

**Queensland Race Walking Club Inc.**

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



# HEEL & TOE

**January 10<sup>th</sup> 2019**

## ***Race Walking has Commenced for 2019***

### **RESULTS RESULTS RESULTS**

#### **Qld Masters Athletics SAF Nathan January 5th**

##### **Juniors 3,000 Metre Race Walk**

1 Hannigan, Caitlin W16 Visitor 16:49.92 \*(16:49.93 68.82%)

2 Clarke, Anika W13 Visitor 18:59.78 (18:59.79 60.98%)

*\* Time from Qld Masters Athletics website but thought to be incorrect – more like 14:49!*

##### **3,000 Metre Race Walk**

Gannon, Brenda W44 16:52.78 (16:14.81 71.30%)

McKinven, Noela W76 24:18.70 (16:03.04 72.17%)

Jimenez, Ignacio M53 14:57.49 (13:03.96 80.54%)

Bennett, Peter M63 16:51.77 (13:27.40 78.20%)

*Age Graded Times & Percentages in Brackets*

#### **Qld Masters Memorial Day SAF December 8<sup>th</sup>**

##### **3,000metres “Andrew Ludwig”**

Noela McKinven 24.22.45

Mark Carlile 23.04.93

Iggy Jimenez 13.52.10

Peter Bennett 16.54.13

### **This Week**

There are a number of walking opportunities in the SE this weekend.

On Saturday, January 12<sup>th</sup> Qld Masters Meet have a 5,000 Metre walk starting at 8.00am on the **Main Track** at QE11. \$8 for members and \$ 10 for Visitors. Register before 7.30am. On Sunday morning Gold Coast Masters are at the Griffith University track with a 3,000/5,000 metres race starting at 8.00am.

And at Ashmore Little Athletics there is Walks Day with races starting at 9.00am (See details below)

**Ashmore Walks Day**  
**This Sunday January 13<sup>th</sup>**



Who: Boys and Girls Under 9 to Under 17  
Date: Sunday January 13, 2019  
Where: Brian Johnston Athletics Track Currumburra Road, Ashmore  
Cost: \$5 on the day no prior nomination required  
Time: 8.30am for a 9am start

**Events:**

Under 9.....700metres  
Under 10 - 11...1,100metres  
Under 12 - 17...1,500metres

All enquiries contact [ashmorelittleathletics@gmail.com](mailto:ashmorelittleathletics@gmail.com)

**Oceania & Australian 20km Race Walking  
Championship**



**Date:** Sunday 10th February  
**Location:** War Memorial Drive, Adelaide SA

**Timetable:**

7:00am - Australian 20km Race Walking Championship  
8:00am - Under 20 Oceania 10km Race Walking Championship  
8:00am - Under 18 Invitational 5km Race Walk

**Entry Fee:** \$30.00

**NB:** Entries will close on the 21st January at 5pm.

Entries <https://2019racewalk.eventdesq.com/>

**AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS**  
**Melbourne 2019**



**Draft Schedule** - Please note that this schedule is subject to change

Friday April 26<sup>th</sup> 1,500m Walk

Saturday April 27<sup>th</sup> 10,000, Road Walk (In conjunction with a VRWC meet)

Sunday April 28<sup>th</sup> No Competition

Monday April 29<sup>th</sup> 5,000m Walk

See website for more details <https://melbourne2019.com.au/welcome>

## Canberra Federation Carnival Mt Stromlo Canberra Sunday June 9<sup>th</sup>



The annual Carnival is held each June in Canberra and brings together race walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the Australia Federation of Race Walking Clubs (Race Walking Australia) and has a strong team emphasis. The carnival is over 50 years of age and involves over 300 walkers of all ages. This is a chance for EVERY member of the club to represent your State. So now is the time to start looking at accommodation and flights.

**Canberra Programme** – There is an event for everyone (**Age is Age on the Day**)

1. Open 20 Miles 8.00am
2. Fitness 20 Miles 8.00am
3. Men & Women ACTA 30km C/Ship 8.00am
4. Open & Vet Women 10 Miles 8.00am
5. Open & Vet Men 10 Miles 8.00am
6. Fitness 10 Miles 8.00am
7. Fitness 5 Miles 9.00am
8. Men 10,000 Metres 10.30am
9. Men U20 ACTA 10km C/Ship 10.30am
10. Women U20 10,000 Metres 10.30am
11. Open (over 20 years) 10km 10.30am
12. Boys U10 1,000 Metres 11.40am
13. Girls U10 1,000 Metres 11.40am
14. Boys U12 2,000 Metres 11.50am
15. Girls U12 2,000 Metres 11.50am
16. Boys U14 2,000 Metres 12.10pm
17. Girls U14 2,000 Metres 12.30pm
18. Boys U16 3,000 Metres 12.50pm

- 19. Girls U16 3,000 Metres 1.15pm
- 20. Boys U18 5,000 Metres 1.40pm
- 21. Girls U18 5,000 Metres 1.40pm
- 22. Women's Open 5,000 Metres 2.20pm

## QRWC Club Uniforms

Now is also the time to be thinking on ordering a new club uniform. A reminder that club uniforms are compulsory at Federation meets like the Canberra carnival. A uniform is not a mandatory requirement at our club meets but we do encourage members to wear their uniform AND because they just look so good.

### ORDERS

As the club does not keep a large inventory of uniforms and they are all made to order (which can take a number of weeks) now is a good time to let us know if you will be after a crop top or a singlet (and your size) this coming season .

Please email your requirements to Noela at [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com)

## 2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY



<http://athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>

### Race Walk Programme

- Sunday September 1<sup>st</sup> 10km road walk
- Tuesday September 3<sup>rd</sup> 5km track walk
- Friday September 6<sup>th</sup> 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 .....**

#### **2019**

January 12<sup>th</sup> Qld Masters Meet 5,000 Metres SAC Main Track 8.00am  
January 13<sup>th</sup> Ashmore Little Athletics Walks Day 9.00am  
January 13<sup>th</sup> Gold Coast Masters Griffith Uni 3,000/5000 metres 8.00am  
January 19<sup>th</sup> Qld Masters Meet 3,000 Metres SAC 8.00am  
January 26<sup>th</sup> Qld Masters Meet 5,000 Metres (Handicap) SAC  
January 26<sup>th</sup> QA Shield Meet 3,000/5,000 metres SAC 8.10pm  
January 27<sup>th</sup> Gold Coast Masters Griffith Uni 3,000/5000 metres 8.00am  
February 2<sup>nd</sup> Qld Masters Meet SAC TBD  
February 10<sup>th</sup> Oceania & Australian 20km Race Walking Championship Adelaide 7.00am  
February 10<sup>th</sup> Gold Coast Masters Griffith Uni Inc. QMA 3,000m C/Ship 7.30am  
February 13<sup>th</sup> Qld Masters Meet SAC 30min walk 7.00pm (Wednesday night meet)  
February 16<sup>th</sup> QA Shield Meet 3,000/5,000 metres UQ St Lucia 9.00pm  
February 24<sup>th</sup> Gold Coast Masters Griffith Uni TBD  
February 27<sup>th</sup> Qld Masters Meet 8,000 metres SAC 7.00pm (Wednesday night meet)  
March 2<sup>nd</sup> Qld Masters Meet SAC TBD  
March 7-10<sup>th</sup> Queensland Athletics Championships (U14-Open) QSAC  
March 10<sup>th</sup> Gold Coast Masters Griffith Uni  
March 16<sup>th</sup> Qld Masters Meet SAC TBD  
March 22<sup>nd</sup> Qld LA Championships Townsville  
March 23<sup>th</sup> Qld Masters Meet SAC TBD  
March 24<sup>th</sup> Gold Coast Masters Griffith Uni TBD  
March 27<sup>th</sup> Qld Masters Athletics 10,000metre Championships SAC 7pm  
March 30<sup>th</sup> Gold Coast Masters Championships Griffith Uni  
March 30<sup>th</sup> – April 7<sup>th</sup> Australian Athletics Championships (U14-Open) Sydney  
April 7<sup>th</sup> QRWC Sign on Day Kalinga Park 8.00am  
April 13-14<sup>th</sup> Queensland Masters Athletics Championships State Athletics Facility SAC  
April 14<sup>th</sup> QRWC Handicap meet Logan River Parklands Beenleigh 8.00am  
April 21<sup>st</sup> Easter Sunday  
April 26-29<sup>th</sup> Australian Masters Athletics Championships Melbourne Lakeside Stadium  
April 28<sup>th</sup> QRWC Handicap meet 8.00am TBA

#### **Looking further ahead**

May 5<sup>th</sup> QRWC Handicap meet TBA

May 12<sup>th</sup> Mother's Day

May 25<sup>th</sup> Great Barrier Reef Masters Games

June 2<sup>nd</sup> Gold Coast Road Walk Championships Mudgeeraba 8.00am  
June 9<sup>th</sup> LBG Federation Carnival Mt Stromlo Canberra  
July 3-14<sup>th</sup> 30th Summer Universiade, Naples Italy  
August 31<sup>st</sup> Oceania Masters Games Mackay  
Sept 28<sup>th</sup> - Oct 6<sup>th</sup> IAAF World Championships Doha, Qatar

## Queensland Athletics Registration 2018/19

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](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

**QRWC Website:** [www.qrwc.com.au](http://www.qrwc.com.au)

### **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.

[qrwcregistrar@outlook.com](mailto: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](http://www.rwa.org.au)

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