

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 63 years in the making.



HEEL & TOE

November 8th 2018

Masters Walkers Take the Stage Pan Pacific Masters Games



Welcome everyone to the Gold Coast if you are competing in or volunteering at the Pan Pacific Masters Games. The track walks are taking place this Friday and Saturday with the Queensland Race Walking Club proudly hosting the Road Race Walks this Sunday at the Luke Harrop Criterium Circuit next to the Sports Super Centre at Runaway Bay. If you are not sure where the road walk venue is please ask any of the Queensland walkers at the track events on Friday or Saturday. They will be more than pleased to go with you for a warm up or warm down walk to the cycle track. Enjoy the Gold Coast, race hard and have fun.

Keep up to date with the latest Gold Coast weather reports:

<http://www.bom.gov.au/qld/forecasts/surfers-paradise.shtml>

Club Volunteers - How you can help

Thank you to all those club members who have volunteered their time to help run the road walk at Runaway Bay this Sunday morning. Without your support this event could not take place.

We have access to able us to unload all the gear just from 5.45 until 5.50am so we ask you all to please arrive around 6am.

Shane is the Race Director so will be allocating tasks where required. The first task will be to get the pergola erected and the tables set up so that we can commence athlete check in from 6.15am.

Then the course needs to be laid out with witches hats. We have been loaned some of the yellow markers from the Commonwealth Games at Currumbin.

There will be two water containers that will need to be filled from taps at the cricket . These will be for the drinks table and the urn for the tea and coffee. Once everything is in place, we will need lapscorers (the laps sheets have already been marked out with the athlete's bib number and name).

The water station will no doubt be busy during the race if the hot weather persists so will need help to ensure everyone gets a drink when they want one and the containers are refilled. There will be ice available to chill bottles of water that will be handed out at the finish line. Some ice can be used at the drink station to cool the water down. Gloves will be available to all volunteers.

Bring your sunnies, a hat, water bottle, sunscreen and a deck chair

After the meet concludes all the gear and rubbish will need to be packed up and carried between the cricket ovals back to the car park. Once again, we thank you for your assistance After that everyone is welcome to enjoy the legendary post-race breakfast at Pat and Maxine's.

GAMES WALKS FINAL SCHEDULE

Friday 9 Nov Track *Sports Super Centre*

9:30am M30-59 5000 Metre Race Walk

10:00am W30-59 / M60+ / W60+ 5000 Metre Race Walk

Saturday 10 Nov Track *Sports Super Centre*

11:45am M30+ 3000 Metre Race Walk

12:15pm W30+ 3000 Metre Race Walk

Sunday November 11th Runaway Bay Cycle Track

7.00am M/W 30+ 10km Road Walk

Road Walk Entry List

Brenda Gannon 44 F

Nyle Sunderland 51 F

Suzanne Brown	53	F
Janine Stanley	54	F
Anne Weekes	56	F
Lynette Pimm	58	F
Sally Duncan	60	F
Noela McKinven	76	F
Joan Purcell	77	F
Heather Lee	91	F
James Cooper	30	M
Pramesh Prasad	44	M
Adam Patterson	46	M
Argenis Guevara	50	M
Ignacio Jimenez Solis	53	M
Paul Lindenberg	56	M
William Barker	57	M
Gary Snow	59	M
Ken Leitch	61	M
Christopher Worsnop	61	M
Steve Leitch	62	M
Peter Bennett	63	M
Frank Prowse	66	M
Robert Redford	66	M
Brendon Hyde	73	M
George White	73	M

Check in will be at the table next to the Start/Finish line beside the circuit from 6.15am. There are special personalized race bibs that will be handed out when you check in.

Please be in the Start area by 6.50am for pre-race instructions from the Race Director and the Head Judge and athlete introductions. The course is a flat certified 1km loop.

While it is a 7am start expect conditions to be warm to hot and humid. We will have our pergola to provide some shade for officials. All athletes and volunteers are reminded to stay hydrated over the weekend. For the athletes this means before, during and after the

race. Wear a cap, and apply sunscreen (there will be sun screen lotion available at the check in desk). Toilets are located at the cricket club across the oval from the start line.

The water station will be located near the start /finish area during the race. A bottle of chilled water will be handed to each athlete as they cross the finish line and there will be fruit available post-race to aid recovery. A First Aid Office will be in attendance during the race and we will have ice available for any strains or pains.

The medals will be presented as soon as possible after the final competitor has finished and the judge's reports have been finalized.

Race Starter and MC for the presentations will be former dual Olympic race walker (1980 Moscow, 1984 Los Angeles) **David Smith**. Dave is now better known as the father and coach of Rio Olympics 20km bronze medalist and Gold Coast 2018 Commonwealth Games 20km gold medalist Dane Bird-Smith.

We are delighted to have Pan Pacific Masters Games Ambassador **Glynis Nunn-Cearns** OAM presenting the medals. Glynis is the Los Angeles 1984 Olympic Games heptathlon gold medalist. Glynis also won gold in this event at the 1982 Brisbane Commonwealth Games. These days Glynis is the Executive Director of the Australian Track and Field Coaches Association.



Following the end of the meet all competitors and volunteers are invited to bbq breakfast the residence of our co Patrons Patrick and Maxine Sela at Broadbeach Waters. We would all like to thank Pat and Maxine for their warm hospitality.

Message from the Club President

What an amazing couple of weeks for our younger walkers. From the Queensland All Schools State Champs to the UQ 1500m Classic and to finish with the LAQ Summer Carnival.

I want to congratulate all the athletes. Not just from QRWC but all the walkers. I was lucky enough to be at all 3 carnivals and the efforts and achievements from the athletes were fantastic.

New State Records to Jayda and Kris. New PB's to Jono, Ashanti, Summer, I'm sure there were more as well. Just can't remember them all right now. So I'm sorry to names I've missed. New Best Times on Track for Korey, Amber, Jade, Kai, Larissa, Jasmine. Again I think I've missed names. But overall. Congratulations to all the young walkers. If I recall as well, There were no DQ's at Sates or the UQ Classic. That's unheard of over the years I've been involved. So congratulations to the coaches as well.

In the LAQ Summer Carnival. There were some big field, many numbers starting, Which leads me into my next topic.

QRWC is currently in communication with LAQ to try and be more proactive in promoting race walking at Little Athletics and QRWC. There have been a few initiatives put on the table in recent weeks. Some ideas have been to work more and involve LAQ with some races and Introduction training sessions during the Summer and Winter seasons. These are still in negotiation. However. During the past few seasons Ashmore Little A's Club has hosted a Race Walking event open to all Little A's athletes from any club to participate. The idea of this was to allow athletes to try and have qualifying times made available leading into the respective regional champs and be judged. The date for this season I think is January 13th. But I will need to confirm that. With Robyn and the club members at Ashmore, they have done a great job with this event. So look out for it and go along.

This season Arana Little A's will also host an event. Final details still to be finalised. But it's only short notice due to some uncontrollable circumstances.

November 25th, 2018 at Leslie Patrick Park, Arana Hills. 1st race will start probably 9am. Free entry and open to ALL Little A's athletes. The Distances will be following the ALA's events. 700m, 1100m and 1500m.

Discussions are still happening to open this up to more regions next season.

Bayside, Brisbane West, Sunshine Coast, Wide Bay. Etc. are all in consideration.

The main reason this idea is being floated is due to the fact, So many Little A's club just don't have the knowledge to conduct race walk events at centre level. So simply they just don't do them. This is then a huge disadvantage to our walkers and the opportunity to promote Race Walking. So it's up to us to push it and make it happen.

Master's athletics have races every weekend. That's great. But our younger athletes don't have the same opportunities. QA also don't provide too many races. If races become available, we need to support them. Or, we will lose them.

See you at a track soon.

Shane.

RESULTS RESULTS RESULTS

Queensland Little Athletics 2018 Summer Carnival, SAF Sunday November 4th

Girls Under 14 3000 Metre Walk

1 Anderson, Jayda Gold Coast 15:00.99

Girls Under 15 3000 Metre Walk

1 Ofield, Mackenzie Caloundra 17:06.93

Girls Under 16 3000 Metre Walk

1 Novinetz, Camryn Ipswich 15:10.58

2 Schofield, Amelia Ashmore 19:07.12

Girls Under 17 3000 Metre Walk

1 McRoberts, Jasmine-Rose Redcliffe 19:09.02

Girls Under 10 1100 Metre Walk

1 Clarke, Makenna Redlands 5:58.27

2 Capps, Chelsea Gold Coast 6:06.21

3 Kororiko, Awhena Biloela 8:06.22

4 Freese, Chelsea Redlands 8:37.07

5 Evans, Sofia Caboolture 9:03.51

6 Graske-Borst, Rhianna The Gap 9:18.47

-- Kruck, Sienna Algester DQ

-- Mehta, Hannah Mudgeeraba DQ

Boys Under 10 1100 Metre Walk

1 Callaghan, Flynn Redlands 5:58.39

2 Tilton, Noah Tweed 7:06.73

3 Kororiko, Tama Biloela 8:21.40

4 Taverner, Mitchell Springwood 8:21.48

-- Wilson, Blake Toowoomba Cent DQ

-- Stewart, Mitchell Ipswich DQ

Girls Under 11 1100 Metre Walk

1 Heap, Aliesha Gold Coast 7:14.13

-- Talbot, Tegan Springwood DQ

Boys Under 11 1100 Metre Walk

1 Teasel, Bailey Helensvale 7:18.31

2 Epitropakis, Zackary Algester 8:17.55

-- Rayner, Max Balmoral DQ

Girls Under 14 1500 Metre Walk

1 Anderson, Jayda Gold Coast 7:00.28

2 Clarke, Anika Redlands 7:31.79

3 Brady, Korey Aspley 8:57.50

4 Newman, Claire Balmoral 11:16.54

Boys Under 14 1500 Metre Walk

1 Moore, Seth Gold Coast 9:26.68

2 Epitropakis, Alex Algester 10:31.09

Girls Under 15 1500 Metre Walk

1 Ofield, Mackenzie Caloundra 7:55.32

Boys Under 15 1500 Metre Walk

1 McCure, Lachlan Ashmore 9:08.62

Girls Under 16 1500 Metre Walk

1 Novinetz, Camryn Ipswich 6:54.38

2 Bow, Elliot Caboolture 9:32.23

3 Schofield, Amelia Ashmore 9:59.81

Girls Under 17 1500 Metre Walk

1 McRoberts, Jasmine-Rose Redcliffe 9:13.08

-- Talbot, Courtney Springwood DQ

Girls Under 9 700 Metre Walk

1 Kororiko, Felicity Biloela 5:30.84

2 Kimmins, Summer Toowoomba Cent 5:42.65

Boys Under 9 700 Metre Walk

1 Hambrook-Smith, Jake Mt Gravatt 4:55.82

2 Bingham, Lochie Sunnybank 4:56.18

3 Bryant, Callum Arana 7:15.74

-- Wilson, Jordan Toowoomba Cent DQ

-- Harrip, Troy Deception Bay DQ

-- Sullivan, Michael Springwood DQ

Girls Under 12 1500 Metre Walk

1 Williams, Lyla Tweed 8:13.40

2 Teahen, Rebecca Toowong Harriers 8:19.91

3 Gee, Tamika Algester 8:48.18

4 Stewart, Kamara Ipswich 9:03.26

5 Goulding, Lily Ipswich 9:47.99

6 Little, Emily Ipswich 10:47.50

7 Smallwood, Shakina Biloela 11:49.91

Boys Under 12 1500 Metre Walk

1 Callaghan, Myles Redlands 7:56.96

2 Capps, Charlie Gold Coast 8:34.41

3 Papavasiliou, Isaiah Redlands 9:48.85

4 Burrows, Bailey Springwood 11:47.80

-- Graskie-Borst, Michael The Gap DQ

-- Rutherford, Oliver Toowoomba Cent DQ

Girls Under 13 1500 Metre Walk

1 Heap, Ashanti Gold Coast 7:43.79

2 Schofield, Scarlett Ashmore 9:28.80

3 Tofful, Amber Caloundra 10:29.49

-- Matthews, Millie Toowoomba Cent DQ

Boys Under 13 1500 Metre Walk

1 McCure, Sam Ashmore 7:58.53

2 Bradley, Alex Highfields 8:06.60

3 Riese, Jonathan Toowong Harriers 9:44.47

4 Bannister, Jack Nambour 11:46.80

Gold Coast Masters Athletics Griffith University

Sunday November 4th

3,000 metres walk

Brenda Gannon 16:59

Nyle Sunderland 17.49

Kay Shaw 20:35

This Week

This is the week of the Pan Pacific Masters Games at Runaway Bay; Friday 5,000 metre, Saturday 3,000 metres and Sunday the 10km Road Walk.

Arana Little A's Race Walking Event

The Arana Little A's club will be hosting a race walking event for all Little A's registered athletes. The meet will be Supported by Little Athletics QLD and QRWC personnel.

When: November 25th

Where: Leslie Patrick Park, Arana Hills. 1st race will start probably 9am.

How much: Free entry and open to ALL Little A's athletes.

How Far: Distances; 700m, 1100m and 1500m.

For more information contact Shane Pearson

Australian 50km Race Walking Championships

Sunday December 2nd Fawkner Park, Melbourne

Programme

7:00am - Men's Australian 50km Race Walk Championships

7:00am - Women's Australian 50km Race Walk Championship

8:00am - Men's Open Invitational 20km Race Walk

8:00am - Women's Open Invitational 20km Race Walk

9:00am - Men's Under 20 Invitational 10km Race Walk

9:00am - Women's Under 20 Invitational 10km Race Walk

10:00am - Men's Under 18 Invitational 5km Race Walk

10:00am - Women's Under 18 Invitational 5km Race Walk

Australian All Schools Track and Field Barlow Park, Cairns

Friday 7 December

6:00 PM 3,000 metres Walk Under 16 Boys

6:20 PM 3,000 metres Walk Under 16 Girls

6:45 PM 3,000 metres Walk Under 14 Girls

6:45 PM 3,000 metres Walk Under 14 Boys

7:55 PM 5,000 metres Walk Under 18 Girls

7:55 PM 5,000 metres Walk Under 18 Boys

The age groups at the Australian All Schools Championships are Under 14, Under 16 and Under 18, with age taken as on 31 December 2018 (these are the same as the 13 years, 15 years and 17 years age groups in school sport competition).

Selections for the Queensland team will be made solely from the results at the 2018 Queensland Secondary Schools Track & Field Championships (25-28 October).



Walk or Run Sunday December 9th

The **50km, 30km, 15km and 5km** events that make up the Gold Coast 50 Run Festival use the footpaths and roads adjacent to the Gold Coast beachfront. Running from Kurrawa to Coolangatta & return, in the 50km event, the course provides athletes with spectacular views, regular water stops and aid stations. Don't miss out on running this stunningly beautiful run course. A favourite event for some of our race walkers.

For more information and entry details go to : <https://www.gc50runfestival.com.au/>

2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY

<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

Registrations are taken online on the event website. Refer to the website for closing dates.

OMA Registration Fee AU\$40.00 / Administration Fee AU\$50.00

Total Registration Fee AU\$90.00

Entry Fee per Event AU\$10.00

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

November 9th PPMG 5,000 metre Sports Centre Runaway Bay 9.30am

November 10th PPMG 3,000 metres Sports Centre Runaway Bay 11.45am

November 11th PPMG 10km Road Walk Runaway Bay 7.00am

November 17th Qld Masters Athletics 3,000 metres Spiral Handicap SAC 8.00am

November 28th Qld Masters Athletics 10,000 metres SAC 7.00pm
December 1st Qld Masters Athletics 5,000 metres SAC 8.00am
December 1st QA Shield Meet 3,000/5,000 metres SAC
December 2nd AA 50 km Championships & 20km Invite events Melbourne.
December 7-9th Australian All Schools Track Championships Cairns
December 8th Qld Masters Athletics 3,000 metres SAC Memorial Day 8.00am
December 9th GC50 5/15/30/50km Broadbeach

2019

January 26th QA Shield Meet 3,000/5,000 metres SAC
February 10th Oceania & Australian 20km Race Walking Championship Adelaide
February 16th QA Shield Meet 3,000/5,000 metres SAC
March 7-10th Queensland Athletics Championships (U14-Open) QSAC
March 30th – April 7th Australian Athletics Championships (U14-Open) Sydney
April 13-14th Queensland Masters Athletics Championships State Athletics Facility SAC
April 26-29th Australian Masters Athletics Championships Melbourne Lakeside Stadium
May 25th Great Barrier Reef Masters Games
June 9th LBG Federation Carnival Mt Stromlo Canberra
July 3-14th 30th Summer Universiade, Naples Italy
August 31st Oceania Masters Games Mackay
Sept 28th - Oct 6th IAAF World Championships Doha, Qatar

Queensland Athletics Registration 2018/19

Registrations with Queensland Athletics for the 2018/19 season become due on October 1st. The portal is now live and will accept membership applications. Click on the QRWC as your club. To avoid the problems some members have previously experienced the options on the portal are for QA registration only. No QRWC club fee as it is recognized that our members are already financial with the club up until April 1st 2019. If you are not a current financial member of QRWC please contact the club at qrwcregistrar@outlook.com

Base members may only compete in a maximum of 3 track and field competitions during the summer season, including QA Shield Meets, other QA Track & Fields Meets and QLD Track & Field Championships. Base members are not eligible to compete at the 2019 Australian Athletics Championships (U14-Open).

Minimum Ages: Track & Field: 12 years as at 31 December 2019 (born 2007). Younger athletes may join as a Base Member for club training and for access to cross country and walks competitions. Cross Country / Road Walking: 6 years as at 31 December 2019 (born 2013).

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

Racewalking Queensland

(Trading as 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

Race Day Fees

Students \$ 4 / Others \$6

Club Championships: Road \$8 / Track \$10

Season Ticket \$60/\$30 (for students) per athlete

QRWC Website: www.qrwc.com.au

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.

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

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