

Queensland Race Walking Club Inc.

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



HEEL & TOE

October 24th 2019

Jayda & Kris in Record Breaking form at the Queensland School Sport Track Championships

The walk events at the Qld All Schools Championships were held in Cairns on Monday with some excellent results from club members who dominated the medals. Highlights, were the terrific championships records in the 3,000 metres by Kris Hayward (12:57.72) and Jayda Anderson 14:19.31. There were so many other great walks in all age groups so well done everyone. Next goal is the Australian All Schools Championships in Perth in December.

RESULTS RESULTS RESULTS

Women 13 3,000m Walk

1. Norton, Amber 13 MN 15:54.46
2. Heap, Ashanti 13 SC 16:11.75
3. Lourigan, Daniella 13 WB 18:34.97
4. Zirbel, Cheyenne 13 DD 18:37.59

Men 13 3,000m Walk

1. McCure, Sam 13 SC 15:54.19
2. Bradley, Alexander 13 DD 15:55.42
3. Bannister, Jack 13 SUN 17:55.41

Girls 14 3,000m Walk

1. Anderson, Jayda 14 SC 14:19.31 **Record**
2. Clarke, Anika 14 ME 15:34.42
3. Millard, Summer 14 WB 16:55.80
4. Sentance, Charlotte 14 MN 17:05.29
5. Porter, Sophie 14 ME 17:36.18
6. Brady, Korey 14 MN 17:42.45
7. Bergh, Mia 14 SC 19:09.21
8. Fisher, Torryn 14 ME 20:12.84

Women 15 3,000m Walk

1. Ofield, Mackenzie 15 SUN 16:25.48
2. Milosevic, Vivian 15 SC 17:51.95

Men 14 3,000m Walk

1. Norton, Kai 14 MN 15:15.60
2. Wasson, Seth 14 SUN 17:00.61
3. Griffiths, Lochie 14 DD 20:29.82

Men 15 3,000m Walk

1. Hayward, Kris 15 SC 12:57.72 **Record**
2. McCure, Lachlan 15 SC 16:28.53

3. Spanner, Jye 15 CAP 16:34.86

Women 16 5,000m Walk

1. Vickers, Larissa 16 ME 29:02.97

2. Bow, Elliot 16 SUN 32:05.66

Women 17 5,000m Walk

1. McRoberts, Jasmine-Rose 17 SUN 31:53.65

Men 17 5,000m Walk

McCutcheon, Nelson 17 ME DNS

Men 18-19 5,000m Walk

1. Lyttle, Jayden 18 MW 32:28.87

Qld Masters Athletics Saturday 19th

5,000 Metre Race Walk

1 Jimenez, Ignacio 23:43.65 (20:46.98 86.42%)

2 Bennett, Peter 28:59.85 (23:12.93 77.36%)

3 Gannon, Brenda 31:18.04 (28:57.19 68.33%)

Qld Masters Athletics Saturday October 5th

3,000 Metre Race Walk

Juniors

1 Clarke, Anika W14 15:52.86

2 Vickers, Larissa W16 16:33.41

3 Gee, Tamara W12 16:53.68

4 Hamann, Charlotte W18 17:19.84

5 Fisher, Torryn W14 20:30.90

Masters

Gannon, Brenda 17:06.72 (15:49.72 73.18%)

Jimenez, Ignacio 13:57.48 (12:11.54 86.31%)

Stuckey, Jennifer 22:24.18 (19:52.97 58.26%)

Bennett, Peter 16:32.31 (13:11.87 79.74%)

McKinven, Noela 24:18.76 (16:03.08 72.16%)

Sela, Patrick 23:44.77 (14:48.63 71.06%)

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

This Week

This Saturday, October 26th Qld Masters are at QSAC with a 3,000 metre walk starting at 8.00am.

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.

LAQ Walk Judging Seminar **Sunday October 27th**

Reminder: The LAQ Officials Committee is hosting a Race Walking Seminar / Session this e Sunday 27th October.

Timetable

1030 – 1230 Officials Seminar Levels 1-3 inclusive: facilitate by Lisa Colquhoun (from ACT, AA accredited Presenter)

1130 – 1230 Skills and Drills Session: Steve Langley for athletes (coaches may observe)

1230 – 1245 Lunch Break (a light lunch will be provided for Officials Seminar Participants); water and fruit will be provided for all.

1245 – 1315 Athletes Run (walk) throughs: Lisa Colquhoun and Steve Langley, Athletes will receive feedback on technique. Seminar Officials to observe.

1315 – break chat and track prep

1330 – end **Timed and judged races (700m, 1100m & 1500m):** Officials from Seminar required for practical component

If you require further details, please don't hesitate to ask.

Karen Lunt Projects Officer T: 07 3892 9407 (direct) 07 3892 9400 (office)

0417 755 963 (mobile) E: k.lunt@laq.org.au laq.org.au



WALK JUDGING SEMINAR



Venue: Bayview Eden Hotel
6 Queens Rd Melbourne
Date : Saturday 30th November 2019

Athletics Australia, Athletics Victoria and the Victorian Race Walking Club will be conducting a Walk Judging Seminar on Saturday 30th November 2019 . The Seminar is open to those interested in becoming Walk Judges and for existing Judges to upgrade. Tea and coffee will be provided but lunch will be at the officials own expense. There is no walks at shield this day and we will be live screening to interstate judges

AGENDA:

Saturday 30th November

1pm	Registration
1.30 pm	General seminar for level 1-3 and anyone who wishes to attend Held by Bob Cruise and Zoe Eastwood- Bryson
3.30 pm	afternoon tea
4.00 pm	Exams (bring a laptop)

Sunday 1st December

Australian 50km Walks Championships – Fawkner Park 7.00am (start)

Please return no later than 12th November 2019

Diane Lowden email : dilowden39@gmail.com or Terry Swan Secretary@rwa.org.au
Glengollan Village 13/131 Forest Rd Ferntree Gully Ph 8756 4283 mobile 0413708085

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>



6-15th November 2020

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

QRWC Appointed Host Organisation for Pan Pacs 10km Road Walk

Play it, Live it, Love it! Mark your calendar for the 12th Pan Pacific Masters Games from 6 – 15 November 2020 on the beautiful Gold Coast, Australia.

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.



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

October 26th Qld Masters SAC 3,000 metres 8.00am

October 27th Gold Coast Masters Griffith Uni 3/5km 8.00am

October 31st Thursday QA UQ 1,500m Classic

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 TBA 8.00am

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/>