Zealand 22:14.09

2 Gwyllym Young 02 Australia 22:17.26

3 Corey Dickson 02 Australia 22:39.94

4 William Robertson 03 Australia 23:05.12

Women 5,000 Metre Race Walk Under 18

1 Caitlin Hannigan 02 Australia 24:50.40

2 Charlotte Hay 03 Australia 26:06.34

3 Olivia Sandery 03 Australia 26:20.84

QRWC # 7 Sunday June 23rd

Skippy Park

Thank you to all the club members who travelled to Landsborough on Sunday morning to compete in our club handicap meet. Thank you to Glasshouse Little Athletics for the use of their facilities and to our wonderful volunteer helpers at the meet.

A Grade 10km

Men: (1) eq. Ignacio Jimenez, Peter Bennett 59.44 (2) Keith Heness 1.07.26.

Women: (1) Noela McKinven 1.23.22.

B Grade 5km

Women: (1) Summer Millard 29.54 (2) Charlotte Hamann 30.48 (3) Elliot Bow 33.01 (4)

Jasmine McRoberts 33.48.

C Grade 3km

Men: (1) Kai Norton 16.43 (2) Jack Bannister 21.34.

Women: (1) Amber Norton 17.06 (2) Torryn Fisher 19.32 (3) Korey Brady 20.26 (4) Jennifer Stuckey 22.47.

E Grade 2km

Women: (1) Siaan Fisher 13.58 (2) Charlotte Brady 16.45.

F Grade 1km

Women: (1) Imogen Miller 6.36.

Sunshine Coast Winter Carnival

USC Athletics Track Sunday June 23rd

Well done to those club members who competed on Sunday afternoon at the Sunshine Coast Winter Championships especially to the athletes and officials who doubled up after the morning club meet.

Women 3,000 Meter Race Walk Open

1 Millard, Summer 14 QRWC 16:59.90
2 Pearson, Jade 18 QRWC 19:41.00

Girls 3,000 Meter Race Walk Under 18

1 McRoberts, Jasmine-Rose 17 QRWC 18:59.43
2 Fisher, Torryn 14 QRWC 20:32.56

Girls 1,500 Meter Race Walk Under 16

1 Brady, Korey 14 QRWC 9:41.70

Girls 1,500 Meter Race Walk Under 14

1 Heap, Ashanti 13 QRWC 7:31.65
2 Melinz, Ada 11 Una 2:55.31

Girls 700 Meter Race Walk Under 12

1 Heap, Aliesha 11 QRWC 4:30.59
2 Fisher, Siaan 9 QRWC 4:35.52
3 Kriel, Mia 10 Una 5:11.55

Boys 300 Meter Race Walk Under 10

1 Swan, Levi 8 Una 1:51.40
2 Melinz, Eli 9 Una 1:51.59

THIS WEEK

This Sunday we are back at Riverside Place in Morningside. We only have a few handicap meets left to score points if you want to be in the running for end of season handicap trophies in your grade. Because of the longer distances, the A & B grade races will start at 7.30am and all other races at 8.00am.

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)

Coming Up...

There will be no club races the following week (July 7th). This is when the Gold Coast Marathon is held and a number of our athletes and officials will be involved.

The walk events at the DownUnder Carnival will be conducted on the morning of Friday July 12th. Entries close on Tuesday July 2nd.

The Sunday after on July 14th we will be conducting our leg of the RWA Postal Challenge at Beenleigh. This meet will include the Qld Masters Short Course Championships.

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.

Entries close at 11.59pm Tuesday 2nd July

Draft Walks Timetable

Friday July 12th

8.45am 3,000 metre Walk Males & Females 14/15yr

8.45am 5,000 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)

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**.

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

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



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 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/>