

Queensland Race Walking Club Inc.

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



HEEL & TOE

January 17th 2019

Ashmore Little Athletics Walks Day

Congratulation to everyone involved in the Ashmore Little Athletics Walks Day last Sunday. Good to see an excellent turnout of young walkers especially those who travelled big distances to be there

Ashmore Little Athletics Walks Day - 13th January

700m Walk

Siaan Fisher U/9G Redlands 4:51.34

Madeline Sjaus U/9G Ashmore 5:32.14

1500m Walk - Boys

Jonathan Wearne U/15B Redcliffe 7:28.86

Kai Norton U/14B Arana 7:44.94

Sam McCure U/13B Ashmore 8:18.48

Charlie Capps U/12B Gold Coast 8:28.04

Alex Bradley U/13B Highfields 8:55.91

Seth Moore U/14B Gold Coast 9:57.01

Jack Bannister U/13B Nambour 10:12.58

Sam Cosford U/12B Springwood 10:19.44

1100m Walk - Mixed

Chelsea Capps U/10G Gold Coast 6:22.45

Noah Tilton U/10 B Tweed 6:49.71

Nicolas Ollenburg U/10B Deception Bay 7:09.27

Shantel Gale U/11G Strathpine 7:09.58

Charlotte Brady U/11G Aspley 7:56.39

Katie Birt U/11G Springwood 8:09.29

Milly Sharpe U/11G Gladstone 8:14.59

Taylor Barkworth U/11G Tweed 8:22.78

Amy Cosford U/10G Springwood 8:24.29

Oliver Roberts U/10 B Ashmore 8:25.56

Jaimie Haggerty U/10G Sunnybank 8:42.15

Korbyn Bricknell-Hewitt U/10B Mudgeeraba 9:07.88

1500m Walk – Girls

Summer Millard U/14G Nanango 7:35.16
Amelia Schofield U/16G Ashmore 8:31.43
Lyla Williams U/12G Tweed 8:33.63
Charlotte Sentence U/14G Arana 8:35.98
Jasmine McRoberts U/17G Redcliffe 8:37.89
Korey Brady U/14G Aspley 8:44.55
Mia Bergh U/14G Ashmore 9:01.44
Scarlett Schofield U/13G Ashmore 9:31.19
Lily Goulding U/12G Ipswich 9:55.22
Isabella Schofield U/17G Ashmore 10:05.23
Tarryn Fisher U/14G Redlands 10:28.26
Alyssa Cole U/15G Ashmore 10:53.47
Sinead Cole U/12G Ashmore 11:17.17

MORE RESULTS

Gold Coast Masters Athletics Griffith Uni January 13th

3,000 Metres

Kay Shaw 20:55.00

5,000 Metres

Brenda Gannon 29:05.00

Nyle Sunderland 31:12.00

Qld Masters Athletics SAF Nathan January 12th

Juniors 3,000 Metre Race Walk

Anika Clarke 16:58

5,000 Metre Race Walk

Peter Bennett *Time not published*

Mark Carlile *Time not published*

Noela McKinven *Time not published*

10,000m Supernova Track Race

10,000m Supernova Track Race, AIS Athletics Track, Canberra, Wednesday 9 January

1. Karlstrom, Perseus SWE M 38:52.76
2. Arteaga, Mauricio ECU M 40:16.25
3. Araya, Yerko CHI M 41:03.59
4. Arevalo, Eider COL M 41:04.03
5. Dunfee, Evan CAN M 41:11.18
6. Fujisawa, Isamu JPN M 41:11.45
7. Palma, Ever MEX M 41:39.64
8. Melendez, Jose USA M 41:46.52
9. Ziukas, Marius LTU M 42:15.08
10. Rew, Quentin NZL M 42:17.93
11. Uradnik, Miroslav SLO M 42:21.37

12. Blocki, Damian POL M 44:04.30
13. Brzozowski, Artur POL M 44:41.71
14. Bilodeau, Mat CAN M 44:49.41
15. Ruiz, Jorge COL M 44:57.61
16. Sikora, Rafal POL M 45:14.19
17. Lorenas, Sandra COL F 45:16.53
18. Montag, Jemima AUS F 45:36.84
19. Hayward, Katie AUS F 45:49.75
20. Yamamoto, Toru JPN M 46:00.89
21. Rayson, Ian AUS M 46:08.94
22. Virbalytre, Brigita LTU F 46:47.58
23. Camilleri, Tristan AUS M 47:29.41
24. Araya, Edward CHI M 47:43.05
25. Reading, Brendon AUS M 48:49.42
26. Barber, Alana NZL F 48:50.62
27. Fraser, Tim AUS M 49:16.27
28. Dickson, Corey AUS M 50:37.60
29. Swan, Kyle AUS M 50:54.80
30. Suskevicius, Tadas LTU M 51:12.60
31. McInnes Simone AUS F 51:35.48
32. Huse, Philippa AUS F 51:48.48
33. Tallent, Rachel AUS F 51:56.32
34. Pickles, Jess AUS F 54:17.89

This Week

This Saturday morning, January 19th, Qld Masters Meet have a 3,000 Metres walk at the SAC starting at 8.00am (hopefully they are on time this week).

On Saturday afternoon **Ipswich Little Athletics** have a **Twilight Carnival** at their centre at Bill Paterson Oval Lion Street, Ipswich. The walks on the programme are distances of 700m, 1100m and 1500m starting from 1pm.

Coming up Soon



Redland Bay Little A's Carnival

Sunday January 27th at Sheldon College
Walks start at 8am

Nominations through Results HQ Close January 19th

Caboolture Dusk til Dawn Saturday February 9th at 6pm

Venue: Caboolture Historical Village 280 Beerburrum Road

A race for everyone! Runners or walkers. There is even a 6-hour relay (3 x 2 hours or 2 x 3 hours). If you are interested in being in a walking relay team let us know

Time Based Events

12 Hour \$85 6:00pm

6 Hour \$65 6:00pm

Distance Based Events

100km \$85 6:00pm

50 km \$65 6:00pm

Marathon \$60 6:00pm

½ Marathon \$40 6:00pm

15 km \$15 6:00pm

10 km \$10 6:00pm

More Info go to : <http://www.geoffsrns.com/events/dusk-til-dawn/>

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/>

The 2019 Australian Track & Field Championships
Sydney Olympic Park Athletic Centre April 1st to April 7th

Draft Walks Timetable

Monday 1st April

9:00am 10000 metres Walk Under 20 Men
9:00 am 10000 metres Walk Under 20 Women
4:30 pm 3000m Race Walk Under 15 Boys
4:30 pm 3000m Race Walk Under 16 Boys
5:00 pm 3000m Race Walk Under 15 Girls
5:00 pm 3000m Race Walk Under 16 Girls

Tuesday 2nd April

11:30 am 3000 metres Race Walk Under 14 Girls
11:30 am 3000 metres Race Walk Under 14 Boys

Friday 5th April

8:10 pm 10000 metres Race Walk Open Men
8:10 pm 10000 metres Race Walk Open Women

Saturday 6th April

9:00 am 5000m Race Walk Under 18 Women
9:00 am 5000m Race Walk Under 18 Men
9:40 am 5000 metre Walk Under 17 Women
9:40 am 5000 metre Walk Under 17 Men

AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS
Melbourne 2019



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

Friday April 26th 1,500m Walk

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

Sunday April 28th No Competition

Monday April 29th 5,000m Walk

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

Canberra Federation Carnival Mt Stromlo Canberra
Sunday June 9th



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 30km 8.00am
2. Fitness 30km 8.00am
3. Men & Women ACTA 30km C/Ship 8.00am
4. Open & Vet Women 15 km 8.00am
5. Open & Vet Men 15km 8.00am
6. Fitness 15km 8.00am
7. Fitness 8km 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.

2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY



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

Race Walk Programme

Sunday September 1st 10km road walk

Tuesday September 3rd 5km track walk

Friday September 6th 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 19th Qld Masters Meet 3,000 Metres SAC 8.00am

January 26th Qld Masters Meet 5,000 Metres (Handicap) SAC

January 26th QA Shield Meet 3,000/5,000 metres SAC 8.10pm

January 27th Gold Coast Masters Griffith Uni 3,000/5000 metres 8.00am

February 2nd Qld Masters Meet SAC TBD

February 10th Oceania & Australian 20km Race Walking Championship Adelaide 7.00am

February 10th Gold Coast Masters Griffith Uni Inc. QMA 3,000m C/Ship 7.30am

February 13th Qld Masters Meet SAC 30min walk 7.00pm (Wednesday night meet)

February 16th QA Shield Meet 3,000/5,000 metres UQ St Lucia 9.00pm
February 24th Gold Coast Masters Griffith Uni TBD
February 27th Qld Masters Meet 8,000 metres SAC 7.00pm (Wednesday night meet)
March 2nd Qld Masters Meet SAC TBD
March 7-10th Queensland Athletics Championships (U14-Open) QSAC
March 10th Gold Coast Masters Griffith Uni
March 16th Qld Masters Meet SAC TBD
March 22nd Qld LA Championships Townsville
March 23th Qld Masters Meet SAC TBD
March 24th Gold Coast Masters Griffith Uni TBD
March 27th Qld Masters Athletics 10,000metre Championships SAC 7pm
March 30th Gold Coast Masters Championships Griffith Uni
March 30th – April 7th Australian Athletics Championships (U14-Open) Sydney
April 7th QRWC Sign on Day Kalinga Park 8.00am
April 13-14th Queensland Masters Athletics Championships State Athletics Facility SAC
April 14th QRWC Handicap meet Logan River Parklands Beenleigh 8.00am
April 21st Easter Sunday
April 26-29th Australian Masters Athletics Championships Melbourne Lakeside Stadium
April 28th QRWC Handicap meet 8.00am TBA

Looking further ahead

May 5th QRWC Handicap meet TBA
May 12th Mother's Day
May 25th Great Barrier Reef Masters Games
June 2nd Gold Coast Road Walk Championships Mudgeeraba 8.00am
June 9th LBG Federation Carnival Mt Stromlo Canberra
July 3-14th 30th Summer Universiade, Naples Italy
August 31st Oceania Masters Games Mackay
Sept 28th - Oct 6th 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

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

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 REGISTRAR@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/>