

Queensland Race Walking Club Inc.

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



HEEL & TOE

November 28<sup>th</sup> 2019

## AUSTRALIAN 50KM RACE WALKING CHAMPIONSHIPS

Sunday December 1<sup>st</sup>

Fawkner Park, Melbourne Victoria

All the best to walkers competing in some strong fields at the Australian 50km Championships and Invitation races in Melbourne this Sunday. Special cheer to Caitlin and Christina. The 50km walkers will be looking for a World Race Walking Championship and / or Olympic qualifier and the Open 20km & U20 10km athletes will be chasing a qualifying time for the IAAF Race Walking World Championships in Minsk in May next year.

Athletics Australia were facing acute embarrassment as it was looking like they were going to release their selection policy and qualifying standards **AFTER** the races on Sunday:

### AA "Claytons" Selection Policy

*Selection Standards - The selection standards for this event are outlined in the Selection Policy that will be released on the AA website shortly. Once finalised, the World Athletics Race Walking Championships Selection Policy will be released on the website. This is currently envisaged to be by the start of December 2019.*

Athletes were faced with the prospect on racing the 50km on Sunday not know what time they were chasing for a qualifier. AA have at long last announced the following qualifying times for the **World Race Walking Championships**.

Men	Event	Women
<b>4:06:00</b>	50km (Senior)	4:40:00
<b>1:28:00</b>	20km (Senior)	1:36:00
<b>46:30.00</b>	10km (Junior)	50:00.00

### Final Entry Lists

#### Men 50000 Meter Race Walk Championship Open

- 32 Rhydian Cowley 91 VIC
- 33 Paul DeMeester 59 USA
- 37 Carl Gibbons 96 NSW
- 38 Colin Heywood 54 NT
- 41 Perseus Karlstrom 90 SWE
- 42 Jason Kozica 86 VIC

7 43 Christopher Linke 88 GER  
8 45 Jafar Mohamed 85 ETH  
9 47 Brendon Reading 89 ACT  
10 49 Dylan Richardson 00 NSW  
11 52 Jared Tallent 84 SA

**Women 50000 Meter Race Walk Championship Open**

1 6 Tracy Feiner 77 VIC  
2 21 Kelly Ruddick 74 VIC

**Men 20000 Meter Race Walk Invitation Open**

1 29 Tom Bosworth 90 GBR  
2 36 Adam Garganis 97 VIC  
3 39 Michael Hosking 85 VIC  
4 40 Tyler Jones 98 NSW  
5 46 Kim Mottrom 84 SA  
6 48 Quentin Rew 84 NZL  
7 51 Kyle Swan 99 VIC

**Women 20000 Meter Race Walk Invitation Open**

1 1 Alana Barber 87 NZL  
2 4 Heather Carr 49 VIC  
3 5 Anna Cross 00 SA  
4 7 Emily Hamilton 98 VIC  
5 11 Jemima Montag 98 VIC  
6 14 Christina Papadopoulou 96 QLD  
7 20 Rozie Robinson 90 NZL  
8 22 Beki Smith 86 NSW  
9 23 Rachel Tallent 93 SA  
10 25 Claire Woods 81 SA

**Men 10000 Meter Race Walk Invitation Under 20**

1 26 Mitchell Baker 01 ACT  
2 27 Kyle Bedford 00 NSW  
3 30 Mathew Bruniges 01 SA  
4 31 Tristan Camilleri 01 SA  
5 34 Corey Dickson 02 VIC  
6 35 Tim Fraser 00 ACT  
7 44 Jack McGinniskin 02 NSW  
8 53 Oscar Tebbutt 01 NSW  
9 55 Gwyllym Young 02 ACT

**10000 Meter Race Walk Invitation Under 20**

1 2 Anna Blackwell 01 TAS  
2 3 Hannah Bolton 03 NSW  
3 8 Caitlin Hannigan 02 QLD  
4 10 Rebecca Henderson 01 VIC  
5 13 Molly O'Neill 00 NSW  
6 16 Alanna Peart 03 VIC  
7 17 Jemma Peart 01 VIC  
8 18 Allanah Pitcher 03 NSW  
9 24 Amy Walker 01 NSW

**Men 5000 Meter Race Walk Invitation Under 18**

1 28 Heath Beveridge 03 VIC  
2 50 Fraser Saunder 04 VIC  
3 54 Will Thompson 02 VIC

**Women 5000 Meter Race Walk Invitation Under 18**

1 9 Charlotte Hay 03 VIC  
2 12 Kathleen O'Mahony 02 VIC  
3 15 Ariana Pashutina 07 VIC  
4 19 Darcey Roberts 07 VIC

## TIMETABLE

7:00AM - Men's Australian Open 50km Race Walk Championship  
7:00AM - Women's Australian Open 50km Race Walk Championships  
8:00AM - Men's Open Invitational 20km Race Walk  
8:00AM - Women's Open Invitational 20km Race Walk  
8:30AM - Men's Under 20 Invitational 10km Race Walk  
8:30AM - Women's Under 20 Invitational 10km Race Walk  
9:40AM - Men's Under 18 Invitational 5km Race Walk  
9:40AM - Women's Under 18 Invitational 5km Race Walk

## RESULTS RESULTS RESULTS

### Queensland Masters Athletics QSAC

#### November 23<sup>rd</sup>

##### One Mile

Gannon, Brenda 8:49.82

Jimenez, Ignacio 7:16:20

Bennett, Peter 8:39.44

McKinven, Noela 12:50.66

Sela, Patrick 12:17.48

Congratulations to Brenda & Iggy for pending State Age records .

#### QA Shield Series: Joanna Stone Shield

##### November 23<sup>rd</sup> QSAC

##### Women 3,000 Metre Race Walk Under 16

1 Milosevic, Vivian 15 QA 17:44.81

##### Women 3,000 Metre Race Walk Under 15

1 Anderson, Jayda 14 Gold Coast Central 13:48.69

2 Bergh, Mia 14 Gold Coast Victory 18:08.64

-- Clarke, Anika 14 Redlands Athletics DNF

##### Women 3,000 Metre Race Walk Under 14

1 Heap, Ashanti 13 Gold Coast Central 14:54.72

##### Women 3,000 Metre Race Walk Under 13

1 Williams, Lyla 12 Gold Coast Victory 15:59.55

##### Men 3,000 Metre Race Walk Under 16

1 McCure, Lachlan 15 Gold Coast Victory 14:45.78

##### Men 3,000 Metre Race Walk Under 14

McCure, Sam 13 Gold Coast Victory 14:59.72

##### Women 5,000 Metre Race Walk Under 17

1 Hill, Gabriella 16 Gold Coast Victory 30:43.63

## Australian All Schools

### Track and Field Championships

Western Australia Athletics Stadium Perth

#### Entry Lists

#### Friday 6th December

5.40pm U14 Girls 3000m Walk Final

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6.00pm U16 Girls 3000m Walk Final

6.20pm U16 Boys 3000m Walk Final

#### Boys 3000 Meter Race Walk Under 14

1 Isaac Beacroft NSW

2 Alexander Bradley QUEENSLAND

3 Sam McCure QUEENSLAND

- 4 Oliver Morgan TASMANIA
- 5 John Ronan WA
- 6 Anthony Tana SOUTH AUSTRALIA
- 7 Marcus Wakim VICTORIA
- 8 Jack Wright WA
- 9 Sebastian Young ACT

**Girls 3000 Meter Race Walk Under 14**

- 1 Milly Boughton NSW
- 2 Ashanti Heap QUEENSLAND
- 3 Lataya Lawrence WA
- 4 Amber Norton QUEENSLAND
- 5 Ashlyn Spence WA
- 6 Jayda Stanley NSW

**Girls 3000 Meter Race Walk Under 16**

- 1 Jayda Anderson QUEENSLAND
- 2 Anika Clarke QUEENSLAND
- 3 Ellie DeCelis NSW
- 4 Hannah Doyle WA
- Alexandra Griffin WA
- 6 Kaylah Heikkila-Dubowik VICTORIA
- 7 Caitlin Hodgkinson WA
- 8 Ruby Langford SOUTH AUSTRALIA
- 9 Tara Laytham NSW
- 10 Elizabeth Mcmillen NSW
- 11 Vivian Milosevic QUEENSLAND
- 12 Brooke Mortimore WA
- 13 Mackenzie Ofield QUEENSLAND
- 14 Emma Thomas NSW
- 15 Eliza-Grace Thompson VICTORIA

**Boys 3000 Meter Race Walk Under 16**

- 1 Owen Costin VICTORIA
- 2 Jackson Cramer WA
- 3 Adam Dickson NSW
- 4 Harry Dundon NSW
- 5 Lachlan McCure QUEENSLAND
- 6 Surya Nayar RIS
- 7 Kai Norton QUEENSLAND
- 8 Jack Robson NSW
- 9 Seth Wasson QUEENSLAND
- 10 Mark Westcott NSW

**Saturday 7th December**

- 3.30pm U18 Girls 5000m Walk Final  
3.30pm U18 Boys 5000m Walk Final

**Girls 5000 Meter Race Walk Under 18**

- 1 Emma Blanch NSW
- 2 Hannah Bolton NSW
- 3 Elliot Bow QUEENSLAND
- 4 Caitlin Gallagher WA
- 5 Ebony Gough WA
- 6 Charlotte Hay VICTORIA
- 7 Gabriella Hill NSW
- 8 Hannah Ireland WA
- 9 Hannah Manning ACT
- 10 Jasmine-Rose McRoberts QUEENSLAND

11 Richelle Morales WA  
12 Alanna Peart VICTORIA  
13 Allanah Pitcher NSW  
**Event 102 Boys 5000 Meter Race Walk Under 18**

1 Heath Beveridge VICTORIA  
2 Corey Dickson VICTORIA  
3 Jack McGinniskin NSW  
4 Calum Murphy WA  
5 William Robertson TASMANIA  
6 James Smit NSW  
7 Will Thompson VICTORIA  
8 Gwyllym Young ACT



**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 at Riverside Drive, West End.

More Details at <http://www.brisbane2020nationals.com.au/>

### **QMA CALLING FOR VOLUNTEERS BRISBANE 2020**

QMA is hosting the Australian Masters Athletics Championships at Easter 10-13 April 2020. The road walking events will be held at West End by the QRWC on Easter Monday.

Volunteer helpers are needed to assist with the smooth running of this event. Duties include:

Water station attendants

Setting up and pack up

Marshalling at walks

Assisting with medal presentations

(There will be a separate call for qualified Officials).

If interested please email me at [peter.bennett@live.com](mailto:peter.bennett@live.com) and include your polo shirt size.

**Pan Pacific Masters Games**  
**November 6-15<sup>th</sup> 2020 Gold Coast**

**PLAY IT, LIVE IT, LOVE IT!**

**ENTRIES NOW OPEN**

<https://entermastersgames.com>

QRWC is the host club for the Pan Pacs 10km road walk

## Queensland Athletics 2019/20 Registration

- Queensland Athletics registrations are due from October 1<sup>st</sup>. All athletes wishing to compete during the track season must register on line. For information regarding registering with Queensland Athletics, visit
- <http://www.qldathletics.org.au/Membership/Membership-Information>
- To renew your QA registration as a member of QRWC go to
- <https://www.revolutionise.com.au/qldracewalkingclub/registration>
- 
- Current financial club memberships are due to expire 31st March 2020. Click on the required **Existing QRWC member** option if you paid your club membership during the winter road walk season. If you are not a financial member of the QRWC you are required to select the option that includes club membership. All club officials, coaches, volunteers and Committee Members should register. This is a \$ 0 options and ensures that you are covered by insurance.
- **QA / QRWC Registration Fees Structure**
- QA Base Membership / Existing QRWC member \$ 12
- QA Platinum Membership / Existing QRWC member \$ 232
- QA Young Athlete Platinum / Existing QRWC member \$ 182
- QA Seniors Athlete Platinum / Existing QRWC member \$182
- Club Coach, Officials, Volunteers / Existing QRWC member \$ 0
- QA Base Membership / QRWC Student Membership \$27
- QA Base Membership / QRWC Non-Student Membership \$ 37
- QA Platinum Membership / QRWC Student Membership \$ 247
- QA Platinum Membership / QRWC Non-Student Membership \$ 257
- QA Young Athlete Platinum / QRWC Student Membership \$ 197
- QA Seniors Athlete Platinum / QRWC Non-Student Membership \$207
- Club Coach, Officials, Volunteers / QRWC Non-Student Membership \$ 15

### Coaching

If you are looking for coach or would like to be part of a training squad there are a number of qualified coaches in the club: Dave Smith, Steve Langley, Noela McKinven, Shane Pearson, Robyn Wales. To search for a walks coach, see their qualifications, contact details or where & when the coach go to ;

<http://icoach.athletics.com.au/at/icoach/Search.aspx>

### Still to Come 2019

December 1<sup>st</sup> Australian 50km Championships, Fawkner Park, Melbourne

December 1<sup>st</sup> Gold Coast Masters Griffith Uni 3/5km 8.00am

December 6-8<sup>th</sup> Australian All Schools Track Championships, Perth

December 7<sup>th</sup> Qld Masters SAC 5,000 metres 8.00am

December 11<sup>th</sup> Qld Masters Wednesday SAC 10,000 metres 7.00pm

December 15<sup>th</sup> Gold Coast Masters Griffith Uni 3/5km 8.00am

December 21<sup>st</sup> Qld Masters SAC TBA 8.00am

### Looking further ahead 2020

January 18<sup>th</sup> Qld Athletics SAC 3,000/5,000 metres

February 22<sup>nd</sup> Qld Athletics SAC 3,000/5,000 metres

February 9<sup>th</sup> Australian 20km Road Walk Championships, Adelaide

March 21-29<sup>th</sup> Australian Open and Junior Track Championships, Sydney

April 10-13<sup>th</sup> Australian Masters Championships, Brisbane

April 18-19<sup>th</sup> Australian Little Athletics Track Championships, Canberra

May 2-3<sup>rd</sup> IAAF World Race Walking Team Championships, Minsk, Belarus

June 5<sup>th</sup> Qld Masters State Championships Townsville

July 17-20<sup>th</sup> World U20 Track Championships, Nairobi, Kenya  
July 24<sup>th</sup>-Aug 9<sup>th</sup> Olympic Games, Tokyo, Japan  
July 20<sup>th</sup>-Aug 1<sup>st</sup> World Masters Track Championships, Toronto, Canada

## ***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  
**Trophy Officer:** N. McKinven  
**Newsletter Editor:** P. Bennett  
**Club Captains:** Jasmine-Rose McRoberts / Ignacio Jimenez

### **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)

## **Queensland Athletics Member Protection Policy**

As a member of Athletics Australia, Queensland Athletics, an affiliated club or an individual member everyone is required to comply with the Queensland Athletics Member Protection Policy. We are committed to the health, safety and general well-being of all of our members and will work to ensure that everyone associated with our organisation complies with this policy. We would encourage all who are involved in athletics to familiarise themselves and comply with this policy.

**You can read the full policy here**

<http://www.qldathletics.org.au/Portals/50/General/QA%20Member%20Protection%20Policy%20-%20July%202015.pdf>

**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.

## Play by the Rules

Lots of good resources and on-line training here.

<https://www.playbytherules.net.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.

### 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.

QRWC race entries [qrwc1955@icloud.com](mailto:qrwc1955@icloud.com)

### 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/>