

Queensland Race Walking Club Inc.

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



HEEL & TOE

May 30th 2019

Nyle Smashes 15km Masters Record

The club meet last Sunday was conducted close to the river at Morningside in near perfect weather conditions. Even the normally pungent “fish corner” was barely noticeable this time. Besides being good for race walking this stretch of roads looks like it is popular with the hoons of an evening. You could have swept up enough rubber from the road to put together a car tyre!!

Walk of the day was by Nyle Sunderland who smashed a 14 year old Qld Masters W50 record for 15km by finishing in 1.32.01. Nyle set herself up for the record with a solid first 5km to eventually break the record of 1:36.55 set by Judy Moller back in 2005. Great work Nyle.

Summer Millard walked her first 8km putting in a determined effort to finish with 45.59. Ignacio Jimenez (1.18.59) won the men’s 15km with Argenis Guevara (1.25.03) putting in his best effort for the season. Charlotte Hamann (1.10.58) took out the women’s 10km. Nelson McCutcheon won the 5km in 23.54 with Kai Norton (17.11) and Lyla Williams (17.15) the winning of the 3km races. Siaan Fisher took out the 2km in 13.34 with Korbyn Bricknell-Hewitt (6.49) and Jennifer Stuckey (7.10) the 1km winners.

Thank you to all our volunteers on Sunday morning for helping out with the running of the meet. Your efforts were greatly appreciated.

RESULTS RESULTS RESULTS

QRWC Handicap Meet # 5

Sunday May 26th Morningside

A Grade 15km

Men: (1) Ignacio Jimenez 1.18.59 (2) Argenis Guevara 1.25.03 (3) Peter Bennett 1.26.49

Women: (1) Nyle Sunderland 1.32.01

A Grade Women 10km

Women: (1) Charlotte Hamann 1.10.58 (2) Noela McKinven 1.24.10.

B Grade 8km

Women: (1) Summer Millard 45.59 (2) Jasmine-Rose McRoberts 58.41

C Grade 5km

Men: (1) Nelson McCutcheon 23.54.

D Grade 3km

Men: (1) Kai Norton 17.11 (2) Jack Bannister 21.36.

Women: (1) Lyla Williams 17.15 (2) Torryn Fisher 19.15 (3) Sophie Porter 19.42 (4) Lily Goulding 20.10 (5) Phoebe Chadwick 22.30 (6) Amber Norton 23.57.

E Grade 2km

Women: (1) Siaan Fisher 13.34.

F Grade 1km

Men: (1) Korbyn Bricknell-Hewitt 6.49.

Women: (1) Jennifer Stuckey 7.10 (2) Lucie Goulding 7.22 (3) Claire Chadwick 8.25

THIS WEEK

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

The annual Gold Coast Road Walk Championships will be held this Sunday June 2nd at Mudgeeraba. The venue is the Mudgeeraba Little Athletics Club ground at Woodlawn Park, Swanton Drive.

If you have not already done so and intend to compete in these championships could you please email your name, race number, distance and age group (age on the day) to peter.bennett@live.com before Saturday.

This will assist us with start lists and lap sheets before race day and help us cater for the canteen.

Race fees are Students \$ 4 / Others \$6 / Season Pass Holder No charge



A sausage sizzle will be in operation and tea, coffee and cold drinks will be on sale. We would welcome donations of home baking for the canteen and any raffle prizes you wish to donate. We already have a kind offer for a fruit or veg tray. **Note:** All takings from the canteen and raffle go towards the travel subsidy fund for the Nationals in Adelaide.

Programme

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

There is a good set of records for these championships but still lots of potential for more record-breaking performances to come. Looks like athletes stand a better chance of breaking a record if their first name starts with a J, a K, or an L !!!!!!!!!!!

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.

NEXT WEEK

No club meet next Sunday when the Federation Carnival is on in Canberra. Looks like it is going to be really cold! Minus 2 in Canberra this morning.

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. All the best to our representatives making the trip south to compete.

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. Don't forget to pack your uniform, beanie & gloves.

Club Meets coming up ...

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)

June 23rd QRWC Handicap # 7 meet TBC

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)

The Oceania Area Championships

Townsville Tuesday June 25th

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)

AMA 20km Walk Championships Adelaide August 11th

It is now under 3 months to the AMA 20km Walk Championships (Sunday 11th 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.

Last year we had walkers from SA, Victoria, Northern Territory and the ACT. In a team challenge Victoria took out bragging rights by being the top state/territory with their first 3 walkers taking home a bottle of good SA wine. Let's make the inter-state rivalry even better and have NSW, Queensland, WA and Tasmania take up the challenge with a chance to win the wine? Points are awarded from 25 for the first finisher down to 1 for the 25th finisher. Highest total for up to 3 walkers from the same state or territory wins.



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/

By George White SA Masters Race Walkers

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



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 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 **TBC**

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

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 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/>