

**Queensland Race Walking Club Inc.**

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



# HEEL & TOE

November 22<sup>nd</sup> 2018

## **Australian 50km Race Walking Championships**

**Sunday December 2<sup>nd</sup> Fawkner Park, Melbourne**

Starting lists have now been released for the 2018 AA 50km Championship and supporting invitation races

### **Programme**

- 7:00am - Men's Australian 50km Race Walk Championships
- 7:00am - Women's Australian 50km Race Walk Championship
- 8:00am - Men's Open Invitational 20km Race Walk
- 8:00am - Women's Open Invitational 20km Race Walk
- 9:00am - Men's Under 20 Invitational 10km Race Walk
- 9:00am - Women's Under 20 Invitational 10km Race Walk
- 10:00am - Men's Under 18 Invitational 5km Race Walk
- 10:00am - Women's Under 18 Invitational 5km Race Walk

### **Entries**

#### **Men 50km AA Race Walking Championships**

Bonfim Caio  
Duncan Andrew  
Tallent Jared

#### **Women 50km AA Race Walking Championships**

Feiner Tracy  
Renic Ivana  
Ruddick Kelly  
Tallent Claire

#### **20km Men Invitation**

Cowley Rhydian  
Garganis Adam

Gibbons Carl  
Hess Albin  
Jones Tyler  
Kozica Jason  
Mottrom Kim  
Prasad Pramesh  
Reading Brendon  
Richardson Dylan  
Swan Kyle  
Tingay Declan

**20km Women Invitation**

Montag Jemima  
Ventris Lynette

**U20 10km Men Invitation**

Fraser Timothy  
Frew Connor  
McGinniskin Jack  
Tebbutt Oscar

**U20 10km Women Invitation**

Goodhew Chelsea  
Hill Gabriella  
Peart Alanna

**U18 5km Women Invitation**

Hay Charlotte  
Peart Jemma

**Attention: Arana Race Walk Meet Cancelled**

Shane Pearson has advised that it is with disappointment that the Race-Walking meet planned to be held at Arana this Sunday, November 25th will be postponed to another date to be confirmed.

Shane said that this was *“Due to a few different reasons including communicating the event. After consultation with Tony Bryant it was decided to try and look at another date when we can promote the event better. Sorry for this late notice.”*

**Australian All Schools Track & Field Championships**

**Barlow Park, Cairns, Friday December 7<sup>th</sup>**

**Queensland Team**

**U14 3,000m Walk**

Kai Norton, Seth Wasson  
Jayda Anderson, Anika Clarke

**U16 3,000m Walk**

Kris Hayward, Jonathan Wearne  
Camryn Novinetz, Larissa Vickers, Bridie Sullivan, Mackenzie Ofield

**U18 5,000m Walk**

Nelson McCutcheon, Ryan Stewart  
Milla Rowbotham, Charlotte Hamann, Caitlin Hannigan  
**Friday December 7<sup>th</sup>**

6:00 PM 3,000 metres Walk Under 16 Boys

6:20 PM 3,000 metres Walk Under 16 Girls

6:45 PM 3,000 metres Walk Under 14 Girls

6:45 PM 3,000 metres Walk Under 14 Boys

7:55 PM 5,000 metres Walk Under 18 Girls

7:55 PM 5,000 metres Walk Under 18 Boys

## **RESULTS RESULTS RESULTS**

### **3,000 Metre Spiral Handicap Race Walk**

- 1 Bennett, Peter M63 21:22.23 (16:22.23)
- 2 Jimenez, Ignacio M53 22:02.95 (14:02.95)
- 3 Carlile, Mark M45 24:06.43 (22:06.43)
- 4 McKinven, Noela W76 24:09.49 (24:09.49)

What is a Spiral Handicap? The athletes started the race at their handicapped time in Lane 8 and 50 metres before the finish line. After crossing the finish line, the athlete moved into Lane 7 and did a full lap (which felt like a very long way). After every lap the athletes moved in a lane to finally finish the race in lane 1.

## **This Week**

QA State Relays this weekend but no walk events on the programme.

Next Wednesday night, November 28<sup>th</sup> Queensland Masters Athletics have 10,000 metres walk at the SAC starting at 7.00pm.



## **Walk or Run Sunday December 9<sup>th</sup>**

The **50km, 30km, 15km and 5km** events that make up the Gold Coast 50 Run Festival use the footpaths and roads adjacent to the Gold Coast beachfront. Running from Kurrawa to Coolangatta & return, in the 50km event, the course provides athletes with spectacular views, regular water stops and aid stations. Don't miss out on running this stunningly beautiful run course. A favourite event for some of our race walkers.

For more information and entry details go to : <https://www.gc50runfestival.com.au/>

## 2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY

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

### Race Walk Programme

Sunday September 1<sup>st</sup> 10km road walk

Tuesday September 3<sup>rd</sup> 5km track walk

Friday September 6<sup>th</sup> 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 .....

November 28<sup>th</sup> Qld Masters Athletics 10,000 metres SAC 7.00pm

December 1<sup>st</sup> Qld Masters Athletics 5,000 metres SAC 8.00am

December 1<sup>st</sup> QA Shield Meet 3,000/5,000 metres SAC 9pm

December 2<sup>nd</sup> AA 50 km Championships & 20km Invite events Melbourne.

December 7<sup>th</sup> Australian All Schools Track Championships Cairns

December 8<sup>th</sup> Qld Masters Athletics 3,000 metres SAC Memorial Day 8.00am

December 9<sup>th</sup> GC50 5/15/30/50km Broadbeach

### 2019

January 13<sup>th</sup> Ashmore Little Athletics Walks Day

January 26<sup>th</sup> QA Shield Meet 3,000/5,000 metres SAC

February 10<sup>th</sup> Oceania & Australian 20km Race Walking Championship Adelaide

February 16<sup>th</sup> QA Shield Meet 3,000/5,000 metres SAC

March 7-10<sup>th</sup> Queensland Athletics Championships (U14-Open) QSAC

March 30<sup>th</sup> – April 7<sup>th</sup> Australian Athletics Championships (U14-Open) Sydney

April 13-14<sup>th</sup> Queensland Masters Athletics Championships State Athletics Facility SAC

April 26-29<sup>th</sup> Australian Masters Athletics Championships Melbourne Lakeside Stadium

May 25<sup>th</sup> Great Barrier Reef Masters Games

June 9<sup>th</sup> LBG Federation Carnival Mt Stromlo Canberra

July 3-14<sup>th</sup> 30th Summer Universiade, Naples Italy

August 31<sup>st</sup> Oceania Masters Games Mackay

Sept 28<sup>th</sup> - Oct 6<sup>th</sup> IAAF World Championships Doha, Qatar

# Queensland Athletics Registration 2018/19

Registrations with Queensland Athletics for the 2018/19 season become due on October 1<sup>st</sup>. The portal is now live and will accept membership applications. Click on the QRWC as your club. To avoid the problems some members have previously experienced the options on the portal are for QA registration only. No QRWC club fee as it is recognized that our members are already financial with the club up until April 1<sup>st</sup> 2019. If you are not a current financial member of QRWC please contact the club at [qrwcregistrar@outlook.com](mailto:qrwcregistrar@outlook.com)

Base members may only compete in a maximum of 3 track and field competitions during the summer season, including QA Shield Meets, other QA Track & Fields Meets and QLD Track & Field Championships. Base members are not eligible to compete at the 2019 Australian Athletics Championships (U14-Open).

Minimum Ages: Track & Field: 12 years as at 31 December 2019 (born 2007). Younger athletes may join as a Base Member for club training and for access to cross country and walks competitions. Cross Country / Road Walking: 6 years as at 31 December 2019 (born 2013).

**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](http://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](http://www.qrwc.com.au)

### **Contact emails:**

[qrwc1@optusnet.com.au](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club

[racewalkqld@outlook.com](mailto:racewalkqld@outlook.com) Articles for the newsletter, to send in results, to join newsletter mailing list.

[qrwcregistrar@outlook.com](mailto: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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>