

Queensland Race Walking Club Inc.

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



HEEL & TOE

November 7th 2019

Pan Pacific Masters Games November 6-15th 2020 Gold Coast

ENTRIES OPEN November 20th

Get ready for the world's biggest and best biennial masters games and join in on all the action in more than 40 sports at some of the best sporting facilities on the planet, as well as a jam-packed nightly entertainment program.

PLAY IT, LIVE IT, LOVE IT!

365 : 12 : 20 : 38
DAYS HOURS MINS SEC

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

Event Enquiries

Pan Pacific Masters Games

Email: info@mastersgames.com.au

Phone: 07 5668 9888

<https://mastersgames.com.au/>

Don't Use this Four-Letter Word

Once again, I have been hearing race walkers, friends and even their parents using a four letter word that they must remove from their vocabulary. That word is "Just ". I hear it all the time as in when asked "what event are you doing?" JUST the 3km I hear. Or if asked "what sports do you do?" JUST race walking . Wrong. You are not "just" anything but a unique and talented individual. The word diminishes the difficulty of the event that is of equal importance of any athletic discipline or any other sport. Cherish your achievements and be proud to tell people that you are a race walker. Using that one word can imply that "it shouldn't be that difficult."

Don't use the word around athletes as they could feel unappreciated for all their effort and energy. After all, they "just walked the 1,500 metres" right? The "just" can undermine athletes getting due recognition and appreciation for their achievements and effort.

Be aware of it and "JUST" cut it out.

RESULTS RESULTS RESULTS

It was a field of all junior athletes in the walks at the UQ 1,500 metres Classic last Thursday night. Fastest overall was Jayda Anderson in a swift 6:26. Ashanti Heap was second in the women's race with 6:57.47 with a Charlotte Hamann an excellent third in 7:07.20, Kai Norton (6:56.14) edged out Lachlan McCure (6:56.41) in the men's race.

UQ 1,500 Metre Classic

Women 1,500 Meter Race Walk Open

- 1 Anderson, Jayda 14 GCC 6:26.17
- 2 Heap, Ashanti 13 GCC 6:57.47
- 3 Hamann, Sophie Charlotte 18 QUT 7:07.20
- 4 Norton, Amber 13 QRWC 7:16.28
- 5 Gee, Tamika 12 QA 7:25.08
- 6 Clarke, Anika 14 QRWC 7:31.61
- 7 Sullivan, Bridget 15 QA 7:39.88
- 8 Rowbotham, Milla 18 QA 7:49.08
- 9 McRoberts, Jasmine-Rose 17 QRWC 8:21.19

Men 1,500 Meter Race Walk Open

- 1 Norton, Kai 14 QRWC 6:56.14
- 2 McCure, Lachlan 15 GCV 6:56.41
- 3 McCure, Sam 13 GCV 7:04.57

Queensland Little Athletics Summer Carnival

SAC November 3rd

Good to see so many young walkers competing in the Qld Little Athletics Summer Carnival on Sunday. There were too many great performances to mention them all but Jayda Anderson stood out with two top performances in the U15 Girls 1,500 metres and 3,000 metres . Her very fast 13:56.91 in the 3,000 metres broke the QLA best performance standard. In the boys races Lachlan McCure continues to be the big improver this track season.

Girls Under 9 700m Race Walk

- 1 Gee, Isabella Algester 4:11.46
- 2 Sank, Imogen Mt Gravatt 5:05.39
- 3 Simpson, Summer Bribie Dist 5:16.17
- 4 Froget Penaranda, Barbara Toowong Harries 5:30.79
- 5 Hanlon, Teagan Ipswich 5:38.15
- 6 Laidler, Amber Bribie Dist 5:49.88
- 7 Laidler, Lily Bribie Dist 5:55.45

Girls Under 10 1,100m Race Walk

- 1 Fisher, Siaan Redlands 6:46.01
- 2 Teasel, Ashlee Helensvale 7:04.52
- 3 Pearce, Emmelia Ipswich 7:13.47
- 4 Zirbel, Mikayla Highfields 7:30.82
- 5 Athousis, Georgina Sunnybank 7:51.18
- 6 Drescher, Ellie Algester 8:12.25
- 7 Mangan, Lucille Redlands 8:42.32
- 8 Agarwal, Poonita Toowong Harries 9:04.44
- 9 Sjaus, Madeline Ashmore 10:08.27
- Anderson, Pippa Redlands DQ
- Kelly, Chloe Mt Gravatt DQ
- Hunter, Grace Mt Gravatt DQ

Girls Under 11 1,100m Race Walk

- 1 Clarke, Makenna Redlands 6:20.62
- 2 Sheehan, Emma Toowong Harries 7:15.78
- 3 Graske-Borst, Rhianna The Gap 7:24.58
- 4 Mackay, Phoenix Algester 7:51.06

--- Goulding, Lucie Ipswich DQ
--- Bunkum, Albertine Scarlet Lo Sunnybank DQ

Girls Under 12 1,500m Race Walk

1 Tudor, Anna Noosa 9:16.77
2 Long, Scarlett Ipswich 10:40.99
--- Talbot, Tegan Springwood DQ
--- Heap, Aliesha Gold Coast DQ
--- Ross, Mia Redlands DQ

Girls Under 13 1,500m Race Walk

1 Gee, Tamika Algester 7:19.20
2 Goulding, Lily Ipswich 9:22.44
3 Stewart, Kamara Ipswich 9:22.51
4 Lucas, Hayley Redlands 9:58.32
5 Bridge, Tahni Springwood 10:45.15
6 Kopittke, Tiana Algester 11:06.79
7 McDonald, Tatum Beenleigh 11:16.53
--- Williams, Lyla Tweed DQ
--- Thomasson, Aleksia Mt Gravatt DQ

Girls Under 14 1,500m Race Walk

1 Heap, Ashanti Gold Coast 7:36.32
2 Chadwick, Phoebe Bracken Ridge 10:06.21

Girls Under 15 1,500m Race Walk

1 Anderson, Jayda Gold Coast 6:52.60
2 Clarke, Anika Redlands 7:31.35
3 Porter, Sophie Aspley 7:57.35
4 Hogan, Payten Tweed 8:11.58
5 Bergh, Mia Ashmore 9:11.68
6 Fisher, Torryn Redlands 9:27.12
7 Hill, Cassandra Tweed 9:59.53

Girls Under 16 1,500m Race Walk

1 Ofield, Mackenzie Caloundra 7:50.69
--- Kruck, Savarnah Algester DQ

Girls Under 17 1,500m Race Walk

1 Hill, Gabriella Tweed 7:54.62

Girls Under 14 3,000m Race Walk

1 Heap, Ashanti Gold Coast 15:41.13
2 Zirbel, Cheyenne Highfields 22:41.26

Girls Under 15 3,000m Race Walk

1 Anderson, Jayda Gold Coast 13:56.91
2 Clarke, Anika Redlands 16:20.16
3 Bergh, Mia Ashmore 17:37.99
4 Sentance, Charlotte Arana 17:52.42
5 Brady, Korey Aspley 18:18.99

Girls Under 17 3,000m Race Walk

1 Hill, Gabriella Tweed 16:52.80
2 Bow, Elliot Caboolture 18:13.75

Boys Under 9 700m Race Walk

1 Robertson, Payten Mt Gravatt 4:42.18
2 Harrison, Archie Toowong Harries 4:44.01
3 Clark, Hudson Caloundra 4:44.23
4 Sibenaler, Hunter Algester 5:12.62
5 Fletcher, Jarvis Runaway Bay 5:38.14
6 Shen, Aidan Sunnybank 5:42.69
7 Holloway, Tristan Souths 7:40.14
--- Williams, Brady Deception Bay DQ

Boys Under 10 1,100m Race Walk

1 Foster, Daniel Gold Coast 7:41.55
2 Hoyling, Angus Toowong Harries 7:54.66
3 Booth, Kyle Sunnybank 8:07.26
4 Laidler, Marley Bribie Dist 9:04.26
5 Miller, Brock Strathpine 9:04.29
--- Hambrook-Smith, Jake Mt Gravatt DQ

Boys Under 11 1,100m Race Walk

1 Callaghan, Flynn Redlands 5:57.26
2 Tilton, Noah Tweed 6:37.82
3 Gee, Blake Algester 6:44.08
4 Athousis, Constantinos Sunnybank 6:48.03
5 Anderson, Lucas Toowong Harries 7:39.96
6 Zirbel, Blake Highfields 7:45.98

Boys Under 12 1,500m Race Walk

1 Teasel, Bailey Helensvale 8:34.05
2 Lucas, Jaydon Redlands 9:52.76
3 Cohen, Harry Toowong Harries 9:57.60

Boys Under 13 1,500m Race Walk

1 Callaghan, Myles Redlands 7:46.64
2 Parkinson, Owen Toowong Harries 9:40.76
3 Higham, Tristan Strathpine 9:56.58
4 Sheehan, Liam Toowong Harries 10:48.25
--- Capps, Charlie Gold Coast DQ

Boys Under 14 1,500m Race Walk

1 McCure, Sam Ashmore 7:21.35
2 Bradley, Alex Highfields 7:21.36

Boys Under 16 1,500m Race Walk

1 McCure, Lachlan Ashmore 7:19.78
--- Gorry, Jemaine Mt Tarampa DQ

Boys Under 14 3,000m Race Walk

1 McCure, Sam Ashmore 15:31.56
2 Bradley, Alex Highfields 16:01.40
3 Riese, Jonathan Toowong Harries 20:09.38

Boys Under 16 3,000m Race Walk

1 McCure, Lachlan Ashmore 15:14.45

Boys Under 17 3,000m Race Walk

1 Zirbel, Joshua Highfields 19:56.97

THIS WEEK

Qld Masters are back on the track this Saturday November 9th at the SAC with a 5,000 metres race starting at 8.00am

On Sunday Gold Coast Masters are at the Griffith Uni track with 3/5km starting at 8.00am

Australian All Schools

Track and Field Championships

Western Australia Athletics Stadium Perth

Draft Walks Programme

Friday 6th December

5.40pm U14 Girls 3000m Walk Final
5.40pm U14 Boys 3000m Walk Final
6.00pm U16 Girls 3000m Walk Final
6.20pm U16 Boys 3000m Walk Final

Saturday 7th December

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

AUSTRALIAN 50KM RACE WALKING CHAMPIONSHIPS

Sunday 1st December
Fawkner Park, Melbourne Victoria

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

ENTRY FEE \$30.00 per event **ENTRIES CLOSE** 15th November

<https://2019australianracewalking.eventdesq.com>

Cut-Off Times

Men competing in the Australian 50km Race Walking Championships have a 5 hour time limit in which they are to complete the course.

Women competing in the Australian 50km Race Walking Championships have a 5 hour 30 min time limit in which they are to complete the course.

Queensland Athletics 2019/20 Registration

Queensland Athletics registrations are due from October 1st. 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>



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 at Riverside Drive, West End.

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

Still to Come 2019

November 9th Qld Masters SAC 5,000 metres 8.00am

November 10th Gold Coast Masters Griffith Uni 3/5km 8.00am

November 16th Qld Masters SAC 3,000 metres Spiral Handicap 8.00am

November 23rd Qld Masters SAC 1 Mile 8.00am

November 23rd Qld Athletics SAC 3,000/5,000 metres 8.25pm

December 1st Australian 50km Championships, Fawkner Park, Melbourne

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

December 7th Qld Masters Venue not confirmed TBA

December 11th Qld Masters Wednesday SAC TBA 7.00pm

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

December 21st Qld Masters SAC TBA 8.00am

December 6-8th Australian All Schools Track Championships, Perth

Looking further ahead 2020

February 9th Australian 20km Road Walk Championships, Adelaide

March 21-29th Australian Open and Junior Track Championships, Sydney

April 10-13th Australian Masters Championships, Brisbane

April 18-19th Australian Little Athletics Track Championships, Canberra

May 2-3rd IAAF World Race Walking Team Championships, Minsk, Belarus

July 17-20th World U20 Track Championships, Nairobi, Kenya

July 24th-Aug 9th Olympic Games, Tokyo, Japan

July 20th-Aug 1st 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

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

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 Membership, coaching or general enquiries about the club
racewalkqld@outlook.com Articles for the newsletter, to send in results, to join newsletter mailing list.

QRWC race entries 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

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