

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



## HEEL & TOE

May 31<sup>st</sup> 2018

### **10<sup>th</sup> Gold Coast Road Walk Championships** **Road Walk Championships/QRWC Handicap Meet** **Sunday June 3<sup>rd</sup> Mudgeeraba**

This Sunday, June 3rd, the Gold Coast Road Walk Championships will be held at Mudgeeraba. The venue is the Mudgeeraba Little Athletics Club ground at Somerset Park, Swanton Drive, Mudgeeraba. The Championships will be held in conjunction with our normal Sunday road walk competition.

#### **PROGRAMME**

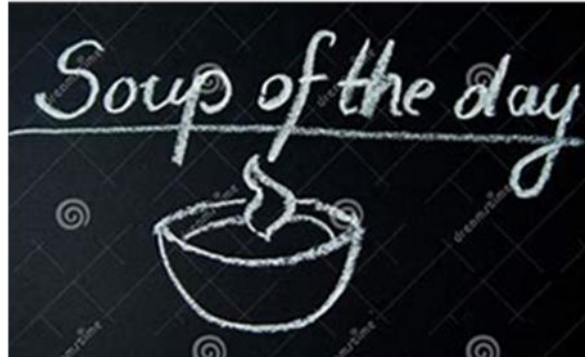
**8.00am**

A Grade 10km (Open/U20)	<b>GCC Open M/W 10km</b>
B Grade 5km (U16/U18/U20)	<b>GCC U20/U18 5km</b>
C Grade 3km (U14/U16)	<b>GCC U16 3km</b>
D / E Grade 2km (U12/U14)	<b>GCC U14 2km</b> <b>GCC U12 2km</b>
F Grade 1km (U8/U10/U12)	<b>GCC U10 1km</b>
.5km (U6/U8)	<b>GCC U8 .5km</b>

**NOTE: 10 km competitors will do the 2km loop & all other competitors will do the 1km loop, the turning points will be well marked.**

#### **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.



## **SOUP SUNDAY**

Gold Coast road walk championships have an established tradition of everyone getting together for some hot food after the races and this year will be no exception. Hot and delicious homemade Pumpkin Soup and bread will be served after the race and Kay will be serving up hot potatoes. Yum!!

Gladys will have her sausage sizzle in operation along with tea, and coffee for sale.

**It will be a Sup-endous day**

**If you are able, could you please bring along a sweet to share.**

## ***Club Raffle Round Up***

Please support the QRWC Travel fund by purchasing Raffle tickets this Sunday.

Raffle prizes this week will be donated by Robyn and Jessica.

Tickets: 3 for \$5.00.

Our last week's prize winners were Steve Langley, Gladys, and Jessica.

Shane "The Boss" won the fruit tray but gave it in as a re-draw. Lucky

Steve. Thank you, Gladys and Jessica, for re-donating your prizes at the end of an enjoyable morning.

Volunteers will be welcome to help out at this meet as always. Lapscorers, timekeepers, race marshals, canteen helpers and race judges are all needed, Thank you.

## **Sports clothing to help exercise in Aitutaki Schools**

by *Di "Ollie" Adams*

A very huge thank you to everyone who has kindly donated pre-loved sports clothing to help exercise be promoted in Aitutaki Schools, Cook Islands. It is exciting to see there is so much interest. I have been assured that everything will be re-loved and greatly appreciated. If you have any old running gear or training shoes, no matter how worn out, please do not throw them out. I am collecting sizes from primary school through to the end of secondary school. Anything is appreciated. Any clothing or footwear donations can be left at the road walk meet at Mudgeeraba this Sunday.

# Gold Coast Road Walk Championship Records

Last updated June 18<sup>th</sup> 2017

Open 10km Men: B Dewar 44.12 2012  
Open 10km Women: Brenda Gannon 57.46 2017  
U20 5km Men: Luke McCutcheon 21.14 2017  
U20 5km Women: Jessica Pickles 25:04 2013  
U18 5km Men: J. Osborne 21:30 2011  
U18 5km Women: J Pickles 24:15 2011  
U16 3km Men: Nelson McCutcheon 13.20 2017  
U16 3km Women: K Hayward 13:26 2015  
U14 2km Men: J Stovin 9.30 2015  
U14 2km Girls: Gabriella Hill 10.02 2017  
U12 2km Boys: K Hayward 10:04 2016  
U12 2km Girls: Jayda Anderson 9.50 2017  
U10 1km Boys: K Hayward 5:09 2014  
U10 1km Girls: Lyla Williams 5.18 2017  
U8 .50km Boys: K Hayward 2:30 2012  
U8 .50km Girls Makenna Clarke 3.12 2017

## RESULTS RESULTS RESULTS

### QRWC Handicap Morningside

**Sunday May 27<sup>th</sup>**

Early on it looked like we might have been in for a damp morning of racing at Morningside before a breeze cleared all the clouds and we ended up with a fine and sunny morning. Everyone was quite fast through the first corner for some reason!

Another very pleasing turnout of athletes this morning and probably the most we have ever had at a Morningside meet. As always, some very good results from our talented athletes with top performances coming from Katie Hayward and Nelson McCutcheon with terrific 8km times, Jayda Anderson in the 3km, Anika Clarke in the 2km & Flynn Callaghan and Makenna Clarke in the 1km.

Thank you to all our wonderful volunteer helpers this morning from the race judges, time keepers, lapscorers and marshals. It was great to see so many people pitching in and helping out. A special thank you to our wonderful canteen and raffle convenors and thank you to everyone for supporting these two fund raising ventures,

### **A Grade Men 15km**

Men: (1) Iggy Jimenez 1.17.05 (2) Peter Bennett 1.29.48 (3) Argenis Guevara 1.32.03

### **A Grade Women 10km**

Women: (1) Jessica Pickles 53.53 (2) Brenda Gannon 1.00.33 (3) Noela McKinven 1.24.37.

### **B Grade 8km**

Men: (1) Nelson McCutcheon 38.16 (2) Patrick Sela 1.04.09. Mark Carlile DQ.

Women: (1) Katie Hayward 36.47 (2) Charlotte Hamann 1.00.50.

### **C Grade 5km**

Men: (1) Jonathan Wearne 26.00 (2) Kai Norton 30.17.

Women: (1) Mackenzie Ofield 30.29 (2) Amelia Schofield 32.53 (3) Korey Brady 34.48.

### **D Grade 3km**

Women: (1) Jayda Anderson 14.58 (2) Camryn Novinetz 15.40 (3) Ashanti Heap 16.45  
(4) Lyla Williams 17.59 (5) Amber Norton 18.14 (6) Torryn Fisher 18.46 (7) Scarlett Schofield 20.00 (8) Amber Tofful 24.31 (9) Robyn Wales 27.33.

### **E Grade 2km**

Men: (1) Myles Callaghan 11.03 (2) Alex Bradley 11.08 (3) Jacob Petrovic 13.35.

Women: (1) Anika Clarke 10.56 (2) Rebecca Teahen 11.09 (3) Sharyn Wearne 18.46.

### **F Grade 1km \*\***

Men: (1) Flynn Callaghan 5.41.

Women: (1) Makenna Clarke 5.41 (2) Siaan Fisher 6.54.

*\*\* This lapsheet was missing. By speaking to various people, I have these results, which I hope are correct. Could whoever picked it up by mistake please bring it along next time.*

## **Australian Winter Walking Championships**

### **Sunday August 26<sup>th</sup>**

### **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.

## **A chance for ALL club members to represent Queensland**

### **We want you!**

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

## **Accommodation Option**

The Curramundi Recreational Camp has accommodation available. On site they offer: cheap accommodation, dormitory style rooms sleeping 12 per room.

They also have catering available. 1 night will cost around \$24/ person.

If you add food. Dinner + Supper is \$10.50 Plus Breakfast & morning tea \$10.50.

The total cost for 1 night with meals around \$45/person.

The Manager has said they can package up the morning snack for us to take with us. This could be helpful for something to eat after the race. If anybody is interested in this idea please let me know as soon as possible. *Shane*

# **Canberra Federation Carnival Mt Stromlo Canberra Sunday June 10<sup>th</sup>**

**LAST CHANCE**

**ENTRIES CLOSE FRIDAY JUNE 1<sup>st</sup> 5pm**

<https://www.registernow.com.au/secure/Register.aspx?E=29858>

This annual Carnival is held each June in Canberra and brings together races walkers of all ages and abilities from race walking clubs all around the country.

**Entry Fees:** Racewalking Australia & ACT Walkers Events \$35.00 per event.

Athletics ACT Championships \$20.00/ Fitness Walks – \$20.00.

**AGE:** Age for all Racewalking Australia events is age on the day.

Age for Athletics ACT Championships is as at 31 December 2018.

Masters age for both Men & Women is 35+ for all Racewalking Australia Events.

**UNIFORMS:** The wearing of a club uniform is compulsory at Federation carnivals and failure to do so can result in disqualification.

## **Programme**

1. Open 30km 8.00am
2. Fitness 30km 8.00am

3. Men & Women ACTA 30km C/Ship 8.00am
4. Open & Vet Women 15km 8.00am
5. Open & Vet Men 15km 8.00am
6. Fitness 15km 8.00am
7. Fitness 8km 9.00am
8. Men 10,000 Metres 10.30am
9. Men U20 ACTA 10km C/Ship 10.30am
10. Women U20 10,000 Metres 10.30am
11. Open (over 20 years) 10km 10.30am
12. Boys U10 1,000 Metres 11.40am
13. Girls U10 1,000 Metres 11.40am
14. Boys U12 2,000 Metres 11.50am
15. Girls U12 2,000 Metres 11.50am
16. Boys U14 2,000 Metres 12.10pm
17. Girls U14 2,000 Metres 12.30pm
18. Boys U16 3,000 Metres 12.50pm
19. Girls U16 3,000 Metres 1.15pm
20. Boys U18 5,000 Metres 1.40pm
21. Girls U18 5,000 Metres 1.40pm
22. Women's Open 5,000 Metres 2.20pm

**Presentations of Awards:** Will be at the Ainslie Football Club of Canberra, 52 Wakefield Avenue, Ainslie commencing at 7.30 pm.

**Meals:** Are available at the Club from 6.00 pm. Bookings are recommended

## **Memory Walk & Jog June 10<sup>th</sup> 7:00am** **Pratten Park, Old Burleigh Road, Broadbeach**



<https://www.memorywalk.com.au/events>



## **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 H White President SA Masters Athletics

[gwhite@adam.com.au](mailto: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/>

## **Downunder Meet 2018**

**Griffith University, Southport, Friday July 13<sup>th</sup>**

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.

### **Walks Downunder**

#### **Friday July 13<sup>th</sup>**

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](http://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 .....**

June 3<sup>rd</sup> GC Road Walk Championships/QRWC Handicap Meet Mudgeeraba 8.00am

June 10<sup>th</sup> LBG Federation Carnival Mt Stromlo Canberra

June 17<sup>th</sup> QRWC Handicap Meet Kalinga Park

June 24<sup>th</sup> QRWC Handicap Meet Davies Park 8.00am

July 8<sup>th</sup> QRWC Handicap Meet TBC

July 10-15<sup>th</sup> IAAF World Juniors Track Championships Finland

July 13<sup>th</sup> Friday Down Under Meet

July 15<sup>th</sup> QRWC Handicap Meet Morningside 7.30am

July 22<sup>nd</sup> RWA Postal Challenge Beenleigh 8.00am

July 29<sup>th</sup> QRWC Handicap Meet Skippy Park



## **Looking Further Ahead .....**

August 5<sup>th</sup> QA Road Walk Championships / QMA Short Walk C/Ships TBA  
August 5<sup>th</sup> AMA 20km Road Walk Championships Adelaide  
August 12<sup>th</sup> QRWC Track Championships UQ St Lucia 8.00am  
August 19<sup>th</sup> QRWC Club Championships Kalinga Park 8.00am  
August 26<sup>th</sup> AA/Federation Road Walk Championships Kawana Sunshine Coast  
September 1-16<sup>th</sup> World Masters Athletics Championships Malaga, Spain  
September 2<sup>nd</sup> QMA Long RW C/Ships / QRWC Invite meet / 20km Murarrie  
September 16<sup>th</sup> Relay/Trophy/BBQ Day Kalinga Park 10.00am  
November 11<sup>th</sup> 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](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

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](http://www.qrwc.com.au)

**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.

[qrwcregistrar@outlook.com](mailto:qrwcregistrar@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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>