

Queensland Race Walking Club Inc.
Building on a fine tradition of race walking, 62 years in the making.



HEEL & TOE

August 2nd 2018

Inaugural Skippy Park Meet a Success Road walking back on the Sunshine Coast

On a glorious sunny morning the QRWC held their last Handicap Meet of the season at Skippy Park, Landsborough on the Sunshine Coast. The new course and the venue for the club ticked all the boxes and received the thumbs up from the competitors. The course was a mostly flat, wide cycling criterium circuit. Thank you to everyone who supported this initiative especially those that travelled significant distances to be there. It was a great day out and we will be back!

There were a number of pb's recorded this morning as walkers finalised their preparations for the State titles next Sunday. Despite have to stop for half o minute Jonathan Wearne still recorded a pb 5km time of 25.37. It was so good to see Keith Heness out there competing after a number of years away from road walk meets. I won't mention how long but if you dust off the archives of the Canberra 20 miles you will see Keith's name mentioned on numerous occasions.

Big Thank You to Jeff and Kate Ofield, Molly Atkin and Jenny Haig for their support and work behind the scenes to turn an idea for a new venue into reality. Great work by Sharyn and Jo on the canteen today supported by Jasmine & Jono. As always, thank you to everyone who volunteered in the running of the meet from setting up, sign on, judging, lap scoring, timekeeping, the canteen and packing up. Our meets cannot happen without your continued support and dedication.

If you have not already done so, don't forget to get your entry in for QA Road Walk Championships next Sunday at Murarrie and for the AA/RWA Championships on the Sunshine Coast on August 26th.



*Anika Clarke shows her intentions from the start
Photo courtesy of Molly Atkin*

RESULTS RESULTS RESULTS

QRWC Handicap Meet 10

Skippy Park Sunday July 29th

A Grade 10km

Men: (1) Ignacio Jimenez 49.25 (2) Peter Bennett 58.39.

Women: (1) Noela McKinven 1.23.29.

B Grade 5km

Men: (1) Jonathan Wearne 25.37 (2) Keith Heness 36.00 (3) Mark Carlile 38.13.

Women: (1) Mackenzie Ofield 30. 59.

C Grade 3km

Men: (1) Sam McCure 17.19 (2) Kai Norton 17.57 (3) Seth Wasson 18.08.

Women: (1) Anika Clarke 16.44 (2) Torryn Fisher 18.35 (3) Amber Norton 18.42 (4) Jasmine McRoberts 18.55 (5) Korey Brady 18.57 (6) Summer Millard 19.11.

D Grade 2km

Women: (1) Amber Tofful 15.13 (2) Robyn Wales 17.46.

E Grade 2km

Men: (1) Myles Callaghan 10.46

F Grade 1km

Women: (1) Makenna Clarke 6.02 (2) Siaan Fisher 6.44.



*Happy walkers ready to race at Skippy Park
Photo courtesy of Molly Atkin*

QUEENSLAND ROAD WALKING CHAMPIONSHIPS

Incorporating QMA Short Course Road Walk Championships

Sunday August 5th Murarrie Recreation Reserve, Murarrie

This Sunday is the beginning of a very busy four weeks of competition for our walkers with Championship races on every Sunday culminating in the AA/ Federation Road Walk Championships on the Sunshine Coast on August 26th. All the very best to our walkers this Sunday at Murarrie as they prepare themselves for the Nationals.

Programme of Events

- 9:15am 20km Open Men / 20km Open Women
10km Masters Men 35+ / Under 20 Men / Under 20 Women /
Under 18 Boys
- 9:45am 5km Masters Women 35+ / Under 18 Girls
Under 16 Boys / Under 16 Girls
- 10:15am 3km Under 14 Girls / Under 14 Boys
- 10:45am 2km Under 12 Girls / Under 12 Boys
1km Under 10 Girls / Under 10 Boys

There are conflicting messages on the QA website regarding the closing time of entries. Don't take the risk; Get your entry in Tonight!

Entries are taken online at www.qldathletics.org.au and close at midnight on Thursday 2nd August.

And ENTRIES CLOSE: 9am Friday August 3rd

Late entries submitted on the day will incur an additional late entry of \$10.00 per athlete.

STATE CHAMPIONSHIP MEDALS

- ü Queensland State Championship medals will be awarded to the first three individual male and female place getters in each age group.
- ü Queensland Championship medals will also be awarded to the first three placed QA club teams in each age group.



Enter from Wynnum Road

NEXT WEEK

QRWC Track C/Ships UQ St Lucia

Sunday August 12th

It is Championship “season” and next Sunday the club track Championships will be held at St Lucia. This is a good opportunity for young athletes to get schools qualifiers. There are some very sharp records on the books but we know that there are others ready for the taking next Sunday morning

Programme

- 8.00am Open M/W 5,000 metres
 - U20 M/W 5,000 metres
 - U18 M/W 5,000 metres
- 8.45am U16 B/G 3,000 metres
- 9.10am U14 B/G 1,500 metres
 - U12 B/G 1,500 metres
- 9.25am U10 B/G 1,000 metres

Entry Fees: Members \$ 10 / Non-Member Guests \$ 15.00. (This includes UQ Track Fee surcharge). No charge for Season Pass holders.

Race Walking Queensland Track Championship Records

As at 13/08/2017

Open Men's 5,000 metres Dane Bird-Smith 2012 19.22.22
Under 20 Men's 5,000 metres Luke McCutcheon 2016 21.48.98
Under 18 Men's 5,000 metres Brad Aiton 2010 22.25.90
Under 16 Boys 3,000 metres Nelson McCutcheon 2017 13.20
Under 14 Boys 1,500 metres Kris Hayward 2017 6:36
Under 12 Boys 1,500 metres Jonathan Wearne 2015 7.00.24
Under 10 Boys 1,000 metres Yanis Benzenati 2009 6.08.90

Open Women's 5,000 metres Jessica Pickles 2017 23.03
Under 20 Women's 5,000 metres Jessica Pickles 2013 24.26.00
Under 18 Women's 5,000 metres Katie Hayward 2017 21:56
Under 16 Girls 3,000 metres Katie Hayward 2015 13.23.97
Under 14 Girls 1,500 metres Katya Martin 2010 6.51.90
Under 12 Girls 1,500 metres Rachel Barker 2007 7.19.70
Under 10 Girls 1,000 metres Lyla Williams 2016 5.22.27

Coming up

August 19th 2018 QRWC Club Championships

Kalinga Park

Programme: 8.00am Open & Masters 10km
Under 20 M & W 8km
Under 18 M & W 6km
8.30am Under 10 M & W 0.75km
Under 12 M & W 1.5km
Under 14 M & W 2km
Under 16 M & W 4km

- Age is taken as Age on the Day. Athletes eligible for awards in their own age group event only.
- Trophies will be awarded to the first three placings of registered club members in each age group (male & female) and medals in the Masters age group.
- For Masters Athletes please note that the first three finishers of registered club members in Open races will be the Open place getters and the next three Masters Age competitors to finish after that will be eligible for Masters Medals.

Club Championship Records

Men's Open 10 km Rhydian Cowley 2012 40:38.00
Under 20 Men 8 km Dane Bird-Smith 2009 34.59.00
Under 18 Men 6 km Dane Bird-Smith 2009 26.16.00
Under 16 Men 4 km Jesse Osborne 2010 18:30.00
Under 14 Boys 2 km Ben Tesch 2009 9:22.00
Under 12 Boys 1.5 km Ryan Pollock 1990 7:31.00

Under 10 Boys 750 m Mathew Houston 1995 3:40.00

Women's Open 10 km Karen Foan 2002 49:15.00

Under 20 Women 8 km Jessica Pickles 2013 38:55.00

Under 18 Women 6 km Katie Hayward 2016 27:13:00

Under 16 Women 4 km Clara Smith 2013 18.59.00

Under 14 Girls 2 km Amelia Schofield 2016 9.48.00

Under 12 Girls 1.5 km Rachel Barker 2007 7.29.00

Under 10 Girls 750 m Theresa Dorman 1994 3:47.00

Men's Master's 10 km Ignacio Jimenez 2012 49:41.00

Women's Master's 10 km Nyle Sunderland 2013 57:22.00

Entry Fees for all athletes is \$8

Note: If you have a Perpetual Club Trophy from last season could you please bring it t along to Kalinga Park on the 19th or arrange to give it to Noela beforehand .

Australian Winter Walking Championships
Sunday August 26th
Lake Kawana Sports Precinct, Sunshine Coast

320 Nicklin Way Kawana, Q. 4575

<https://winterwalks.eventdesq.com/reg/types>

ENTRIES CLOSE: 5pm Monday August 6th

The 2018 Australian Winter Walking Championships will ensure a bumper weekend of Athletics on the Sunshine Coast, with the 2018 Australian Cross-Country Championships to be held the day before. NB: This event will be held in conjunction with Road Walking Australia (RWA) events.

Athletics Australian Championship events will be held from Under 14'S up to Open. Under 12's and Masters events will be Race Walking Australia events. All teams' medals and handicap trophies will be awarded by Race Walking Australia. You will need to be a current member of the club to be eligible. Three walkers make up a team and we can have numerous teams in each age group so every member of the club can participate.



EVENTS

MEN

- Open - 20km (including Masters 20km RWA Championship event)
- Under 20 - 10km
- Under 18 - 10km
- Under 16 - 5km
- Under 14 - 3km
- Under 12 - 2km RWA Championship event

WOMEN

- Open - 20km
- Open - 10km (including Masters 10km RWA Championships event)
- Under 20 - 10km
- Under 18 - 5km
- Under 16 - 5km
- Under 14 - 3km
- Under 12 - 2km RWA Championship event

ENTRY FEE: \$30.00 per event

In addition, there will be two **QRWC Invitation** events on the programme:

U10 1 km

Open 5km

Entry to these two events will be on the day. **Entry Fee \$ 10.** Trophies to place getters. It would be appreciated if you could advise Noela if you intend to enter either of these events noelarhoda@gmail.com

GET INVOLVED IN THE NATIONALS

To ensure this carnival is a success and a day to remember we invite each and every member of our club and their families to become involved.

How can you help?

Enter an event (AA/RWA or QRWC invitation race) We would like to see a QRWC team or teams in every age group.

Volunteer to;

Set Up (from 7.00am) and Pack Up

Check In desk / Distribution of race numbers / Lapscorers

Canteen Cooking/ serving /food preparation

Race Marshalls & crown control

Timekeepers / Results / Trophies & medals coordinating

Bikes and riders (collecting red cards along the course). We would like to hear from anyone who can bring a bike to the meet and can spare some time, on a roster, on the course (you will have the best view of the races!)

Donate supplies for the canteen

Starting this Sunday at Skippy Park we will be accepting donations of no perishable goods that can be sold at the canteen on the day or used as raffle prizes. What to Bring?

Canned soft drinks in the popular favours; Coke, orange, lemon, lemonade.

Popper Juices & small bottled waters.

If you are able to make or bake (e.g. Muffins, patty cakes etc.) please talk to our canteen volunteers at let them know how can help.

Donate Raffle Prizes

We will be selling tickets throughout the morning in a multi draw raffle. All donations welcome; health & beauty, sporting goods, wine, unwanted gifts etc. Bear in mind we will have interstate visitors in attendance so any goods or gift vouchers would need to be able to be taken on their return flight or used outside of the Sunshine Coast or Brisbane.

Important Notes on the Events

- Open Women can enter either the A.A. 20 km event OR the RW.A. 10 km event but not both. However, all women, whether in the A.A. 20 km event or the RW.A. 10 km event, are automatically eligible to score points in the R.W.A. 10 km Teams Championship

provided they are members of a R.W.A. club. 10 km split times will be used for this purpose.

- Masters Men and Women do not need to enter separately. Simply enter the 20 km Open Men or the 10 km Open Women. Your age (M35+ or W35+) will automatically put you in the 10 km Masters category as well.

- Because of the close scheduling of events and because of the longer distances being raced by our younger walkers, only walkers 12 years and older on the day may enter multiple events. This is a duty of care consideration. By way of example, we do not want to see very young walkers racing the Under 12 2 km event and then following up with a second race over either the 3 km or 5 km distance with little or no break.

- If events are held concurrently, walkers may only enter ONE of the events on offer. For instance, if the Under 20 Men 10km and Under 18 Men 10km are held concurrently, walkers may only enter ONE of the events.

State Representation and Uniforms

Walkers in Athletics Australia Championship events may be nominated to represent their State as official representatives provided that they are current members of Athletics Australia affiliated clubs. These walkers should wear State uniforms. State Institute of Sport walkers may wear their official Institute competition uniform. The remaining Race Walking Australia club athletes must wear their official Walking Club uniform. Other walkers should wear a uniform that conforms to IA.A.F standards.

Age Designation

Age for all A.A. and R.W.A. events is age as at 31 December of the current year.

Athletics Australia Affiliation

It is recognized that for the Carnival, there may be R.W.A. competitors who are not current members of affiliated A.A. clubs. Permission is given for these athletes to compete in the Australian championship events.

Race Numbers and Chips

All race numbers and race chips will be provided by A.A.

Awards

- Athletics Australia Championship medals will be presented to 1st, 2nd and 3rd place getters in the Australian Championship events.
- Racewalking Australia medals will be awarded to 1st, 2nd and 3rd place getters in the Racewalking Australia events.

Masters and Under 12 events.

- Handicap Trophies will be awarded to 1st, 2nd and 3rd place getters in all Racewalking Australia events.
- Racewalking Australia medals will be awarded to 1st, 2nd and 3rd placed teams in Racewalking Australia events.

Teams Events.

- Racewalking Australia Perpetual trophies will be awarded to the winning teams in Racewalking Australia events.
- Racewalking Queensland medals will be awarded to 1st, 2nd and 3rd places in the Under 10 events.

Note: Placegetters in individual events cannot win a handicap trophy.

Perpetual Trophies

- | | |
|------------------------------|-----------------------|
| • Glover Shield | Open Men 20km Teams |
| • Carrington Cup | Open Women 10km Teams |
| • Troy Sundstrom Trophy | U/20 Men 10km Teams |
| • Jane Saville Trophy | U/20 Women 10km Teams |
| • Nathan Deakes Trophy | U/18 Men 10km Teams |
| • Jacobson Trophy | U/18 Women 5km Teams |
| • Goble Trophy | U/16 Boys 5km Teams |
| • Knight Trophy | U/16 Girls 5km Teams |
| • Ron Crawford Trophy | U/14 Boys 3km Teams |
| • Deanna Rahill Trophy | U/14 Girls 3km Teams |
| • Under 12 Boys Team Trophy | U/12 Boys 2km Teams |
| • Under 12 Girls Team Trophy | U/12 Girls 2km Teams |

Current perpetual trophy holders are asked to return the engraved trophies to the organizers on or before the day of the carnival.

QMA Long Road Walk Championships

Club 20km Championship / Invitation Meet

Sunday, September 2nd Sports Reserve, Murarrie.

This is our last road walk meet of the season and incorporates the **Queensland Masters Athletics Long Road Walk Championships**. (Entry to these championships is on the day.)

The club Men's 20km championships for the Dave Smith Medal will be held in conjunction with the Masters 20km race. The Masters Championships races & Open 20km will start at 7.30am. All Invitation races will start at 8.00am.

7.30am QMA Long Walk Championships

M30+ 20km / W30+ 10km / M60 + 10km * Option

RWQ Open 20km Championship - Dave Smith Medal Open Men's 20km

8.00am Invitation Races

10km (U20/Open)

5km (U16/U18/U20)

3km (U14/U16)

2km (U12/U14)

1km (U8/U10/U12)



ENTRIES ARE NOW OPEN

Entries Close: •Wednesday 31 October 2018

The QRWC is the host organisation for Athletics - Road Race Walks for the 2018 Pan Pacific Masters Games. The road walks will take place on the Luke Harrop Criterium Circuit next to the Sports Super Centre at Runaway Bay on Sunday November 11th 2018. Every entry in the 10km road walk will benefit the club so please spread the word amongst your Masters friends.

<https://mastersgames.com.au/ppmg/sports/athletics-road-race-walk/>

Dates & Times •Sunday 11 November 2018: 7am start

Events: •10km Road Race Walk

Age Requirements

- Age is determined as at 11 November 2018
- Minimum age for competition is 30 years

Fees: Sport Fee: \$20 per person

Games Fee: Competitor: Early bird – \$120 | Standard – \$140

The race walk schedule on the track has been moved to avoid conflict with the Road Race Walk on the Sunday.

The new schedule for the 3,000m Race Walk is as per below:

Day 2 - 3,000 Metre Race Walk

Time Event

11:30 AM - Women 30+

11:30 AM - Men 30+

QA Registration for Volunteers

The club encourages all club volunteers, officials, committee members and coaches to register with Queensland Athletics through their Free member option. This membership is valid up until 30th September 2018 and includes coverage for Personal Accident Insurance under the National Insurance Program.

Go to the QA website membership page and register as a QRWC volunteer.
<http://www.qldathletics.org.au/Membership/Membership-Information>

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

August 5th QA Road Walk Championships / QMA Short Walk C/Ships **TBA**

August 12th QRWC Track Championships UQ St Lucia 8.00am

August 19th QRWC Club Championships Kalinga Park 8.00am

August 26th AA/Federation Road Walk Championships Kawana Sunshine Coast

Looking Further Ahead

September 1-16th World Masters Athletics Championships Malaga, Spain

September 2nd QMA Long RW C/Ships / QRWC Invite meet / 20km Murarrie

September 16th Relay/Trophy/BBQ Day Kalinga Park 10.00am

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

Racewalking Queensland

(Trading at 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

A great way to save money and not have to worry about paying race fees every week is to invest in a QRWC “Season Ticket”. This enables the athlete to compete in up to 15 club meets a season (10 x handicaps, club road championships, club track championships, Postal Challenge, Invite Meet & relay day). This does not cover QA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet.

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/>