

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 64 years in the making.



HEEL & TOE

May 9th 2019

A Walk in the Park at Mudgeeraba

Another glorious day in sunny Queensland on Sunday for our club “*a walk the park*” handicap meet at Mudgeeraba. While some of the competitors said they found racing a bit tough this morning others recorded personal bests. Among others, there were good walks by Summer Millard, Lachlan McCure, Tamika Gee and Iggy Jimenez. While all our walkers enjoyed their race today some of the fun runners & walkers who were also using the park this morning were less than enthused. A few started following our cones and chalk marks and went off course and got lost!!

As always, a big thank you to everyone who volunteered to help out this morning with the check in, lapscoreing, timekeeping, cooking on the bbq, judging and setting & packing up. Your assistance is greatly appreciated.

A special thank you to Mudgeeraba Little Athletics for allowing us to use their facilities and for making us feel so welcome. Thank you to Robyn for donating the fruit tray for the raffle (won by Peter) and to Shane for organising the food for the sausage sizzle and for baking some batches of delicious muffins.

It is Mother’s Day this Sunday so no club racing. Time to look after your Mum. Looking ahead, we will be back at Mudgeeraba on Sunday June 3rd for the Gold Coast Road Walk Championships. Our next club meet is on May 19th at the Logan River Parklands, Beenleigh.

QRWC Handicap Meet # 3 **Woodlawn Park, Mudgeeraba** **May 5th**

A Grade 10km

Men: (1) Ignacio Jimenez 49.58 (2) Peter Bennett 1.00.12.

Women: (1) Brenda Gannon 1.04.14 (2) Noela McKinven 1.25.03

B Grade 5km

Men: (1) Sam McCure 30.59

Women: (1) Summer Millard 28.30 (2) Charlotte Hamann 33.49

C Grade 3km

Men: (1) Lachlan McCure 16.02 (2) Kai Norton 17.55 (3) Jack Bannister 22.05.

Women: (1) Tamika Gee 16.05 (2) Lyla Williams 17.06 (eq3) Amber Norton 18.59, Korey Brady (5) Lily Goulding 19.31 (6) Sophie Porter 19.37 (7) Torryn Fisher 19.50 (8) Ashanti Heap 20.10 (9) Scarlett Schofield 20.12 (10) Amelia Schofield 21.29.

E Grade 2km

Women: (1) Milly Sharpe 13.31 (2) Aliasha Heap 13.40 (3) Siaan Fisher 14.22 (5) Charlotte Brady 16.00.

F Grade 1km

Men: (1) Korbyn Bricknell-Hewitt 7.21 (2) Blake Gee 8.29

Women: (1) Isabella Gee 7.04 (2) Lucie Goulding 7.29

THIS WEEK

Happy Mother's Day!

Mother's Day Classic Brisbane



**South Bank Promenade, Brisbane River.
4.5km walk, 4.5km run, 8km walk, 8km run.**



NEXT WEEK

May 19th QRWC Handicap Meet # 4 Beenleigh

8.00am

A Grade 10km (Open/U20)

B Grade 5km (U16/U18/U20)

C Grade 3km (U14/U16)

D Grade 2km (U12/14)

E Grade 1.5km (U12/14)

F Grade 1km (U8/U10)

We will need your help... this week and every week

Club Meets coming up ...

May 26th QRWC Handicap Meet # 5 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)

11th Gold Coast Road Walk Championships Sunday June 2nd Mudgeeraba

The annual Gold Coast Road Walk Championships will be held at Mudgeeraba.
The venue is the Mudgeeraba Little Athletics Club ground at Woodlawn Park, Swanton

Drive.

June 2nd GC Road Walk Championships Mudgeeraba

8.00am

GCC Open M/W 10km

8.30am

Invitation M/W 5km Non-Championship

GCC U20 M/W 5km

GCC U18 M/W 5km

GCC U16 M/W 3km

GCC U14 M/W 2km

GCC U12 M/W 2km

GCC U10 M/W 1km

GCC U8 M/W.5km

Gold Coast Road Walk Championship Records

Last updated June 3rd 2018

Open 10km Men: B Dewar 44.12 2012

Open 10km Women: J. Pickles 52.40 2018

U20 5km Men: L. McCutcheon 21.14 2017

U20 5km Women: J. Pickles 25:04 2013

U18 5km Men: J. Osborne 21:30 2011

U18 5km Women: K. Hayward 22.39 2018

U16 3km Men: N. McCutcheon 13.20 2017

U16 3km Women: K Hayward 13:26 2015

U14 2km Men: J. Wearne 9.28 2018

U14 2km Girls: J. Anderson 9.24 2018

U12 2km Boys: K Hayward 10:04 2016

U12 2km Girls: J. Anderson 9.50 2017

U10 1km Boys: K Hayward 5:09 2014

U10 1km Girls: L. Williams 5.18 2017

U8 .50km Boys: K Hayward 2:30 2012

U8 .50km Girls M. Clarke 3.12 2017

GC Championships 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.
5. Entry is on the day. Pay your normal race fees. Season Pass holders do not need to pay any additional fees.
6. Medals presented at the conclusion of the meet.

**Canberra Federation Carnival Mt Stromlo Canberra
Sunday June 9th**



ENTRIES NOW OPEN ONLINE ONLY

Entries close 5 pm Wednesday May 22nd
Entries must be made on line using Trybooking
<https://www.trybooking.com/book/event?eid=477790&>

The LBG Walking carnival is an annual interstate / international walking carnival held on the long weekend June which was first held in 1967. It attracts walkers of all ages in a variety of distances and caters for both Race Walkers & Fitness Walkers.

ACT Walkers have reintroduced a cap of \$60 for persons who enter 3 or more events and have also introduced a cap for families of \$150.

ENTRY FEES

RACE WALKING AUSTRALIA EVENTS - \$35.00 for first event, \$20.00 for second event (including an Athletics ACT Championship), or \$60.00 if entering three or more events. *A family cap of \$150 will also apply. Fitness Walk & Open 10k fee is \$20.00.*

2019 Programme

1. Open 30 kilometres	8.00am	
2. Fitness 30 kilometres	8.00am	Non Hcp/Judged contact only
3. AACT W&M 30 kilometres Chp	8.00am	Non-Handicap event
4. Open Womens 15 kilometres	8.00am	Includes RWA Masters 15k
5. Open Mens 15 kilometres	8.00am	Includes RWA Masters 15k
6. Fitness 15 kilometres	8.00am	Non Hcp/Judged contact only
7. Fitness 8 kilometres	9.00am	Non Hcp/Judged contact only
8. Mens U20 10 kilometres	10.30am	
9. AACT Mens U20 10 kilometre Chp	10.30am	Non Handicap Event
10. Open (over 19 years) 10 kilometres	10.30am	Non Handicap Event
11. Womens U20 10 kilometres	10.30am	
12. Boys U10 1 kilometre	11.40am	
13. Girls U10 1 kilometre	11.40am	
14. Boys U12 2 kilometres	11.50am	
15. Girls U12 2 kilometres	12.10pm	
16. Boys U14 2 kilometres	12.30pm	
17. Girls U14 2 kilometres	12.50pm	
18. Boys U16 3 kilometres	1.10pm	
19. Girls U16 3 kilometres	1.35pm	
20. Boys U18 5 kilometres	2.00pm	
21. Girls U18 5 kilometres	2.00pm	
22. Womens 5 kilometres	2.40pm	

Uniform. All Racewalking Australia event competitors **MUST wear the uniform of their Club**, as registered with RACEWALKING AUSTRALIA. Failure to do so may result in disqualification.

Presentation of Awards will be at the Ainslie Football Club, 52 Wakefield Avenue, Ainslie commencing at **7.30 pm**.



The Oceania Area Championships will be in Townsville beginning on Tuesday June 25th.

Draft Walks Programme

Tuesday June 25th

2.05pm U20 Women 10,000 metres
Open Women 10,000 metres

3.55pm U20 Men 10,000 metres
Open Men 10,000 metres

Wednesday June 26th

2.05pm U18 Men 5,000 metres
U18 Women 5,000 metres



Australian Road Walk Championships Adelaide September 8th



The Athletics Australia 2019 Australian Winter Road Walk Championships will be held in Adelaide on Sunday September 8th. This meet will be held in conjunction with Race Walking

Australia (RWA) events.

The venue is War Memorial Drive North Adelaide.



Events Programme

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

2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY



Event registration is now open and closes July 21st

<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

OMA Registration Fee AU\$40.00 / Administration Fee AU\$50.00

Total Registration Fee AU\$90.00

Entry Fee per Event AU\$10.00

Track events will be held on the new Mackay Aquatic, Sport & Recreational Centre at CQUniversity, Ooralea located 7km from the Mackay CBD. There is public transport from the town centre to the Uni every hour.

The 10km road walk will be conducted on a circuit on the harbour breakwater road approx. 6km from the town centre.

10KM ROAD RACE WALK



The Harbour Breakwater is a flat course with spectacular scenery.

The course would be a 500m loop and the turns would be on the road side to give the required 7.5m.



Entries Now Open

<http://australianmastersgames.com>

Track Walks SA Athletics Stadium

Saturday 5th - Tuesday October 8th 8:00am–5:00pm

1,500m Walk

3,000m Walk

5,000m Walk

Road Walk

10km Saturday October 12th: 8:00am Start: Peacock Rd - Adelaide Harriers clubrooms

Australian Masters Athletics Championships Brisbane 2020

(The 10km road walk to be organised by the QRWC)

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.

2019

May 19th QRWC Handicap # 4 meet Beenleigh 8.00am

May 25th Great Barrier Reef Masters Games Cairns

May 26th QRWC Handicap meet Morningside # 5 **7.30am**

June 2nd Gold Coast Road Walk Championships Mudgeeraba 8.00am

June 9th LBG Federation Carnival Mt Stromlo Canberra

June 16th QRWC Handicap # 6 meet Kalinga Park 8.00am

June 23rd QRWC Handicap # 7 meet **TBA**

June 25-28th Oceania Area Championships Townsville

June 30th QRWC Handicap # 8 meet Morningside **7.30am**

Looking further ahead

July 3-14th 30th Summer Universiade, Naples Italy

July 7th Gold Coast Marathon. No club competition

July 14th RWA Postal Challenge Beenleigh

July 21st QRWC Track Walks UQ St Lucia 8.00am

July 27th **Saturday** QA Open & Age Road Walk Championships Ipswich **TBC**

August 4th QRWC Handicap # 9 meet Kalinga Park 8.00am

August 11th QRWC Handicap # 10 meet **TBA**

August 11th Australian Masters 20km road championships Adelaide

August 18th QRWC Road Walk Championships Beenleigh

August 25th QRWC Track Walk Championships UQ St Lucia 8.00am

September 1st Oceania Masters Games Mackay 10km road walk

September 8th Australian Road Walk Championships, Adelaide, SA

September 15th Relay/Trophy/BBQ day Kalinga Park

Sept 28th - Oct 6th IAAF World Championships Doha, Qatar

Season Handicap Points

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

Starting points are awarded for starting the event.

Completed points are awarded for finishing the race distance.

The **Best Season Performance**. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or

Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points.

Racewalking Queensland

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

Racewalking Queensland Management Committee 2019/20

President: S. Pearson

Secretary: N. McKinven

Vice President: P Bennett

Treasurer: R Hamann

Committee: C Goulding, I. Jimenez, S. Langley, T. Norton, S McCure, J. Westlin.

Patrons: Patrick & Maxine Sela

Registrar: T Norton

Delegates to QA: S Pearson, P Bennett

Handicapper/Results: N. McKinven

Social Media/Publicity: C Goulding

QRWC State Coach: D. Smith

Trophy Officer: N. McKinven

Newsletter Editor: P. Bennett

Social Media / Webmaster: C Goulding

Club Captains: To be announced

Annual subscriptions due April 1st 2019

Are you financial?

If you have not already done so could you please ensure you are financial for 2019/20. This applies to both athletes, volunteers and Committee members. Athletes will not be eligible for handicap points, trophies or awards if they are not financial. All volunteers & officials are strongly advised to register with QA (see details below). It is \$ 0 to register if you are a QRWC member and it ensures you are covered by insurance.

2019/20 Registration Fees

Family \$40

Students & Officials \$15

Others \$25

Note: 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 (for entry to all QRWC events for the season including track and road championships. Does not cover QA, AA or RWA championship and other events organised by those organisations). Recommended if you intend doing all the races during the season and it saves the hassle of trying to find coins to pay your race fees each Sunday.

QRWC Website: www.qrwc.com.au

BlueCard: The club recommends that all volunteers and athletes over 18 apply for a Queensland Government BlueCard. Please read the requirements on who needs a card at the following website. <https://www.bluecard.qld.gov.au/volunteers/howdoiapply.html>
An application form can be printed off from this site.

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

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.

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/>