

Queensland Race Walking Club Inc.

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



HEEL & TOE

September 5th 2019

The National Titles This Weekend Australian Road Walk Championships



The Athletics Australia Winter Road Walk Championships will be held in Adelaide this Sunday. This meet will be held in conjunction with Race Walking Australia events. We wish our team of walkers all the best on Sunday and know that you will all be fine ambassadors for the State .

QRWC Team

Jasmine-Rose McRoberts (C)

Ignacio Jimenez Solis (C)

Jack Bannister

Korey Brady

Charlotte Hamann

Tamika Gee

Ashanti Heap

Aliesha Heap

Lachlan McCure

Sam McCure

Noela McKinven

Summer Millard

Milla Rowbotham

Anika Clarke

Start Lists for Sunday

Men 20000 Meter Race Walk (RWA Masters) Open

9 Reading, Brendon Act NT

1 Barendregt, Travis Nsw NT

3 Gibbons, Carl Nsw NT

6 Jones, Tyler Nsw NT

10 Richardson, Dylan Nsw NT

5 Jimenez Solis, Ignacio Qld NT

4 Harlington, Alix SA NT

8 Mottrom, Kim SA NT

25 Upton, Royrie SA NT

2 Cowley, Rhydian Vic NT

27 Garganis, Adam Vic NT

11 Swan, Kyle Vic NT

7 Mann, Bradley WA NT

Women 20000 Meter Race Walk (RWA Masters Open)

14 Barendregt, Amanda Nsw NT
24 Woods, Claire SA NT
20 Feiner, Tracy Vic NT
15 McInnes, Simone Vic NT

Women 10000 Meter Race Walk (RWA C/ship) Open

12 Bell, Bridget Nsw NT
23 Walker, Amy Nsw NT
13 McKinven, Noela Qld NT
26 Millard, Summer Qld NT
21 Goznic, Kristie SA NT
18 Peart, Jemma Vic NT
22 Tolardo, Karyn WA NT

Boys 10000 Meter Race Walk Under 20

28 Baker, Mitchell Act NT
29 Bedford, Kyle Nsw NT

Boys 10000 Meter Race Walk Under 20

30 Bruniges, Mathew SA NT
87 Camilleri, Tristan SA NT
32 Reid, Benjamin WA NT

Girls 10000 Meter Race Walk Under 20

17 O'Neill, Molly Nsw NT
33 Pitcher, Allanah Nsw NT
19 Wang, Elaine Nsw NT
34 Rowbotham, Milla Qld NT
16 Hamann, Charlotte Qld NT

35 Blackwell, Anna Tas NT

Boys 10000 Meter Race Walk Under 18

39 Young, Gwyllym Act NT
37 McGinniskin, Jack Nsw NT
38 Robertson, William Tas NT
36 Dickson, Corey Vic NT

Girls 5000 Meter Race Walk Under 18

40 Bolton, Hannah Nsw NT
42 Parker, Hannah Nsw NT
41 McRoberts, Jasmine-Rose Qld NT
44 Sandery, Olivia SA NT
45 Hay, Charlotte Vic NT
43 Peart, Alanna Vic NT
73 Roberts, Darcey Vic NT

Boys 5000 Meter Race Walk Under 16

55 McCure, Lachlan Qld NT
48 Wilks, Toby SA NT
46 Bottle, Will Tas NT
47 Saunder, Fraser Vic NT

Girls 5000 Meter Race Walk Under 16

50 Duguid, India Nsw NT
51 McLoughlin, Chloe Nsw NT
49 Brady, Korey Qld NT
26 Millard, Summer Qld NT
94 Anika Clarke Qld NT
53 Ross, Kiera SA NT
56 Upton, Kitarni SA NT
54 Wilks, Mia SA NT

Boys 3000 Meter Race Walk Under 14

64 Toyne, Owen Act NT

58 Bell, Darcy Nsw NT
79 Horton, Jai Nsw NT
57 Bannister, Jack Qld NT
61 McCure, Sam Qld NT
60 Kamish, Zayden SA NT
63 Rech, Cooper SA NT
62 Morgan, Oliver Tas NT
92 Hutchins, Liam Vic NT
77 Peart, Scott Vic NT
65 Weickhardt, Sebastian Vic NT
59 Bernard, Xavier WA NT

Girls 3000 Meter Race Walk Under 14

67 Boughton, Milly Nsw NT
68 Crocker, Amelia Nsw NT
78 Pitcher, Sienna Nsw NT
76 Gee, Tamika Qld NT
70 Heap, Ashanti Qld NT
75 Braithwaite, Daisy SA NT
69 DeRuvo, Katie SA NT
80 Pusonjic, Elli SA NT
74 Wilks, Hannah SA NT
66 Ahern, Chloe Tas NT
73 Roberts, Darcey Vic NT
71 Lawrence, Lataya WA NT
72 Mortimore, Casey WA NT

Boys 2000 Meter Race Walk (RWA C/Ship) Under 12

81 Clarkson, Kodi Act NT
93 Horton, Jaxson Nsw NT
82 Kamish, Tarique SA NT
83 Richards, Sebastian SA NT
84 Wilks, Sam SA NT
92 Hutchins, Liam Vic NT
91 Wood, Riley WA NT

Girls 2000 Meter Race Walk (RWA C/Ship) Under 12

85 Blackley, Rudi Nsw NT
88 Heap, Aliesha Qld NT
31 Camilleri, Arabella SA NT
89 Kamish, Zahra SA NT
90 Rech, Matilda SA NT
86 Bogaers, Kaytee WA NT

RESULTS RESULTS RESULTS

Oceania Masters Athletics Championship Mackay Aquatic & Recreation Complex

Congratulations to Nyle and Argenis for winning their age divisions in the 10km road walks at the Oceania Masters Championships in Mackay last Sunday. Argenis backed up on Tuesday to win gold in the 5,000 metres track walk and will compete in the 3,000 metres on Friday morning.

M50 10,000 m Race Walk

1 Argenis Guevara M51 Aus 58:21.20 51:27.71 72.25%

M55 10000 m Race Walk

1 Kevin Cassidy M59 Aus 55:26.40 46:51.81 79.34%
2 Simon Evans M59 Aus 58:13.20 49:12.81 75.56%

M60 10,000 m Race Walk

1 Paul Moritz M60 Aus 1:10:55.30 57:14.88 64.95%

M65 10,000 m Race Walk

1 Peter Fox M65 Nzl 1:00:01.60 45:59.91 80.84%

2 Eric Kemsley M68 Nzl 1:00:38.00 46:27.80 80.03%

3 Frank Prowse M67 Aus 1:14:51.80 57:22.07 64.82%

M70 10,000 m Race Walk

1 George White M74 Aus 1:02:03.00 44:49.87 82.94%

2 Geoff Iremonger M72 Nzl 1:14:57.40 54:09.38 68.66%

3 Russ Dickenson M73 Aus 1:16:52.60 55:32.61 66.94%

4 Jim Kerse M70 Nzl 1:21:53.30 59:09.86 62.85%

M75 10,000 m Race Walk

1 Bryan Thomas M78 Aus 1:13:30.00 49:40.28 74.86%

2 Stephen James Bark M76 Aus 1:24:35.20 57:09.83 65.05%

M80 10,000 m Race Walk

-- Peter Sheaf M83 Nzl DQ

-- 4 John Hines M83 Nzl DQ

W35 10,000 Metre Race Walk

1 Dash Newington W35 Gbr 1:16:29.00 1:15:45.87 54.05%

W40 10,000 Metre Race Walk

1 Vicky Jones W40 Nzl 1:18:15.90 1:15:19.81 54.36%

W50 10,000 Metre Race Walk

1 Nyle Sunderland W52 Nzl 58:53.80 51:59.29 78.77%

W55 10,000 Metre Race Walk

1 Anne Weekes W57 Aus 1:05:10.70 54:38.35 74.95%

2 Donna-Marie Elms W58 Aus 1:09:11.50 58:00.21 70.60%

3 Carolyn Rosenbrock W57 Aus 1:09:18.70 58:06.24 70.48%

W65 10,000 Metre Race Walk

1 Alison Thompson W66 Aus 1:00:09.05 44:30.70 92.00%

2 Barb Bryant W65 Aus 1:02:10.30 46:00.43 89.01%

W70 10,000 Metre Race Walk

1 Heather Carr W70 Aus 1:06:00.00 45:17.36 90.42%

2 Jacqueline Wilson W73 Nzl 1:07:03.50 46:00.93 88.99%

W75 10,000 Metre Race Walk

1 Gwen Steed W77 Aus 1:13:46.70 46:26.17 88.19%

2 Daphne Jones W78 Nzl 1:16:58.70 48:27.02 84.52%

3 Sylvia Machin W78 Aus 1:20:31.50 50:40.95 80.80%

W35 5,000 m Race Walk

1 Dash Newington W35 Gbr 40:09.41 39:46.77 49.73%

W40 5,000 m Race Walk

1 Kay Heinecke W41 Aus 35:00.33 33:41.57 58.72%

2 Vicky Jones W40 Nzl 38:34.50 37:07.71 53.28%

W45 5,000 m Race Walk

1 Jane Tait W49 Aus 42:09.36 38:59.66 50.73%

W55 5,000 m Race Walk

1 Anne Weekes W57 Aus 32:28.20 27:26.43 72.10%

2 Donna-Marie Elms W58 Aus 33:20.34 28:10.49 70.22%

W65 5,000 m Race Walk

1 Alison Thompson W66 Aus 29:23.87 22:07.85 89.39%

2 Barb Bryant W65 Aus 30:38.57 23:04.08 85.76%

W70 5,000 m Race Walk

1 Heather Carr W70 Aus 32:00.85 22:28.44 88.03%

2 Jacqueline Wilson W73 Nzl 33:37.83 23:36.52 83.80%

W75 5,000 m Race Walk

1 Gwen Steed W77 Aus 36:26.51 23:37.30 83.75%

2 Daphne Jones W78 Nzl 36:31.75 23:40.70 83.55%

3 Sylvia Machin W78 Aus 38:40.17 25:03.94 78.93%

4 Peggy Macliver W75 Aus 39:16.56 25:27.53 77.71%

M50 5,000 m Race Walk

1 Argenis Guevara M51 Aus 29:13.26 25:35.69 70.17%

M55 5,000 m Race Walk

1 Kevin Cassidy M59 Aus 26:50.53 22:31.24 79.75%

2 Simon Evans M59 Aus 28:40.32 24:03.35 74.66%

M60 5,000 m Race Walk

1 Paul Moritz M60 Aus 34:34.48 27:40.83 64.88%

M65 5,000 m Race Walk

1 Peter Fox M65 Nzl 28:31.01 21:40.37 82.87%

2 Eric Kemsley M68 Nzl 30:15.27 22:59.61 78.11%

3 Frank Prowse M67 Aus 34:52.18 26:30.06 67.77%

M70 5,000 m Race Walk

1 George White M74 Aus 30:29.06 21:51.44 82.17%

2 Geoff Iremonger M72 Nzl 38:21.37 27:30.09 65.31%

3 Jim Kerse M70 Nzl 39:33.01 28:21.45 63.33%

M75 5,000 m Race Walk

1 Bryan Thomas M78 Aus 37:39.43 25:17.89 70.99%

QRWC End of Season Relays/BBQ/Trophy Day Kalinga Park
Sunday, September 15th

Now it is time to come together as a club to celebrate the achievements of all our members and to reward our athletes for their successes during the road season. Please join your fellow members on Sunday, September 15th with a fun day starting at **10.00am.** with the traditional 4 x 1,000 metres Handicap Relay (Bill Cook Trophy) at Kalinga Park. Then it is onto lunch...

11.00am Cooked lunch followed by the presentation of all trophies and medals for the season.

Where: 38 Landscape Street, Stafford Heights

What to Bring: There is a POOL so swimmers, a towel, sunscreen & sunnies. There is some seating but please bring along a deckchair if you have one ..

- At our Presentation day, we always hold a series of raffle days to add to the fun. Please bring along and donations of prizes for these raffles.
- We would also like to ask if you could please bring along a plate to share for dessert.

The cost of the BBQ is \$ 10 per head or \$ 25 per family.
Soft drinks and light beer will be on sale.

**If you have not already done so please RSVP for the bbq lunch and relay
ASAP to peter.bennett@live.com**

Have you put your name down yet for a relay team or the lunch?

Help us with the catering and planning of this fun day.

**All welcome. If we haven't seen you for a while this is the time to come along and catch
up with everyone.**

(we promise not to just talk about race walking !!)

RSVP for the lunch and the relay ASAP to peter.bennett@live.com

QRWC End of Season Relays/Presentation Day Lunch

10.00am. 4 x 1,000 metres Handicap Relay (Bill Cook Trophy) at Kalinga Park.

11.00am Cooked lunch followed by the presentation of all trophies and medals for the season. This is a time to celebrate the achievements of the athletes this season. In a break from the traditional bbq we have been promised a culinary delight this year so don't miss out!

Where: 38 Landscape Street, Stafford Heights.

What to Bring: There is a POOL so swimmers, a towel, sunscreen & sunnies. There is some seating but please bring along a deckchair if you have one.

- At our Presentation day, we always hold a series of raffle days to add to the fun. Please bring along any donations of prizes for these raffles.
- We would also like to ask if you could please bring along a plate to share for dessert. No matter how much you eat for lunch there is always room for dessert. If you are not sure what to bring or would to bring along a dish for the cooked lunch please contact Noela @ noelarhoda@gmail.com

The cost of the lunch is \$10 per head or \$25 per family.

Soft drinks and light beer will be on sale.

Tea & Coffee will be available.

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/>



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

September 8th Australian Road Walk Championships, Adelaide, SA

September 14th Qld Masters SAC 3,000 Metres 8.00am
September 15th Relay/Trophy/BBQ day Kalinga Park 10am
September 18th Qld Masters SAC 2,000 metres 7pm Wednesday
Saturday 28th Qld Masters SAC 5,000 metres 8.00am
September 28th - Oct 6th IAAF World Championships Doha, Qatar
October 5th Qld Masters SAC 3,000 metres 8.00am
October 6th Gold Coast Masters Griffith Uni 3/5km 8.00am
October 19th Qld Masters UQ **St Lucia TBA 2.00pm ****
October 26th Qld Masters UQ **St Lucia TBA 2.00pm ****
October 27th Gold Coast Masters Griffith Uni 3/5km 8.00am
November 7th Thursday QA UQ 1,500m Classic
November 9th Qld Masters SAC TBA 8.00am
November 10th Gold Coast Masters Griffith Uni 3/5km 8.00am
November 16th Qld Masters SAC TBA 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
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

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/>