

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



HEEL & TOE

June 28th 2018

Katie off the World U20 Championships Tampere, Finland

We wish Katie Hayward all the very best when she steps back onto the international stage at the IAAF World U20 Championships in Tampere, Finland. Katie's coach Steve Langley will also be making the journey to Europe to provide support and to prepare Katie for the 10,000 metre track walk.

There will be junior athletes from 150 countries taking part in the championships in Tampere. The Australian team will assemble at their training base in the city of Pajulahti. The six-day competition starts on Tuesday July 10th. Go Katie, you can do it!

QRWC Returns to Davies Park Sunday June 24th

Last Sunday morning we saw a return to race walking at Davies Park after a decade of absence. This venue has seen numerous State road walk championships, AA national & Federation championships and was used for the World Masters Athletics Championships. The club stopped using the venue when the rowing sheds were built and because of the increased vehicular traffic. Since then the drive has been closed off the cars and the road has been re-surfaced

Andrew, our Registrar, was away this week and Pat & Maxine were ill and could not make the trip up to Brisbane to do the canteen. A big thank you to everyone who stepped in to help out to ensure a very pleasant morning of race walking. Once again, we saw a very good turnout of athletes on the start line. It was a bit chilly if you were in the shade but it was glorious in the winter sunshine.

Due to safety concerns, the planned 1km loop needed a late change to a 500-metre loop. This meant a lot more turns for the athletes but with a smooth flat road surface and regular time checks we actually saw numerous seasons best times and pb's recorded. Our volunteer marshals did a fantastic job out on the course keeping our walkers safe and directing joggers and cyclists away from the competitors. The big bonus we saw with this

venue was not just the scenery but the amount of interest we received from the public. As was demonstrated at the Commonwealth Games to promote the sport it needs to be taken to the people and not conducted in backstreets and industrial estates.

Thank you to everyone who came along to help out or to support the athletes; at the check in desk, course marshals, judges, lapscorers, time keepers and to the athletes and parents. We know that some of you have to travel quite a distance to be at these early morning meets and we are very grateful for your support.

Some of the best efforts came from Ignacio Jimenez (49.34) and Jessica Pickles (51.12) in the 10km, Caitlin Hannigan (26.23) 5km, Jayda Anderson (14.36) and Camryn Novinetz (15.37) 3km, Lyla Williams (11.16) and Myles Callaghan (10.31) 2km, and once again the closet battle of the day was in the 1km between Makenna Clarke (6.07) and Flynn Callaghan (6.08).

There are no club race walks next weekend with the Gold Coast Marathon being held. Our next road walk meet is **on Sunday July 8th at Kalinga Park** with races starting at 8.00am.

RESULTS RESULTS RESULTS

QRWC Handicap Meet

24th June 24TH Davies Park

A Grade 10km

Men: (1) Ignacio Jimenez 49.34 (2) Peter Bennett 57.18 (3) Mark Carlile 1.13.20. Nelson McCutcheon DNF.

Women: (1) Jessica Pickles 51.12 (2) Noela McKinven 1.22.03.

B Grade 5km

Women: (1) Caitlin Hannigan 26.23 (2) Mackenzie Ofield 30.19

C Grade 3km

Men: (1) Kai Norton 16.31 (2) Sam McCure 17.26 (3) Ethan Clarke 19.58.

Women: (1) Jayda Anderson 14.36 (2) Camryn Novinetz 15.37 (3) Ashanti Heap 16.41 (4) Anika Clarke 17.14 (5) Amber Norton 17.49 (eq 6) Korey Brady, Jasmine McRoberts 20.04 (8) Amber Tofful 22.38.

D Grade 2km

Women: (1) Lyla Williams 11.16 (2) Rebecca Teahen 12.11 (3) Kamara Stewart 13.17 (4) Charlotte Brady 16.49 (5) Robyn Wales 17.37.

E Grade 2km

Men: (1) Myles Callaghan 10.31 (2) Alex Bradley 11.25 (3) Jacob Petrovic 13.55.

Women: (1) Alejandra Hannouf 12.30 (2) Lily Goulding 13.17.

F Grade 1km

Men: (1) Flynn Callaghan 6.08 (2) Knox Anderson 7.23.

Women: (1) Makenna Clarke 6.07.

School Holidays Race Walk Coaching Clinic

Wednesday July 4th at QE11 Stadium, Nathan

Coaching clinic for all ages

9 am to 12 noon

Track /gym /core and programming.

Bring your tracksuit, change of clothes & food and drink

Cost \$20 per head

Further Info: Contact Dave Smith

NEXT WEEK

There is no club racing this Sunday, July 1st

Sunday July 8th Kalinga Park

Programme

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 .

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.

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

July 8th QRWC Handicap Meet Kalinga Park 8.00am

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

Looking Further Ahead

August 5th QA Road Walk Championships / QMA Short Walk C/Ships TBA

August 5th AMA 20km Road Walk Championships Adelaide

August 12th QRWC Track Championships UQ St Lucia 8.00am

August 19th QRWC Club Championships Kalinga Park 8.00am

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

September 1-16th World Masters Athletics Championships Malaga, Spain

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

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

November 11th 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

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

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.

qrwceregistrar@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/>