

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



HEEL & TOE

March 29th 2018

**Katie Hayward selected in Australian Team
IAAF World Under 20 Championships
Tampere, Finland 10-15 July 2018**

After a big win at the Australian Junior Championships and registering numerous qualifying times Katie Hayward has been officially selected in the Australian team to contest the 10,000 metres at the World U20 Championships in Finland in July. Big congratulations to Katie and to her coach Steve Langley from all the club members..

The Finnish city of Tampere will be the destination in July of 57 future stars of Australian track and field as the city will host the 16th IAAF World Under 20 Championships from July 10 to 15. The championships are the pinnacle for junior athletes, where over 160 countries compete for international honours. Athletics Australia's Chief Executive Officer, Darren Gocher was brimming with excitement of the team named today.

"Athletics Australia is fortunate to work alongside these athletes and their hard-working personal coaches. This talented crop of juniors shows how exciting the future of athletics is in Australia. We look forward to giving our continued support via our National Junior Coaches, team coaches, medical staff and managers from now until Finland".

10,000 metre walk Katie Hayward (Coach: Steve Langley)
Declan Tingay (Coach: Steven Tingay)
Kyle Swan (Coach: Brent Vallance)



IAAF World Race Walking Teams Championships Taicang, China May 5-6th

It was all happening for Katie Hayward this week when all her hard work and perseverance paid off with the announcement of her inclusion in the Australian team to contest the U20 10km at the Race Walking World Teams Championships. Two Australian teams in one week. Awesome work Katie.

“Athletics Australia have announced the addition of six junior race walkers to the Australian team for the IAAF World Race Walking Teams Championships to be held in Taicang China 5-6 May 2018. The strong tradition of Australian race walking is in good hands with an impressive crop emerging, especially Declan Tingay and Katie Hayward.

In the women’s, Katie Hayward (QLD) has been in record breaking form over the last few years. In 2016 she broke the national under-18 5000km walk record with a time of 21:39.03. In March 2018, she won the national under-20 title by a comfortable three minutes in a very quick time of 45:48.45.”

Men’s under-20 10km walk:

- Declan Tingay WA (Steven Tingay)
- Kyle Swan VIC (Brent Vallance)
- Mitchell Baker ACT (Mark Worrall)

Women’s under-20 10km walk:

- Katie Hayward QLD (Steve Langley)
- Rebecca Henderson VIC (Simon Baker)
- Phillipa Huse VIC (Simon Baker)

Happy Easter QRWC

Hi All,

This may be the last time I write something in our Club newsletter before the AGM on April 22nd. So firstly, HAPPY EASTER to you all.

Last weekend was the QLD Little Athletics State Championships.

Friday night was when all the Race walking action was on.

There were some outstanding performances and I’m pretty sure the results will all be somewhere in this newsletter.

I’d like to take the opportunity to congratulate all the U/13 athletes that were selected into the Queensland Little A’s team competing at Runaway Bay on the weekend of April 28th and 29th.

But most of all congratulate to the Race walkers.

Boys: - Kris Haywood and Kai Norton

Girls: - Jayda Anderson and Sabrina Guse

Congratulations to all the coaches, volunteers and officials that also helped over the big weekend of State Little A's and leading up to these champs preparing our walkers. As this year's National Champs are on our doorstep down the coast. I urge as many of you as possible to venture down to watch, support and cheers for our walkers. Some of our members will also be there officiating as well. Big thank you once again for all the effort our club members put in to keeping QRWC on the map.

Congratulation to Katie Haywood who this week was officially named in the Australian Junior World Cup team off to Taicang, China in early May and also the Australian World Junior team heading to Finland in July. What an outstanding young athlete we have coming through. All the best of luck at both these Championships.

Waving the Flag very soon is our Commonwealth Games rep Dane Bird-Smith, only a week till he goes for Gold. I was at the International Track classic last night and watched Dane smash out a 3k in 10.56, average 400m lap at 1.28 that's quick. Good luck Dane from everyone in the club. A couple weeks later he then heads to China for the Teams World Cup. We'll be at Currumbin yelling loud to get him over the line first. Plus good luck to all the Australians competing. Last night Nelson McCutcheon also set a new PB time of 12.51 and Caitlin Hannigan walked a very good race in 14.17.

Speaking of Currumbin. A touch over 1 week to go. Make sure you all get down there to support the Race walking at the Commonwealth Games and be sure you go via the "Come & Try" Activation tent and be involved with all the action there as well.

Finally. Thank you to everybody involved with Queensland Race Walking Club over the past 12 months. It has been an honour having the position of Club President. I have thoroughly enjoyed it.

May you all have a Happy and Safe Easter and see you at Currumbin next Sunday.

Shane.

President QRWC

Queens Baton Relay

With the Games rapidly approaching the Baton Relay is coming to town and some of our club members have been honoured with their selection to participate.

Club Secretary, Noela McKinven will be in action on Good Friday (March 30th) and will start her leg with the Baton at the corner of Roghan & Handford Roads in Taigum at about 12.25pm. Noela will pass the Baton to coach Dave Smith who has been busy preparing Dane for the Commonwealth Games 20km.

Noela is featured in the local Quest newspaper this week "*The Commonwealth Games Queen's Baton Relay might be bypassing the northwest, but plenty of people from the*

region will be taking part. Ferny Hills masters race walker Noela McKinven, 75, is excited about her 200m leg of the relay.”

To see the full story, go to <http://quest.smedia.com.au/north-west-news/>

Young Sam McCure is getting the baton at 10.25am from Australian sprinting legend Raelene Boyle at 36 Tedder Avenue, Main Beach on Wednesday, April 4th.

Also, in action on Games Opening Day, April 4th at Main Beach is former IAAF Race Walking Judge and dear friend of the QRWC, Jill Huxley.

Jill Huxley's Baton turn will be on the 4th A at Main Beach

RESULTS RESULTS RESULTS

Qld Little Athletics State Championships

There were a host of outstanding performances in the walks at the Qld Little Athletics Championships last week. There was a long list of walkers recording personal bests to end the season on a high. Congratulations to every walker who participated and did their very best. There were three QLA Queensland best performances recorded during the competition. In the boys Under 15 1,500 metres Nelson McCutcheon sliced 11 seconds of the record held by Jesse Osborne to set a new mark of 6:07.96.

Anika Clarke walked a new record time of 7:23 in the girls Under 12 1,500 metres to better the time of 7:31.10 previously set by Jayda Anderson. Then in the boys Under 13 1,500 metres Kris Hayward took 10 seconds off the time set by Jono Wearne last year in setting a new record of 6:45.17.

Girls Under 11 1,100 Meter Race Walk

1 Rebecca Teahen	Toowong Harriers	5:37.95
2 Trinity Woodward	Arana	5:59.76
3 Tamika Gee	Algester	6:04.50
4 Charlotte Porter	Aspley	6:42.17
5 Tiarna O'Neill	Caloundra	6:43.95
6 Eboniee Hilton	Caboolture	6:44.10
7 Abbie McDonald	Strathpine	7:09.16
8 Sophie Scott	Toowong Harriers	7:23.56
9 Taylor Skinner	Gold Coast	7:48.10
10 Olivia Hingst	Sunnybank	8:04.68
11 Tatum McDonald	Beenleigh	9:07.80
12 Natasha Hammond	Nambour	9:12.79
-- Jade Armstrong	Rosewood	DQ
-- Aleksia Thomasson	Mt Gravatt	DQ
-- Ella Henningsen	University	DQ

Boys Under 11 1,100 Meter Race Walk

1 Charlie Capps	Gold Coast	5:32.25
2 Cooper Smith	University	6:18.06

3	Kody Fisher	Redlands	6:29.64
4	Jack Bannister	Nambour	7:06.60
5	Sam Cosford	Springwood	7:08.64
6	Grant Hall	Strathpine	7:52.26
7	Jye Kennedy	Mudgeeraba	7:52.68
8	Jackson Edser	Algester	8:02.13
9	Leyland Hempsted	University	8:07.87
10	Noah Boschma	Strathpine	8:15.52
--	Torin Manteit	Ipswich	DQ
--	Alex Bradley	Toowoomba South Lac	DQ
--	Chayse Russell	Ipswich	DQ
--	Leon Grotowski	Toowong Harriers	DQ
--	Tejean Wesseh	Algester	DQ

Girls Under 10 1,100 Meter Race Walk

1	Lyla Williams	Tweed	5:52.47
2	Shantel Gale	Strathpine	6:06.09
3	Kamara Stewart	Ipswich	6:12.72
4	Baylee McGowan	Noosa	6:43.73
5	Stephanie Aguinaldo	Gold Coast	6:46.91
6	Riley Mathewson	Ipswich	7:07.60
7	Britney Murray	Noosa	7:16.47
8	Erica Polak	Redlands	7:29.27
9	Charlotte Brady	Aspley	7:38.87
10	Amelia Salo	Algester	8:01.53
11	Grace Brown	Strathpine	8:05.26
12	Taylor Barkworth	Tweed	8:43.96
13	Chiara Wise	Springwood	8:59.30
--	Lily Goulding	Ipswich	DQ

Boys Under 10 1,100 Meter Race Walk

1	Myles Callaghan	Redlands	5:57.08
2	Jhye Rasmussen	Ipswich	6:38.76
3	Jacob Petrovic	Redlands	6:55.15
4	Will Paynter	Highfields	7:52.18
5	Zack Manteit	Ipswich	8:04.48
6	Zackary Epitropakis	Algester	8:44.96
--	Harry Cohen	Toowong Harriers	DQ
--	Dayne Smallacombe	Caboolture	DQ

Girls Under 9 700 Meter Race Walk

1	Makenna Clarke	Redlands	3:49.34
2	Chelsea Capps	Gold Coast	3:49.71
3	Anna Tudor	Noosa	4:01.11
4	Kayley Ettridge	Caboolture	4:06.00
5	Caterina Davey	Toowong Harriers	4:12.02

6	Trinity Ransome	Gold Coast	4:29.42
7	Emma Sheehan	Toowong Harriers	4:31.23
8	Awhena Kororiko	Biloela	4:34.60
9	Amy Cosford	Springwood	4:38.06
10	Melita Scott	Tweed	4:41.18
11	Grace Jardine	Mt Tarampa	4:44.43
12	Mikaylee Blatchly	Laidley	4:47.41
13	Charlotte Baty	Strathpine	4:56.54
14	Emma North	Bracken Ridge	5:20.82
15	Brylie Smulders	Deception Bay	5:40.93
--	Hannah Mehta	Mudgeeraba	DQ
--	Lily Watson	Springwood	DQ
--	Mia Kriel	Redcliffe	DQ
--	Belen Ash	Noosa	DQ

Boys Under 9 700 Meter Race Walk

1	Xavier Blair	Bundaberg	4:32.30
2	Blake Zirbel	Toowoomba South Lac	4:35.99
3	Jak Sutton	Laidley	4:46.61
4	Ethan Gration	City North	4:51.03
5	Max Rayner	Balmoral	4:51.15
6	Noah Tilton	Tweed	4:52.89
7	Benjamin Waters	Redlands	5:06.64
8	Dylan McDonald	Strathpine	5:24.61
9	Joshua Jenner	Warwick	6:18.90
--	Kosta Vlasisavljevic	Mt Gravatt	DQ
--	Dean Cordwell	Wynnum Manly	DQ
--	Darius Jansink	Warwick	DQ

Girls Under 13 1,500 Meter Race Walk

1	Jayda Anderson	Gold Coast	7:19.23
2	Sabrina Guse	Wynnum Manly	8:06.82
3	Tiani Hogan	Tweed	8:15.98
4	Payten Hogan	Tweed	9:04.10
5	Korey Brady	Aspley	9:12.52
6	Sophie Porter	Aspley	9:44.17
7	Brealla Jager	Centenary	10:02.74
8	Tiana Mathewson	Ipswich	10:35.17
9	Holly Delchau	Jimboomba	10:39.18
10	Lily Henningsen	University	10:40.08
--	Torryn Fisher	Redlands	DQ
--	Kyla Collins	Bracken Ridge	DQ
--	Rose Melville-Wode	Noosa	DQ

Boys Under 13 1,500 Meter Race Walk

1	Kris Hayward	Gold Coast	6:45.17#
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2 Kai Norton	Arana	7:44.14
3 Seth Wasson	Caboolture	7:52.39
4 Alexander Webster	Toowong Harriers	9:41.46
5 Cooper Mollenhagen	Monto	11:14.97
6 Tyla Jorgensen	Bargara	11:30.70
-- Zayden Isherwood	Bargara	DQ
-- Lachlan McCure	Ashmore	DQ
-- Caden Wyatt	Bargara	DQ
-- Kaine Gould	Bundaberg	DQ

Girls Under 12 1,500 Meter Race Walk

1 Anika Clarke	Redlands	7:23.60#
2 Amber Norton	Arana	8:09.87
3 Daniella Lourigan	Maryborough	8:20.86
4 Scarlett Schofield	Ashmore	8:57.26
5 Amber Tofful	Caloundra	9:18.09
6 Lauren Heath	Algester	9:19.79
7 Sienna Powell	Redcliffe	9:31.43
8 Leah Hollinger	Caboolture	10:08.88
9 Matilda Burton	Highfields	10:29.50
10 Molly Gore	Toowoomba Cent	10:34.78
-- Tess Hannigan	Beaudesert	DQ
-- Lacey Madden	Tweed	DQ

Boys Under 12 1,500 Meter Race Walk

1 Hamish Smallacombe	Caboolture	7:55.57
2 Jonathan Riese	Toowong Harriers	8:58.20
3 Seth Moore	Gold Coast	9:01.30
-- Ty Kusemamuriwo	Arana	DNF
-- Cameron Dubbeldam	Toowong Harriers	DQ

Girls Under 14 1,500 Meter Race Walk

1 Camryn Novinetz	Ipswich	6:56.28
2 Mackenzie Ofield	Caloundra	7:40.47
3 Rylee Skipper	Noosa	8:33.89
4 Taylah Graham	Cairns	8:36.82

Boys Under 14 1,500 Meter Race Walk

1 Jonathan Wearne	Redcliffe	7:23.08
2 Kane Moulder-Shard	Ipswich	9:20.90

Girls Under 15 1,500 Meter Race Walk

1 Amelia Schofield	Ashmore	7:39.75
2 Zoe Jenner	Gold Coast	9:05.38
3 Elliot Bow	Caboolture	9:24.44

Boys Under 15 1,500 Meter Race Walk

1 Nelson Mccutcheon	Redlands	6:07.96#
2 Reece Madden	Tweed	7:19.07
3 Jedekiah Buchanan	Mt Tarampa	8:22.84

Girls Under 16 1,500 Meter Race Walk

1 Caitlin Hannigan	Beaudesert	6:51.57
2 Jasmine-Rose McRoberts	Redcliffe	8:38.15

Boys Under 16 1,500 Meter Race Walk

1 Ben Jeffrey	Souths	8:25.38
2 William Piancentini	Gracemere	9:27.55

Girls Under 17 1,500 Meter Race Walk

1 Jade Pearson	Arana	8:32.16
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Boys Under 17 1,500 Meter Race Walk

1 Callum Haig	Caloundra	7:49.60
2 Ethan Clarke	Redlands	8:09.05
3 Kyle Rasmussen	Ipswich	9:36.14

Gabriella and Cassandra Hill competed for their Lismore club in Sydney at the NSW Little Athletics Championships. Gabriella was 1st in U14 1,500m Walk in 6:54.50 and Cassandra did a pb in the U12 1, 500m walk finishing 11th in 8:41.64.

STOP PRESS

Queensland International Track Classic QSAC March 28th

3,000 Metre Race Walk

Women

1 Smith, Beki	32 Australia	12:48.70
2 Tallent, Claire	37 Australia	13:20.39
3 Hannigan, Caitlin	16 Australia	14:17.23

Men

1 Bird Smith, Dane	26 Australia	10:56.06
2 Dunfee, Evan	27 Canada	11:28.41
3 McCutcheon, Nelson	16 New Zealand	12:51.68

Australian Little A's Championships

The Australian Little Athletics Championships will be held at the Runaway Bay track on the Gold Coast from April 28 walkers -29th

Congratulations to following the walkers chosen to represent the State after their performances at QLA Championships.

U13 1,500 metre walk

Kris Hayward, Kai Norton

Jayda Anderson, Sabrina Guse

QRWC Winter Road Walk Season / AGM Sunday April 22nd

The 2018 Winter Road Walk season kicks off on **Sunday April 22nd** with a Sign on Day and Annual General Meeting at the Logan River Parklands, Beenleigh.

The **Annual General Meeting** of the club will be held after the races conclude at **9.15am**. This is the opportunity for members to put their hand up to be elected to the Management Committee or to be appointed to a number of other important volunteer roles within the club.

Please download a nomination form from the QRWC Website: www.qrwc.com.au

Please return your signed nomination form to the Returning Officer, Mr. Andrew Wearne by **April 8th**.

“HAVE A GO” Activation CG2018 Currumbin Walks

Race Walking Queensland will be conducting a “HAVE A GO” Activation at the 2018 Gold Coast Commonwealth Games walk events on the Currumbin beachfront on Sunday April 8th. This is a GOLDOC sanctioned event and are honoured to have been given this unique opportunity to showcase race walking and our club.

Our mission is to give spectators an overview of the rules, the technique and the opportunities that exist in the sport. Newcomers to the sport will have the chance to walk a on section of road (Pacific Parade) with guidance from our coaches and athletes.

There are three sessions for the Have a Go activation but the pergola will be manned throughout the morning to provide information on race walking and the activities of the club.

Session 1 6.20am - 6.50am (**Men's 20km race start 7.00am**)

Session 2 8.35am - 9.05am (**Women's 20km race start 9.15am**)

Session 3 12.00pm - 12.30pm

Our Activation Team

Each session will have a couple of our junior walkers demonstrating race walking technique with senior club members on hand to explain how to race walk and encourage members of the public to “Have a Go” (we will have a coned off section of the road for this purpose). As time is short they will not strictly be coaching sessions. It is just to provide an overview of the rules and the basic technique. The emphasis is on showing that the sport is for all ages and abilities and is about having fun and getting fit.

Post-Race Get Together Currumbin Beach Vikings Surf Lifesaving Club

Sunday, April 8th will be an exciting morning with the Commonwealth Games 20km walks being held along the Currumbin beach front. *Race Walking Queensland* would like to invite all our members and their families as well as members of the race walking “family” from around Australia and around the world to meet up and come together at the Surf Club at the conclusion of the races.

**Getting to the GC2018 road walks
Pacific Parade Currumbin Sunday April 8th
PLEASE TAKE NOTE**

Bus

Bus routes, including 700, 760, 767 and 768 will run frequently during the Games and can take you close to the venue. Allow at least 15 minutes to walk to the venue from the nearest bus stop.

700 bus service will connect you to Currumbin Beachfront. This service will run every 15 minutes, 24 hours a day from 4 – 15 April.

- Get off at the Currumbin Wildlife Sanctuary stop. It is a short walk from here to the race venue on Pacific Parade.
- Games Volunteers can get off at the Gold Coast Highway at Currumbin Hill stop and walk down the hill along Duringan Street toward the volunteer check in area.

Train

Catch the train to Varsity Lakes station and from there you can take a local bus **760**. The heavy rail network will operate 24 hours a day between 5 and 15 April.

G:link

Walk or catch a bus to the G:link light rail, then get off at Broadbeach South Station and take the **700** bus service which will take you within walking distance of the venue. The G:link will operate 24 hours a day between 5 and 15 April.

Route GC2018

During the Games, Route GC2018 will travel between Helensvale and Nerang

stations, connecting key transport interchanges and GC2018 venues along the route including Labrador, Southport, Surfers Paradise and Broadbeach, where the **700 bus service will connect you to Currumbin Beachfront. This service will run every 15 minutes, 24 hours a day from 4 – 15 April.**

Parking

Parking at or near GC2018 venues will not be an option. Please note that parking restrictions will be in place on the Gold Coast during the Games, especially in proximity to venues.

Taxi or Rideshare

Taxi or passenger drop off and pick up options are available near the venue.

Note: There are no cycle storage facilities at the Currumbin Beachfront venue.

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 10th

ENTRIES NOW OPEN

**Entries close Wednesday May 23rd. Competitors must complete and sign an individual entry form and submit it to the QRWC Club Secretary.
Entries cannot be directly made to ACT Walkers Inc.**

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.

UNIFORMS

The wearing of a club uniform is compulsory at Federation carnivals and failure to do so can result in disqualification. We do not carry a large stock of uniforms so if you are planning on going to Canberra start thinking about ordering a uniform. Contact Noela at noelarhoda@gmail.com

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

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.



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.

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

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

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 Beenleigh

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

May 6th QRWC Handicap Meet Kalinga Park 7.30am

May 20th QRWC Handicap Meet Beenleigh

May 27th QRWC Handicap Meet Morningside 7.30am

Looking Further Ahead

June 3rd Gold Coast Road Walk Championships Mudgeeraba 8.00am

June 10th LBG Federation Carnival Mt Stromlo Canberra

June 17th QRWC Handicap Meet TBC

June 24th QRWC Handicap Meet Davies Park 8.00am

July 8th QRWC Handicap Meet TBC

July 10-15th IAAF World Juniors Track Championships Finland

July 15th QRWC Handicap Meet TBC

July 22nd RWA Postal Challenge Beenleigh 8.00am

July 29th QRWC Handicap Meet TBC

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 Sunshine Coast **TBA**

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)

All club memberships become due on April 1st.

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/>