

Queensland Race Walking Club Inc.

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



## HEEL & TOE

September 19<sup>th</sup> 2019



### The Countdown in On



Australian athletes preparing for the IAAF World Athletics Championships Doha 2019.

*Rhydian Cowley back row 4<sup>th</sup> from the left / Katie Hayward front row 4<sup>th</sup> from the right*

#### **Women**

20km Jemima Montag, **Katie Hayward**

50km Claire Woods

#### **Men**

20km **Dane Bird-Smith**, Rhydian Cowley

#### **Schedule**

##### Men & Women's 50km

September 28<sup>th</sup> 23:30 (Sept 29<sup>th</sup> 6:30 our time)

##### Women's 20km

September 29<sup>th</sup> 23:30 (Sept 30<sup>th</sup> 6:30 our time)

##### Men's 20km

October 4<sup>th</sup> 23:30 (Oct 5<sup>th</sup> 6:30 our time)

# QRWC End of Season Celebrations

## Relays, Lunch, Cake & Trophies

The 2019 QRWC winter road walk season ended with a fun day of road relays, swimming, delicious food, cakes and the presentation of trophies to our athletes.

Thank you to our kind hosts Gladys & Iggy for their hospitality in opening their residence to all our members and for the many hours they put in with lead up preparations and on the day. The food was a big hit this year and everyone enjoyed the break from a traditional bbq as we were treated to delicious chicken curry, chicken wings, pork, beef and a myriad of salads. You knew the food was good as no one had to be asked if they wanted seconds! The feasting was interrupted when all the trophies were presented for the 2019 season, hosted by Shane & Noela. Presenters included our two club captains, Jasmine & Iggy and Co-Patron Pat. Dessert and the drawing of the raffles followed to end off a very enjoyable day.

Thank you to everyone who contributed with food or raffle prizes or helped out with food preparations & serving. It was a great team effort by everyone especially those ladies who were helping Gladys from early morning. It has been another successful season for the club due the continued support by the athletes, parents, coaches and our volunteers. We thank you all and hope to see you at the track over the summer and back on the road next April. You are the club.

## RACEWALKING QUEENSLAND TROPHIES 2019

### HANDICAP TROPHIES

#### A Grade Men

1<sup>st</sup> Ignacio Jimenez 2<sup>nd</sup> Peter Bennett

#### A Grade Women

1<sup>st</sup> Noela McKinven 2<sup>nd</sup> Charlotte Hamann

#### B Grade Women

1<sup>st</sup> Jasmine-Rose McRoberts 2<sup>nd</sup> Summer Millard

#### C Grade Men

1<sup>st</sup> Kai Norton 2<sup>nd</sup> Jack Bannister 3<sup>rd</sup> Sam McCure

#### C Grade Women

1<sup>st</sup> Amber Norton 2<sup>nd</sup> Lyla Williams 3<sup>rd</sup> Lily Goulding

#### E Grade Women

1<sup>st</sup> Siaan Fisher 2<sup>nd</sup> Charlotte Brady 3<sup>rd</sup> Makenna Clarke

#### F Grade Men

1<sup>st</sup> Blake Gee

#### F Grade Women

1<sup>st</sup> Lucie Goulding 2<sup>nd</sup> Isabella Gee

### CLUB CHAMPIONSHIPS

#### Open Men

1<sup>st</sup> Ignacio Jimenez 2<sup>nd</sup> Peter Bennett 3<sup>rd</sup> Patrick Sela

#### Open Women

1<sup>st</sup> Brenda Gannon 2<sup>nd</sup> Nyle Sunderland 3<sup>rd</sup> Noela McKinven

#### U20 Women

1<sup>st</sup> Charlotte Hamann

#### U18 Men

1<sup>st</sup> Nelson McCutcheon

#### U18 Women

1<sup>st</sup> Jasmine-Rose McRoberts

**U16 Men**1<sup>st</sup> Kai Norton**U16 Women**1<sup>st</sup> Jayda Anderson 2<sup>nd</sup> Summer Millard 3<sup>rd</sup> Korey Brady**U14 Men**1<sup>st</sup> Alex Bradley 2<sup>nd</sup> Jack Bannister**U14 Women**1<sup>st</sup> Amber Norton 2<sup>nd</sup> Tamika Gee 3<sup>rd</sup> Anika Clarke**U12 Men**1<sup>st</sup> Myles Callaghan 2<sup>nd</sup> Korbyn Bricknell-Hewitt**U12 Women**1<sup>st</sup> Lyla Williams 2<sup>nd</sup> Makenna Clarke 3<sup>rd</sup> Milly Sharpe**U10 Men**1<sup>st</sup> Flynn Callaghan 2<sup>nd</sup> Knox Anderson 3<sup>rd</sup> Blake Gee**U10 Women**1<sup>st</sup> Siaan Fisher = Isabella Gee 3<sup>rd</sup> Lucie Goulding**TRACK CHAMPIONSHIP MEDALS****Open Men 5000m**1<sup>st</sup> Ignacio Jimenez2<sup>nd</sup> Peter Bennett3<sup>rd</sup> Patrick Sela**Open Women 5000m**1<sup>st</sup> Brenda Gannon 2<sup>nd</sup> Noela McKinven**U20 Women 5000m**1<sup>st</sup> Charlotte Hamann**U18 Men 5000m**1<sup>st</sup> Nelson McCutcheon**U18 Women 5,000m**1<sup>st</sup> Jasmine-Rose McRoberts**U16 Men 3,000m**1<sup>st</sup> Lachlan McCure 2<sup>nd</sup> Kai Norton**U16 Women 3,000m**1<sup>st</sup> Summer Millard 2<sup>nd</sup> Sophie Porter 3<sup>rd</sup> Korey Brady**U14 Men 1,500m**1<sup>st</sup> Sam McCure 2<sup>nd</sup> Alex Bradley**U14 Women 1,500m**1<sup>st</sup> Amber Norton 2<sup>nd</sup> Tamika Gee 3<sup>rd</sup> Anika Clarke**U12 Men 1,500m**1<sup>st</sup> Jack Bannister 2<sup>nd</sup> Korbyn Bricknell-Hewitt**U12 Women 1500m**1<sup>st</sup> Lyla Williams 2<sup>nd</sup> Lily Goulding 3<sup>rd</sup> Anna Tudor**U10 Men 1000m**1<sup>st</sup> Blake Gee**U10 Women 1000m**1<sup>st</sup> Siaan Fisher 2<sup>nd</sup> Isabella Gee 3<sup>rd</sup> Lucie Goulding**PERPETUAL TROPHIES**

U10 Girls Harrison Trophy

U10 BOYS

U12 GIRLS

U12 BOYS

U14 GIRLS

U14 BOYS

U16 GIRLS

U16 BOYS 5KM

U18 WOMEN 5KM

Siaan Fisher

Flynn Callaghan

Lyla Williams

Myles Callaghan

Amber Norton

Alex Bradley

Jayda Anderson

Kai Norton

Caitlin Hannigan

U18 MEN 10KM  
U20 WOMEN  
OPEN MEN 10KM CHAMPIONSHIP  
OPEN WOMEN 10KM CHAMPIONSHIP  
OPEN MEN 15KM CHAMPIONSHIP  
OPEN WOMEN 15KM CHAMPIONSHIP  
DAVE SMITH 20KM (also medal)  
RELAY TEAM

Nelson McCutcheon  
Charlotte Hamann  
Ignacio Jimenez  
Brenda Gannon  
Ignacio Jimenez  
Nyle Sunderland  
Ignacio Jimenez  
Power Puff Girls  
A. Norton / K. Brady  
J. McRoberts / K. Norton  
Katie Hayward

PAT & MAXINE – MOST IMPRESSIVE

## Andrew Ludwig “True Sport” Award

Introduction by Noela McKinven QRWC Secretary 15.09.2019

*This award is open to everyone in the club; athlete, coach, official, administrator, or volunteer. It not only recognises the achievement of the athletes, but the dedication of coaches and efforts of volunteers.*

*It honours Andrew Ludwig, one of the club's best ever athletes and friend to all, who was killed in a car accident at Beaudesert in 2009. The criteria for the award are the values that Andrew lived his life by - loyalty, respect of others, attitude & commitment, hard work, sportsmanship & integrity.*

*This award was created by Peter Bennett as a close friend of Andrew and he formed the criteria and design and chose those he found suitable to receive it. This, as you can see, made it difficult to present it to Peter himself as several of us believed should happen. Consequently, this is no surprise presentation.*

*You have all noticed Peter helping in many ways at Club events, but I would like to tell you more about him to show why we felt it long overdue I may be a little out on the actual years I will quote due to a lack of notes but not by much. Peter first competed in the LBG carnival in 1993 and recently received a 25-year merit award from the AFORWC. He has acted as a competitor, Director and delegate from our club to the Federation most of those years, and served on the Jury Of Appeal when required.*

*His first mention as a committee member of QRWC that I can find in our Club notes is in 1996. Since then he has served as President at least 13 times and Vice President, (as now) for 9 years. Beginning in 1998 he has earned our Club many thousands of dollars from the Grants he has successfully applied for and, of course, our large involvement in the lead-up to and conduct of the Race Walk section of the 2018 Commonwealth Games was his brainchild. Peter worked for a long time without help to bring this about, to our great delight.*

*Unfortunately, he has had to do battle against QA for the existence of our Club and its members on several occasions to the extent of appearing in front of the Board, but high status legal help found in each case that all claims against the club and members were completely false. In his role as President of QRWC he has steadfastly stood by any and all members who have been maligned, and is an example of someone protecting the sport overall.*

*We are very pleased to present this award to you, Peter, and hope Julianne will forgive us for giving you one more trophy to fit in the house.*

## RESULTS RESULTS RESULTS

**Old Masters Athletics SAF Nathan**  
**Saturday September 14<sup>th</sup>**  
**3,000 Metre Race Walk**

1 Brenda Gannon W45 Brisbane 16:58.98 (15:42.56 73.74%)

### **Kalinga Park Relays September 15<sup>th</sup>**

#### **Individual Times**

Mia Bergh	5.23
Markus Bergh	7.36
Charlotte Brady	7.04
Korey Brady	5.21
Alex Bradley	5.19
Korbyn Bricknell-Hewitt	6.30
Krysta Bricknell	10.41
Phoebe Chadwick	6.47
Torryn Fisher	5.59
Siaan Fisher	6.31
Brenda Gannon	5.13
Juanita Golden	7.44
Argenis Guevara	4.42
Iggy Jimenez	4.30 & 421
Lachlan McCure	5.18
Sam McCure	5.06
Stephanie McCure	7.37
Noela McKinven	7.51
Jasmine McRoberts	5.18
Amber Norton	4.43
Kai Norton	4.24
Patrick Sela	7.18
Lyla Williams	4.56

#### **Team Places**

1. Power Puff Girls
2. High Flyers
3. Coastbusters
4. Turbo
5. Chicken Nuggets
6. Parents Team

## **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>



6-15<sup>th</sup> November 2020

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



**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/>

## **Still to Come 2019**

September 28<sup>th</sup> Qld Masters SAC 5,000 metres 8.00am  
September 28<sup>th</sup> - Oct 6<sup>th</sup> IAAF World Championships Doha, Qatar  
October 5<sup>th</sup> Qld Masters SAC 3,000 metres 8.00am  
October 6<sup>th</sup> Gold Coast Masters Griffith Uni 3/5km 8.00am  
October 19<sup>th</sup> Qld Masters UQ **St Lucia TBA 2.00pm \*\***  
October 26<sup>th</sup> Qld Masters UQ **St Lucia TBA 2.00pm \*\***  
October 27<sup>th</sup> Gold Coast Masters Griffith Uni 3/5km 8.00am  
November 7<sup>th</sup> Thursday QA UQ 1,500m Classic  
November 9<sup>th</sup> Qld Masters SAC TBA 8.00am  
November 10<sup>th</sup> Gold Coast Masters Griffith Uni 3/5km 8.00am  
November 16<sup>th</sup> Qld Masters SAC TBA 8.00am  
November 23<sup>rd</sup> Qld Masters SAC TBA 8.00am  
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 7<sup>th</sup> Qld Masters Venue not confirmed TBA  
December 11<sup>th</sup> Qld Masters Wednesday SAC TBA 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  
December 6-8<sup>th</sup> Australian All Schools Track Championships, Perth

## **Looking further ahead 2020**

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  
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  
**Social Media / Webmaster:** C Goulding  
**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/>