

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



HEEL & TOE

May 17th 2018

Back on the Road Again This Sunday

May 20th QRWC Handicap Meet # 3 Logan River Parklands Beenleigh

8.00am

A Grade 10km

B Grade 5km

C Grade 3km

D Grade 2km

E Grade 1.5km

F Grade 1km

- **Race start times subject to change – split start if necessary**

If it is your first time at a club meet please go to the Check In table to register and get a set of race numbers (Registration and race fess are set out at the bottom of this newsletter). All walkers are to Sign In, pay the race fee and put their name on the lap sheet for their race distance. All volunteers please sign the Volunteer Register.

Canteen Helpers Required

The canteen will be in operation on Sunday bringing you lots of yummy goodies and hot drinks. The canteen cannot continue to run without your assistance. Volunteers are needed to assist with cooking, serving and as the cashier.

Any assistance from volunteers in the areas of course set up, lap scoring, judging will be greatly appreciated.

A Management Committee meeting will be held at the conclusion of the meet

How to get to the Logan River Parklands

Coming from Brisbane

Exit 34 from the Pacific Motorway at the Beenleigh North - City Road Exit at Eagleby. Continue around the roundabout and take the 5th exit into Blackbird Street. This is the last exit off the roundabout before the northbound entrance back onto the Pacific

Motorway. Continue along Blackbird Street for about a kilometre and turn left into the Logan River Parklands (just before where the Street bears right under the bridge.)

Coming from the South

Exit 34 from the Pacific Motorway at the Beenleigh North - City Road Exit. Do not turn left into City Road but stay on the roundabout before turning off into Blackbird Street.

We set up in a picnic pergola just past the amenities block. There is ample parking.

Club Meets coming up ...

May 27th QRWC Handicap Meet # 4 Morningside

Riverside Place (off Lytton Road)

7.30am A Grade M 15km (Open)

A Grade W 10km (Open)

B Grade 8km (Open/U20)

8.00am C Grade 5km (U18/U16/U14)

D Grade 3km (U14/U16)

E Grade 2km (U12/U14)

F Grade 1km (U8/U10)

June 3rd GC Road Walk Championships/QRWC Handicap Meet

Mudgeeraba

8.00am

A Grade 10km (Open/U20) **GCC Open M/W 10km**

B Grade 5km (U16/U18/U20) **GCC U20/U18 5km**

C Grade 3km (U14/U16) **GCC U16 3km**

D / E Grade 2km (U12/U14) **GCC U14 2km**
GCC U12 2km

F Grade 1km (U8/U10/U12) **GCC U10 1km**
.5km (U6/U8) **GCC U8 .5km**

Important Information

1. All races are Age on the Day.
2. Only one race per person
3. Records and medals will only be awarded to those who walk in their correct age group.
4. Athletes can walk out of their age groups but won't qualify for records or medals.

Gold Coast Road Walk Championship Records

Last updated June 18th 2017

Open 10km Men: B Dewar 44.12 2012

Open 10km Women: Brenda Gannon 57.46 2017

U20 5km Men: Luke McCutcheon 21.14 2017

U20 5km Women: Jessica Pickles 25:04 2013

U18 5km Men: J. Osborne 21:30 2011
U18 5km Women: J Pickles 24:15 2011
U16 3km Men: Nelson McCutcheon 13.20 2017
U16 3km Women: K Hayward 13:26 2015
U14 2km Men: J Stovin 9.30 2015
U14 2km Girls: Gabriella Hill 10.02 2017
U12 2km Boys: K Hayward 10:04 2016
U12 2km Girls: Jayda Anderson 9.50 2017
U10 1km Boys: K Hayward 5:09 2014
U10 1km Girls: Lyla Williams 5.18 2017
U8 .50km Boys: K Hayward 2:30 2012
U8 .50km Girls Makenna Clarke 3.12 2017

Pre-Loved Training Gear Required

Di Adams reports that she had such a fantastic time at the Inaugural Aitutaki Marathon in the Cook Islands that she is going back next year. But she will not be going back empty handed. So many of the young athletes in the Cook Islands do not have running or training gear and Di has made it her mission to collect as much clothing and shoes as possible to send over to the Cook Islands to assist their aspiring athletes.

If you have any second hand (or new) singlets, t shirts, shorts, socks, caps, running shoes etc. the club will be only too happy to accept your donations for Di. We will organize a couple of major days to collect your kind donations but Di will be at Beenleigh this Sunday and will accept any donations to get the ball rolling. Well done on this very worthwhile initiative Di and I know that our club members will give their support.

COMING EVENTS

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 10th

ENTRIES CLOSING SOON

Entries close Friday June 1st 5pm

Entries are now online at

<https://www.registernow.com.au/secure/Register.aspx?E=29858>

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.

Entry Fees:

Racewalking Australia & ACT Walkers Events \$35.00 per event.

Athletics ACT Championships \$20.00.

Fitness Walks – \$20.00.

AGE

Age for all Racewalking Australia events is age on the day.

Age for Athletics ACT Championships is as at 31 December 2018.

Masters age for both Men & Women is 35+ for all Racewalking Australia Events.

UNIFORMS

The wearing of a club uniform is compulsory at Federation carnivals and failure to do so can result in disqualification.

NOTE

Due to all the new young walkers to the club we have had a run on small uniforms and we have had to place a new order. Game clothing are now making sizes from 6 up, in both crops and singlets. Noela will need to know who wants what, but they would not be ready for Canberra in June unfortunately. Noela will bring along a couple of old design ones for anyone who has now been able to buy a new design uniform. They are acceptable to meet organizers race in.

For a club uniform contact Noela at noelarhoda@gmail.com

Canberra Programme – There is an event for everyone

The one major change to the program of events will be the transition to metric distances for the traditional 10 & 20 mile events and the 5 mile Fitness Walk. The new distances are:

1. Open 30km 8.00am
2. Fitness 30km 8.00am
3. Men & Women ACTA 30km C/Ship 8.00am
4. Open & Vet Women 15km 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

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

Presentations of Awards: Will be at the Ainslie Football Club of Canberra, 52 Wakefield Avenue, Ainslie commencing at 7.30 pm.

Australian Winter Walking Championships

Sunday August 26th Sunshine Coast

The only news on the AA Road Walk Championships this week is that there is no news. Athletics Australia is still yet to announce a venue for the National Championships to be held in August on the Sunshine Coast. 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. Athletics Australia will offer events for all ages (listed below) at the Winter Walks with entry details to be released shortly. NB: This event will be held in conjunction with Road Walking Australia (RWA) 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 - 10k
- Under 18 - 5km
- Under 16 - 5km
- Under 14 - 3km
- Under 12 - 2km RWA Championship event

Memory Walk & Jog June 10th 7:00am

Pratten Park, Old Burleigh Road, Broadbeach



<https://www.memorywalk.com.au/events>



Australian Masters Athletics 20km Walk Championships

Adelaide, South Australia Sunday 5th August

Entry Fee \$20

Entries Close Sunday 29th July

For more information contact: George H White President SA Masters Athletics

gwhite@adam.com.au



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/>

FRIDAY 13th July 2018

8.45am 3000m Walk Males & Females 14/15yr

8.45am 5000m Walk Males & Females 16-Open

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

May 20th QRWC Handicap Meet Beenleigh 8.00am

May 27th QRWC Handicap Meet Morningside 7.30am

June 3rd GC Road Walk Championships/QRWC Handicap Meet 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

Looking Further Ahead

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 5th AMA 20km Road Walk Championships Adelaide

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)

Racewalking Queensland Management Committee 2018/19

President: S. Pearson

Secretary: N. McKinven

Vice President. Bennett

Treasurer R Hamann

Committee. 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 (A. Wearne trainee)

Selectors: S. Langley/I.

Social Media/Publicity: J. Pickles

Director of Coaching: D. Smith

Trophy Officer: N. McKinven

Newsletter Editor: P. Bennett

Webmaster: A. Wearne

Club Captains. 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/>