

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



HEEL & TOE

January 26th 2018



Get Ready for a Big Year of Race Walking

The race walking calendar is always full of events and the keen athlete can find an event or events in which compete in nearly every week of the year. But this year, in the lead up to the Gold Coast Commonwealth Games in April, the programme has become jammed up from early in the year. That does not mean things will quieten down after the Games. Far from it, the road walk season will just be kicking off then!

The AA track 10km championships have already been held with the AA 20km Road Walk Championships being held in Adelaide on February 11th. February 2-4th sees the Queensland Athletics Open Track Championships with the QA Junior championships on from the 22-25th. The Gold Coast Masters Track Championships are on at the Runaway Bay complex on February with the Qld Masters 10,000 metres track Championships on Wednesday 7th at the State Athletics Facility in Brisbane. Heading into March, the AA Junior Track Championships will be on in Sydney from 14-18th.

The much anticipated **2018 Gold Coast Commonwealth Games** will take centre stage in April with all our focus on April 8th when the 20km Road Walks will be conducted along the beachfront at Currumbin. Dane is firmly among the favourites for the men's 20km and we are hoping that we may have other club members qualify for the Games. We can be very proud, as a club, that will have a truly outstanding percentage of our members as Games volunteers. We are also awaiting confirmation that the club will have an official presence at Currumbin on race day (demonstration / information on race walking). This is a very exciting opportunity for the club.

April also sees the Australian Masters Athletics Track & Field Championships in Perth and the Australian Little A's Championships on the Gold Coast. From a club winter road season perspective, we would now be looking to kick off the season no earlier than **Sunday April 22nd with a combined handicap programme / Sign On Day**. It is looking likely that the club will be well represented at World Race Walking Team Championships in Taicang, China in May.

June is an important month on the race walking calendar with the annual LBG Federation Carnival being held at Mt Stromlo in Canberra. This is an occasion for every member of the club to represent the State against fellow race walking from all around the country. The Gold Coast Road Walk Championships will be held on June 17th at Mudgeeraba. Katie Hayward has qualified for the Australian team to contest the IAAF World Juniors Track Championships in Finland July.

Heading into August, the QA Road Walk Championships and QMA Short Walk C/Ships will be held on Sunday 5th. Then on **August 26th the Sunshine Coast will host the Australian Winter Road Walk Championships combined with the 2nd Federation Championships**. This is another opportunity for every member of the club to participate as a competitor or to assist as a volunteer in running the meet.

Our club year will be winding up around the 16th of September with our relays and Presentation Day but in November the club will be running the 10km Road Walk at the Pan Pacific Masters Games on the Gold Coast.

Then we all get back into the track season once again.....
So there much to look forward to in the coming months for the athletes and for the club but we will not be able to do it without your continued support. Thank you all and have a great year.

RESULTS RESULTS RESULTS

Qld Masters Athletics SAF Nathan

Saturday January 20th

3,000 Meter Race Walk

Charlotte Hamann W16 19:42.38 (19:42.39 58.78%)

Mark Carlile M44 23:09.17 (21:56.24 47.97%)
Peter Bennett M62 16:11.43 (12:55.21 81.45%)
Noela McKinven W75 24:16.39 (16:01.51 72.28%)

Gold Coast Masters Athletics Runaway Bay

Sunday January 21st

3,000 Meter Race Walk

Mark Carlile M44 22:48.80 (22:01.17 33.30%)
Brenda Gannon W43 16:27.83 (15:50.79 73.10%)
Nyle Sunderland W50 18:32.76 (16:27.58 70.37%)
Kay Shaw W58 20:19.12 (17:14.06 67.21%)
Patrick Sela M78 24:21.55 (16:19.83 64.44%)

Age Graded Times & Percentages in Brackets

Redlands Athletics Club Carnival

Sunday 28th January Sheldon College

The Redlands LA's carnival, featuring race walks, will be conducted on the recently laid IAAF approved tartan track at Sheldon College this Sunday, January 28th.

Walks events on offer include U9 – 700m, U10 to U11 1,100m and U12 to U17 1,500m. and will commence at 8.00am. Enquiries: info@redlandsathletics.org.au

This Week

Race walks are on the programme at the QA Australia Day Shield meet. The combined 3,000 / 5,000 metres walk starts at 8.10pm on the track at the SAF

Old Masters competition is on Sunday this week (January 28th) The 5,000 metres walk starts at 8.00am at the SAF.

Gold Coast Masters Championships

Runaway Bay Sports Centre February 4th

Walk Championships Programme

7.30am 5,000 metre walk Men & Women
10.30am 1,500 metre walk Men & Women

Medals will be presented to 1st, 2nd and 3rd places for every event in every age division. Entry forms can be downloaded from the website

<https://www.goldcoastmasters.com/>

Contact: Karen Lakin Email to karenlakin@outlook.com.au

Australian 20km Race Walking Championships Inc. Oceania Championships

Sunday 11th February 2018

War Memorial Drive, Adelaide, South Australia

Timetable

7:00am: Australian 20km Race Walking Championships

8:00am: Oceania Under 20 10km Race Walking Championship

8:00am: Invitational Under 18 5km Race Walking Championships

Entry \$30.00 per event Entries Close Monday 5th February 2018

<http://www.athletics.com.au/Compete/Events/2018-oceania-australian-20km-race-walking-championships-1>



ENTRIES ARE NOW OPEN

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/>

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 10th

This annual Carnival is held each June in Canberra and brings together races walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the AFRWC 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. Besides competing against your peers from around

Australia you will have a lot of fun and meet people who will become lifelong friends. Besides all that there is the opportunity to win individual, team and handicap awards.

So, start looking at accommodation and flights. If you see any super sales prices on flights please let us know so that we can share the deals with your team mates.

Canberra Programme – There is an event for everyone

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

Events 1, 4, 8, 12-22 are Racewalking Australia individual and team events.

Events 4 & 5 incorporate Racewalking Australia Masters men's & women's individual competition only

Racewalking Queensland

QRWC Annual Subscriptions

Family \$25.00

Students & Officials \$10.00

Others \$15.00

To register with Queensland Athletics, you must use their On-Line Registration.

Go to www.qldathletics.org.au

Race Day Fees

Students \$3.00 / Others \$5.00

Club/Track Championships \$8.00

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.
qrwcregistrars@outlook.com Club membership enquiries and information

Racewalking Queensland Management Committee 2017/18

President: S Pearson **Secretary:** N. McKinven
Vice President: P. Bennett **Treasurer:** J. Heylen
Committee: I Jimenez, A Wearne, R Wales, R Hamann, J Pickles, S Langley
Patron: Patrick & Maxine Sela **Registrar:** A Wearne, S Wearne
Delegates to QA: R Wales, S Pearson
Equipment Officers: N McKinven, I Jimenez, P Bennett, S Pearson
Handicapper: N McKinven **Trophy Officer:** N McKinven
Results: N McKinven **Canteen Convenor:** G Jimenez
Publicity Officer: J Pickles **Blue Card Co-ordinator:** J Haig

Coming Up

January 26th QA Meet 3,000 / 5,000 metres SAF
January 28th **Sunday** QMA 5,000 metres SAF 8.00am
February 2-4th QA Open Track Championships 10km U20/Open
February 4th GC Masters Championships Runaway Bay 5km 7.30am / 1.5km 10.30am
February 7th **Wednesday** QMA 10,000 metres Championships SAF 7.00pm
February 10th QMA 3,000 metres SAF 8.00am
February 11th AA 20km Road Walk Championships Adelaide
February 15-18th AA Open Track Championships Gold Coast
February 17th QMA 5,000 metres SAF 8.00am
February 22-25th QA Junior Track Championships
February 24th QMA 3,000 metres 8.00am / 1,500 metres 9.40am Main Stadium QE11

Looking Further Ahead

March 3rd QMA 3,000 metres Championships SAF 8.00am/1 Mile 9.30am
March 3rd QA Meet 3,000 / 5,000 metres SAF
March 10th QMA 5,000 metres SAF or Main 8.00am
March 14-18th AA Junior Track Championship Sydney
March 17th QMA 3,000 metres SAF 8.00am
April 8th Commonwealth Games 20km Road Walks Currumbin
April 11th **Wednesday** QMA 10,000 metres SAF 7.00pm
April 14th QMA 3,000 metres SAF 8.15 am
April 21st QMA Track & Field Championships SAF 5,000 metres TBA
April 22nd QRWC Sign On Day / Handicap Meet TBC
April 26-29 AMA Track & Field Championships Perth WA
April 28-29th Australian Little A's Championships Gold Coast
May 5-6th World Race Walking Team Championships Taicang, China
June 10th LBG Federation Carnival Mt Stromlo Canberra

June 17th Gold Coast Road Walk Championships Mudgeeraba 8.00am
July 10-15th IAAF World Juniors Track Championships Finland
August 5th QA Road Walk Championships / QMA Short Walk C/Ships **TBA**
August 26th AA/Federation Road Walk Championships Sunshine Coast **TBA**
September 1-16th World Masters Athletics Championships Malaga, Spain
November 11th PPMG 10km Road Walk Runaway Bay 7.00am

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(Trading at the Queensland Race Walking Club Inc. ABN 59065512712)

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Students & Officials \$10.00 Others \$15.00

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Others \$5.00

Club/Track Championships \$8.00

Track Championships – Non-Member \$ 15.00.

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Go to www.qldathletics.org.au

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/>