

Queensland Race Walking Club Inc.

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



HEEL & TOE

May 23rd 2019

The Dane & Dave Road Show Update



Dane has finished his 3 1/2 weeks at altitude (2100m) and we have learnt heaps. For starters, there are plenty of Bloody cold days up here even with the transition to Spring ..And training with intensity is very difficult with atmospheric pressure reducing O2 by around 20% so it really leaves you gasping for breath under heavy fast workloads . The adaptation process kicks in and the body adjusts accordingly, but it ain easy and it requires double hydration, a great diet and being focused absolutely. So, this part of the preparation really is mentally toughening as well as physical. Ferritin tests were good and the body having now come down to sea level says,, Thank You .

We have travelled 10plus hours to Frankfurt on route to Norway (Bergen) where Dane will race in a special Track Meet over 3k . It will be interesting to see how the speed translates now at sea level. Should be fun . Then its off to Sth Spain for a good solid 10 day block of training prior to La Coruna .. Man , I raced on this course 30 plus years ago and the race still continues . It is an ICON of International racewalking and there will be a really strong field .. That will see 1/2 of the yr down and then the build up for DOHA (Qatar) World T&F Champs . This race is a little bit different in that it will be a 11.30PM Start and still FLAMIN hot . Hard to know or even try to get heat acclimatized along with the time zone and race start time . But, its the same for everyone ..

The plan for TOKYO continues and that's the main event for next yr along with World Walking Cup in May. Another big yr

Will keep you posted. Back by 12th June and will expect my girls at home to be fit and ready to end a great year .. Love to all , Dave Smith OLYYep , got recognition to use the Olympic signoff ..Bit like Dr M.D. hahah . Nice to be able to do it though .. CYA

Dave Smith OLY / AA Level 5 Racewalks Coach / Dual Olympian / QRWC State Coach

QRWC Volunteer Grant

The club has been very fortunate in securing a Federal Government volunteer support grant. This grant is for the purchase equipment etc that will support our volunteers in carrying out their work at our road walk meets. There are funds within this grant allocate for training and upskilling of our members.

An important responsibility of the club is to ensure that we have trained first aid officers on hand at our meets and are ready for any first aid situation. If any of our members wishes to undertake a first aid course (or do a CPR refresher course) and agrees to identify as a club first aid officer we can assist you in doing so. Please talk to any member of the Management Committee if wish to do a course.

Similarly, some of our members may wish to start a career as a coach. We can assist by way of the grant to help you start by doing an athletics Coaching Course Level 1 & or 2
For more details on available course and when they are held go to
<http://www.qldathletics.org.au/Coaches/Upcoming-Courses>

RESULTS RESULTS RESULTS

QRWC Handicap Meet Sunday May 19th Logan River Parklands

Despite some dark clouds around early on it turned into a beautiful Sunday morning at Beenleigh for our handicap road walking meet. There was a good-sized field lined up for the start just at the smell of sausages and fried onion started to waft across the road (after the garbage truck had moved on that is) .

We were happy to have our Australian 20km champion and IAAF World Athletics Championships rep, Katie Hayward at the meet. A fantastic effort by Katie to seemingly effortlessly walk 46:03 for the 10km. Nelson McCutcheon was the best of the men with 23.50 fir the 5km

Thank you to everyone who helped out on Sunday with judging, lapscoreing, timekeeping, at the check in desk and on the bbq. Without you help there would be no races. Thank you to Noela for donating the raffle prize .

A Grade 10km

Men: (1) Peter Bennett 57.11 (2) Argenis Guevara 57.21.

Women: (1) Katie Hayward 46.03 (2) Charlotte Hamann 1.07.54 (3) Noela McKinven 1.24.44. Nyle Sunderland DNF.

B Grade 5km

Men: (1) Nelson McCutcheon 23.50.

Women: (1) Jayda Anderson 25.49 (2) Summer Millard 28.17 (3). Korey Brady 33.31 (4) Jasmine-Rose McRoberts 34.02

C Grade 3km

Men: (1) Sam McCure 16.57 (2) Lachlan McCure 17.10 (3) Kai Norton 18.08.

Women: (1) Ashanti Heap 15.37 (2) Tamika Gee 15.43 ((3) Anika Clarke 16.14 (4) Lyla Williams 16.56 (5) Amber Norton 17.49 (6) Lily Goulding 18.56 (7) Phoebe Chadwick 22.14.

D Grade 2km

Women: (1) Alejandra Hannouf 11.37 (2) Caterina Davey 12.56 (3) Aliesha Heap 13.25 (4) Zoe Davey 14.07 (5) Charlotte Brady 15.47.

E Grade 1.5km

Women: (1) Makenna Clarke 9.25 (2) Gabriela Hannouf 11.26.

F Grade 1km

Men: (1) Knox Anderson 6.47 (2) Korbyn Bricknell-Hewitt 7.01 (2) Blake Gee 8.53

Women: (1) Isabella Gee 6.41 (2) Lucie Goulding 7.30 (3) Claire Chadwick 9.30.

THIS WEEK

May 26th QRWC Handicap Meet # 5 Morningside

This Sunday May 26th our club meet will be conducted along Riverside Place (off Lytton Road) at Morningside. Race set up and the start/finish is at the very end of the cul-de-sac. As there is a men's 15km race there will be a split start with the 15km, 10km & 8km races starting at **7.30am**. This is a rare chance for our masters athletes to go for age records over the 8 & 15km distances. All other races will start at **8.00am**.

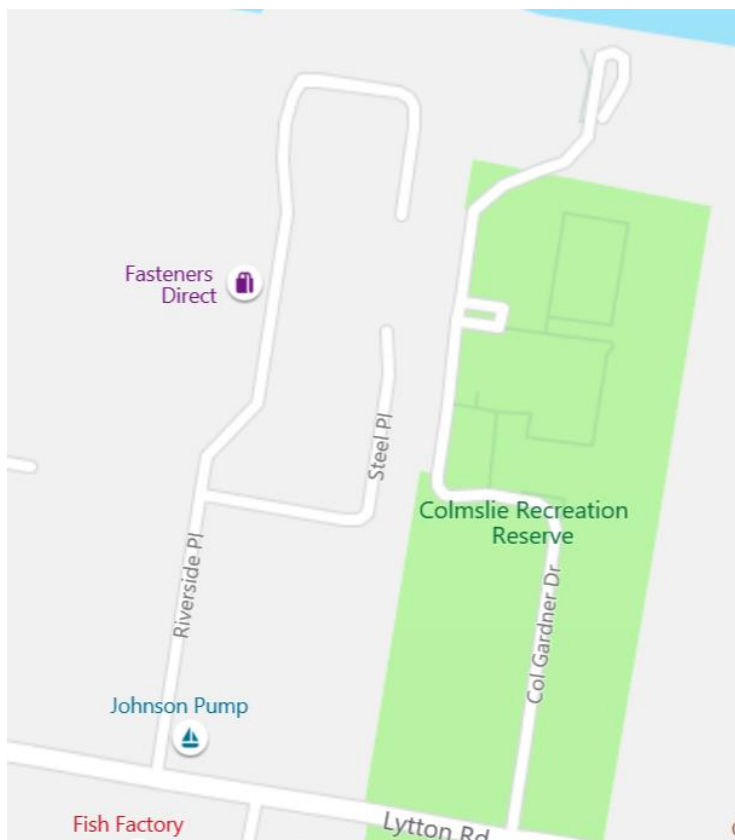
We would welcome support from our volunteers again to help run the meet on Sunday. If you can help out with the lap scoring, timekeeping, race marshaling please let us know on race day. Don't forget to sign the Volunteer Register on the Sign In table.

We will not have a sausage sizzle this week but cold drinks will be on sale. It would be wonderful if someone with baking skills could to donate a batch of muffins or cupcake to sell! Yum!!

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

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)



Riverside Place (off Lytton Road) at the end of the cul de-sac

NEXT WEEK

11th Gold Coast Road Walk Championships Sunday June 2nd Mudgeeraba

The annual Gold Coast Road Walk Championships will be held next Sunday at Mudgeeraba. The venue is the Mudgeeraba Little Athletics Club ground at Woodlawn Park, Swanton Drive. If you are intending to compete in these championships could you please put your name and details down on the sheet at the meet at Morningside this Sunday. If you are unable to be there on Sunday please email your name, race number , distance and age group (age on the day) to peter.bennett@live.com

June 2nd GC Road Walk Championships Mudgeeraba

8.00am

GCC Open M/W 10km

8.30am

Invitation M/W 5km Non-Championship

GCC U20 M/W 5km

GCC U18 M/W 5km

GCC U16 M/W 3km

GCC U14 M/W 2km

GCC U12 M/W 2km

GCC U10 M/W 1km

GCC U8 M/W .5km

Gold Coast Road Walk Championship Records

Last updated June 3rd 2018

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 9.24 2018

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

GC Championships Important Information

1. All races are Age on the Day.
2. Only one race per person
3. Records and medals will only be awarded to those who walk in their correct age group.
4. Athletes can walk out of their age groups but won't qualify for records or medals.
5. Entry is on the day. Pay your normal race fees. Season Pass holders do not need to pay any additional fees.
6. Medals presented at the conclusion of the meet.

Club Meets coming up ...

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 9th

The LBG Walking carnival is an annual interstate / international walking carnival held on the long weekend June which was first held in 1967. It attracts walkers of all ages in a variety of distances and caters for both Race Walkers & Fitness Walkers.

Uniform. All Racewalking Australia event competitors **MUST** wear the uniform of their **Club**, as registered with RACEWALKING AUSTRALIA. Failure to do so may result in disqualification.

June 16th 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)

The Oceania Area Championships

Townsville beginning on Tuesday June 25th.

Draft Walks Programme

Tuesday June 25th

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 26th

2.05pm U18 Men 5,000 metres

U18 Women 5,000 metres

DownUnder Championships



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

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

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

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.

2019

May 26th QRWC Handicap meet Morningside # 5 **7.30am**

June 2nd Gold Coast Road Walk Championships Mudgeeraba 8.00am

June 9th LBG Federation Carnival Mt Stromlo Canberra

June 16th QRWC Handicap # 6 meet Kalinga Park 8.00am

June 23rd QRWC Handicap # 7 meet Skippy Park Landsborough **TBC**

June 25-28th Oceania Area Championships Townsville

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

Looking further ahead

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 UQ St Lucia 8.00am

July 27th **Saturday** QA Open & Age Road Walk Championships Ipswich **TBC**

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

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

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

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/>