

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



HEEL & TOE

November 23rd 2017

Keep Training ~ 2017 is Not Over Yet

Our President is kicking back on a cruise enjoying a well deserved holiday, Schoolies is in full swing, the school holidays are about the start but race walk training continues! The year is drawing to a close but there is still plenty of race walking action to come before the big man in the red suit hitches up his reindeer to the sleigh. Sunday week sees the Australian 50km Championships and invitation events being held in Melbourne. The week after that the Australian All Schools Championships will be on in Adelaide. Domestically, there are still a number of QA & Masters meets with walk events to negotiate before hitting the fruit mince pies and egg-nog.

This Saturday morning, November 25th, Qld Masters have two races walk events on the programme. The 3,000 metres starts at 8.00am and the 1,500 metres at 9.45am. On Sunday morning Gold Coast Masters have a 3/5km walk at Griffith Uni starting at 8.00am.

The Annual Noosa Gift Athletics Carnival is on this Saturday at the Noosa Little Athletics Track. The programme includes an Invitation 900m Handicap walk with prizes for boys and girls.

2018 is going to be a huge year on the race walking scene with the Commonwealth Games, World Race Walking Cup, World Juniors, World Masters Athletics and Pan Pacific Masters plus a host of National & State track and road championships. I am sure there is time for an "off season " in there somewhere.

RESULTS RESULTS RESULTS

Qld Masters Saturday November 18th QSAC

5,000 Metre Race Walk

Peter Bennett M62 27:52.87 (22:19.31 80.46%)

Noela McKinven W75 40:30.19 (26:15.25 75.35%)

Age Graded Times & Percentages in Brackets



Photo courtesy Ralf Hamann

Coming Up **Australian 50km Championships**

Fawkner Park, Melbourne Sunday December 3rd

7:00am Men's Australian Open 50km Race Walk Championship

Women's Australian Open 50km Race Walk Championships

8:00am Men's Open Invitational 20km Race Walk

Women's Open Invitational 20km Race Walk

Men's Under 20 Invitational 10km Race Walk

8:30am Women's Under 20 Invitational 10km Race Walk

9:40am Men's Under 18 Invitational 5km Race Walk

Women's Under 18 Invitational 5km Race Walk

To enter go to <https://50kmraceawak.eventdesq.com/>

Entries Close: Monday 27th November

Australian All Schools Championships

Friday December 8th - Sunday December 10th

SA Athletics Stadium, Adelaide, South Australia

All the walks are on the draft programme for Friday December 8th

3000 metres Walk Under 16 Boys 3:15 PM

3000 metres Walk Under 16 Girls 3:15 PM

3000 metres Walk Under 14 Girls 3:40 PM

3000 metres Walk Under 14 Boys 3:40 PM

5000 metres Walk Under 18 Girls 6:50 PM

5000 metres Walk Under 18 Boys 6:50 PM

2018 Australian 10,000m Walk Championships

The advertised date for the track 10km is Saturday January 13th with the event to be held in Canberra.

Date: Saturday 13th January, 2018 **Location:** Canberra, ACT

Entry: \$30.00 per event **Entries close:** Monday 5th January, 2018

<https://10000mwalk.eventdesq.com/>

2018 Pan Pacific Masters Games

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/>

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

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

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

November 25th QMA 3,000 metres 8.00am / 1,500 metres 9.45am SAF
November 26th GC Masters 3/5km Griffith Uni 8.00am
December 3rd AA 50km Championship Fawkner Park, Melbourne.
December 3rd **Sunday** QMA 5,000 metres SAF 8.00am
December 3rd QA Meet 3,000 / 5,000 metres SAF 6.10pm
December 8th Australian All Schools Championships Adelaide
December 9th QMA 3,000 metres SAF 8.00am Memorial /Awards & Christmas Party
December 10th GC Masters 3/5km Griffith Uni 8.00am & Christmas Party
December 16th QMA 5,000 metres SAF 8.00am

Looking Further Ahead A big year coming up

January 7th QA Meet 3,000 /5,000 metres UQ St Lucia
January 13th QMA 5,000 metres SAF 8.00am
January 13th AA 10,000 metre track championships Canberra
January 20th QMA 3,000 metres SAF 8.00am
January 20-27th Oceania Masters Championships, Dunedin NZ
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 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
March 3rd QA Meet 3,000 / 5,000 metres SAF
March 14-18th AA Junior Track Championship Sydney
April 8th Commonwealth Games 20km Road Walks Currumbin
April 21-22 QMA Track & Field Championships SAF
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 Canberra
July 10-15th IAAF World Juniors Track Championships Finland
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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Others \$5.00

Club/Track Championships \$8.00

Track Championships – Non-Member \$ 15.00.

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

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/>