

Queensland Race Walking Club Inc.

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



## HEEL & TOE

June 6<sup>th</sup> 2019

### **Gold Coast Road Walk Championships Wrap & Club Captain Announcement**

The 11<sup>th</sup> Gold Coast Road Walk Championships were conducted in sunny conditions at Mudgeeraba on Sunday morning with one our best turn outs for the season.

The race of the day was the girls U14 2km that saw Jayda Anderson take six seconds off her own record to win in a very fast 9.18. Great performance by Ashanti Heap finishing second in 9.50 with Tamika Gee (10.15) taking the bronze medal. In fourth place was Amber Norton (10.54) followed by Mia Bergh (12.30) and Phoebe Chadwick (14.25). Alex Bradley won the boys division in 11.24. The 5km was a close finish with the first four girls in the U18 & U20 races all crossing the line with a few seconds of each other. New women's club captain, Jasmine-Rose McRoberts (32.46) won the U18 race just ahead of Isabella Schofield (32.48) with Amelia Schofield winning the bronze medal in 36.30. The U20 5km was won by Charlotte Hamann in 32.54

Summer Millard was the winner of the girls U16 3km with a time of 15.44, Sophie Porter took the silver in 18.14 followed by Korey Brady (19.06) and Torryn Fisher (19.53). Kai Norton (16.47) was the boy's winner. In the U12 girls 2km Lyla Williams was the gold medal winner in 10.53 with Lily Goulding (12.25) taking the silver and Milly Sharpe (13.22) the bronze, they were followed by Aliesha Heap (13.36) and Charlotte Brady (15.40). Makenna Clarke (5.34) had a good win in the U10 girls 1km from Siaan Fisher (6.21) with Isabella Gee (6.45) third and Lucie Goulding (6.53) close behind in fourth place. The boys 1km was won by Korbyn Bricknell-Hewitt in 6.38 from Blake Gee (8.26). Our youngest competitor Knox Anderson (3.04) took gold in the U8 500metres.

The open men's 10km was easily won by new men's club captain Iggy Jimenez in 48.500 from Argenis Guevara (56.02) and Peter Bennett (58.04). Nyle Sunderland (60.36) took out the women's title from Club Secretary, Noela McKinven (82.58). Caitlin Hannigan prepared for the coming Oceania Games by walking 53.54 in the Invitation 10km.

Thank you to the continued support from Gold Coast Victory with the medals & to our hosts at Mudgeeraba Little Athletics for making their facilities open to our club. It is greatly appreciated. Thank you to the kind donors of the raffle prizes and to all who purchased tickets to raise funds for the club. Robyn Wales first pushed the idea of these Championships and they have turned into one of the best meets of the season.

Another amazing effort by our volunteers on Sunday. Thank you to all our volunteer lap scores, judges, timekeepers, to Crystal our photographer and our canteen helpers especially the Brady and McRoberts families. It is a team effort that makes our meets run so smoothly and still be a lot of fun for everyone. Special mention must go to all those families that travelled great distances to make it to the meet on Sunday.

## 2019 Club Captains

At the medal presentations at Mudgeeraba on Sunday the club captains for 2019 were announced. Congratulations to Jasmine-Rose McRoberts and Iggy Jimenez on their appointments. We know that they will have the full support of all our members. If any athlete has any concerns, queries or suggestions please talk to one of our captains.

## RESULTS RESULTS RESULTS

**2<sup>nd</sup> June, 2019**

**Mudgeeraba**

**Gold Coast Championships**

**Open 10km**

**Men:** (1) Ignacio Jimenez 48.50 (2) Argenis Guevara 56.02 (3) Peter Bennett 58.04.

**Women:** (1) Nyle Sunderland 1.00.36 (2) Noela McKinven 1.22.58.

**Invitation 10km**

**Women:** (1) Caitlin Hannigan 53.54.

**U20 5km**

**Women:** (1) Charlotte Hamann 32.54.

**U18 5km**

**Women:** (1) Jasmine-Rose McRoberts 32.46 (2) Isabella Schofield 32.48 (3) Amelia Schofield 36.30

**U16 3km**

**Men:** (1) Kai Norton 16.47.

**Women:** (1) Summer Millard 15.44 (2) Sophie Porter 18.14 (3) Korey Brady 19.06 (4) Torryn Fisher 19.53.

**U14 2km**

**Men:** (1) Alex Bradley 11.24.

**Women:** (1) Jayda Anderson 9.18 **Rec** (2) Ashanti Heap 9.50 (3) Tamika Gee 10.15 (4) Amber Norton 10.54 (5) Mia Bergh 12.30 (6) Phoebe Chadwick 14.25.

**U12 2km**

**Women:** (1) Lyla Williams 10.53 (2) Lily Goulding 12.25 (3) Milly Sharpe 13.22 (4) Aliesha Heap 13.36 (5) Charlotte Brady 15.40.

**U10 1km**

**Men:** (1) Korbyn Bricknell-Hewitt 6.38 (2) Blake Gee 8.26.

**Women:** (1) Makenna Clarke 5.34 (2) Siaan Fisher 6.21 (3) Isabella Gee 6.45 (4) Lucie Goulding 6.53

**U8 500m**

**Men:** (1) Knox Anderson 3.04.

## Gold Coast Road Walk Championship Records

Updated June 2<sup>nd</sup> 2019

Open 10km Men: B Dewar 44.12 2012

Open 10km Women: J. Pickles 52.40 2018

U20 5km Men: L. McCutcheon 21.14 2017

U20 5km Women: J. Pickles 25:04 2013

U18 5km Men: J. Osborne 21:30 2011

U18 5km Women: K. Hayward 22.39 2018

U16 3km Men: N. McCutcheon 13.20 2017

U16 3km Women: K Hayward 13:26 2015

U14 2km Men: J. Wearne 9.28 2018

**U14 2km Girls: J. Anderson 9.18 2019 NEW**

U12 2km Boys: K Hayward 10:04 2016

U12 2km Girls: J. Anderson 9.50 2017

U10 1km Boys: K Hayward 5:09 2014

U10 1km Girls: L. Williams 5.18 2017  
U8 .50km Boys: K Hayward 2:30 2012  
U8 .50km Girls M. Clarke 3.12 2017

## **THIS WEEK**

**No Club racing this Sunday with the annual Federation Carnival on in Canberra**

### **Canberra Federation Carnival Mt Stromlo Canberra Sunday June 9<sup>th</sup>**

The LBG Walking carnival is an annual interstate / international walking carnival held on the long weekend June which was first held in 1967. All the best to our representatives making the trip south to compete and to represent the club

## **NEXT WEEK**

**June 16<sup>th</sup> QRWC Handicap # 6 meet Kalinga Park**

**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 1.5km (U12/14)
- F Grade 1km (U8/U10)

## ***Double Barrell Race Walk Sunday!!***

### **QRWC Skippy Park Meet / Sunshine Coast Championships Sunday June 23<sup>rd</sup>**

Coming up is a great opportunity to not only travel to the Sunshine Coast but to compete in two race walk meets on the same day. On Sunday June 23<sup>rd</sup> 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 23<sup>rd</sup> 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)

Then it is onto the University of the Sunshine Coast Athletics Track at Chancellor Park for the Sunshine Coast Winter Athletics Championships. USCA have rescheduled the 3,000 metres walk to accommodate our walkers competing earlier at Skippy 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 midnight on Wednesday 19th of June**

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

## **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 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**.

**The Oceania Area Championships**

## Walks Programme

Tuesday June 25<sup>th</sup>

2.05pm U20 Women 10,000 metres

Open Women 10,000 metres

3.55pm U20 Men 10,000 metres

Open Men 10,000 metres

Wednesday June 26<sup>th</sup>

2.05pm U18 Men 5,000 metres

U18 Women 5,000 metres



## DownUnder Championships



**July 12-14<sup>th</sup>**

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 12<sup>th</sup>**

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 14<sup>th</sup> 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)

## AMA 20km Walk Championships Adelaide August 11<sup>th</sup>

*It is now under 3 months to the AMA 20km Walk Championships (Sunday 11<sup>th</sup> August) – plenty of time to increase your mileage to do it comfortably. It would be a great preparation for the Oceania Championships to be held a few weeks later.*

*The Venue again is the South Parklands, from the Adelaide Harriers Clubrooms, corner of South Terrace and Peacock Road. The course is AIMS certified, fast and flat and we have the benefit of having Zoe Eastwood-Bryson as Chief Judge. Zoe was of course Chief Judge at the recent Commonwealth Games and while being a top international judge is also sympathetic to Masters Walkers and the “no advantage concept” where older walkers are trying their best to conform to the rules.*

*For those needing to stay in Adelaide - Rydges, on the corner of South Terrace and West Terrace (only a short distance from the course have a special offer The link is [www.rydges.com/private-page/rewarding-our-locals-rydges-adelaide/](http://www.rydges.com/private-page/rewarding-our-locals-rydges-adelaide/)*

**By George White SA Masters Race Walkers**

## 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



## Australian Masters Athletics Championships Brisbane, Qld 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 2019

June 9<sup>th</sup> LBG Federation Carnival Mt Stromlo Canberra

June 16<sup>th</sup> QRWC Handicap # 6 meet Kalinga Park 8.00am

June 23<sup>rd</sup> QRWC Handicap # 7 meet Skippy Park 8.00am

June 25-28<sup>th</sup> Oceania Area Championships Townsville

June 30<sup>th</sup> QRWC Handicap # 8 meet Morningside **7.30am**

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 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**

## Looking further ahead

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

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



## Season Handicap Points

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

**Starting points** are awarded for starting the event.

**Completed points** are awarded for finishing the race distance.

The **Best Season Performance**. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

**Handicap points** are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points.

## *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>

**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](mailto:qrwc1@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/>