

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



HEEL & TOE

November 2nd 2017

Racewalking Queensland Invitational 5km

Sunday October 29th

CURRUMBIN BEACHFRONT



THEY'RE OFF !!

We did it

Congratulations to all the athletes who competed in the 5km at Currumbin last Sunday morning. He doesn't know it yet by our Club President, Shane, will have a full race report and review of the day in the newsletter next week

I would like to send a massive thank you to all the volunteers and officials who made this event possible. There is no secret to how we achieved this. It all comes down to one word "Teamwork". We had an hour to set up the road venue for a walk from scratch. At 4.50am there was nothing there except for the crowd control barriers. Within minutes our

members arrived on the site, out of the darkness, from all directions and began to unload equipment and set up for the meet; pergolas set up, tables in places, got the generator going, set out 350 witches hats. Soon after, check in had commenced, distribution of race bibs and the new club caps, signing in of volunteers and distribution of hi viz vests. This was followed by assembling the judging panel, getting the lap scorers set up, briefing course marshals, manning the drink stations and pedestrian crossing supervisors. There were a myriad of other jobs going on: setting up the race clock, dq board, mark the start line as water and food was set in place for the race finishers and tea and coffees were being made for the volunteers. The excitement and chaos took time out at 5.50am as Paul briefly restored the calm when he led the singing of the National anthem. And then it was race time....

There are just so many highlights of the morning and so many individuals to thank who helped turn an idea into an occasion that exceeded all expectations. We received final approval to conduct this race just two days before our Presentation Day so it was a mad scramble to turn an idea into reality in four weeks. The initial idea was put forward in March and there had been months of to-ing and fro-ing without getting GOLDOC to make a final decision. Equipment lists were drawn up, volunteers were called for. Sharyn and Andrew Wearne deserve a lot of praise for taking on the role of planning, buying and assembling food and equipment needed for the day and then transporting it to the race site on the day. Shane did a fantastic job pulling everyone together to get behind the event and arranging food donations, ordering club clothing, sounding out potential race entrants and communicating with GOLDOC officials. Thank you to Iggy and Gladys for the commemorative certificates. They were getting ready to go on an overseas trip but found the time to design and print the certificates. We had lots of hoops to jump through with regards to a Council approval to use the road, supplying lists of names of volunteers, budgets to submit and information about the club etc. Noela quietly worked away in the background preparing all the race day documents and equipment; sign on sheets, lap sheets, making sure the watches were working, batteries in the club, first aid kit in order etc.

It is important that we acknowledge the support & guidance we received from the staff at Events Management Queensland. They were there all through the planning process and were there on race day helping out. An incredible team that responded positively to every challenge we threw at them. They loaned us a lot of equipment that saved us many headaches on how to get it to the site and back to Brisbane. Thank you guys.

Then there were the athletes. With the tight window of opportunity we were given to set up and be off the course a 5km race was what we were granted and with it a maximum field size of 25. While a number of our athletes did great times, this event was more about the opportunity and experience of racing on the Games course than it was about placings or times. The “walk the course 1km” for everyone was very important to me as a way of involving all our club members, whether they are race walkers or not, and giving them the same opportunity at the 5km athletes. All the grins and wide smiles I have seen in the photos tell me we achieved our aim.

The race allowed the elite athletes to test the course and to find out first hand its limitations with respect to the camber and the turns. It was pleasing that senior GOLDOC officials were present at the event and were prepared to listen and discuss the concerns put forward by Dane, Claire and Jared. Credit to these athletes for putting forward solutions to the problems that will benefit all competitors at the Games. Let's hope that GOLDOC are willing and able to move quickly to adopt these changes to the course.

GOLDOC was extremely impressed with the way a small club was able to deliver this event. Even the cycling people were impressed with the efficient way we arrived, set up, raced, packed up and left without a fuss. And we are extremely proud of all our members.

What's next? I have heard suggestions that we should all get together and have a club Christmas Party. They were a regular club affair but have lapsed in recent years. Over to you for ideas but time is short to organize something.

5km results below



Racing was over and it was time for breakfast. What an amazing buffet that was on offer



!!

Thank you girls , great effort

2018 Pan Pacific Masters Games

ENTRIES ARE NOW OPEN



Do you recognise some of these suspects?

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.

Play it, Live it, Love it in Athletics – Race Walk at the world’s biggest and best biennial masters games, the Pan Pacific Masters Games, to be held 2 – 11 November 2018 on the Gold Coast. Entries are now open! #PPMG18

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

Congratulations to Nyle for being our first entrant!!!!!!

RESULTS RESULTS RESULTS

RWA Invitational 5km Currumbin October 29th

Men

- 1 Dane Bird-Smith 22.11
 - 2 Kris Hayward 24.28
 - 3 Peter Bennett 28.13
 - 4 Sam McCure 29.40
 - 5 Jonathan Wearne 30.19
 - 6 Paul Lindenberg 30.26
 - 7 Ethan Clarke 31.31
- Ryan Stewart DNF

Women

- 1 Claire Tallent 22.28
- 2 Clara Smith 22.41
- 3 Jessica Pickles 23.59

- 4 Christina Papadopoulou 24.03
 - 5 Caitlin Hannigan 24.37
 - 6 Camryn Novinetz 26.48
 - 7 Jayda Anderson 27.26
 - 8 Gabriella Hill 27.48
 - 9 Anika Clarke 28.00
 - 10 Diana Adams 28.31*
 - 11 Brenda Gannon 29.00
 - 12 Amelia Schofield 29.59
 - 13 Nyle Sunderland 30.36
 - 14 Bridie Sullivan 30.47
 - 15 Kay Shaw 32.56
 - 16 Charlotte Hamann 33.24
- Jade Pearson DNF

**Congratulations to Diane Adams who broke the Qld Masters W45 5km road record*

1,500 Metre Classic November 2nd

UQ Athletic Centre

Women 1500 Meter Race Walk Open

- 1 Hayward, Katie 17 GCC 5:49.93
- 2 Smith, Clara 19 UNQ 6:09.74
- 3 Pickles, Jessica 23 UNQ 6:19.35
- 4 Papadopoulos, Christina 21 UNQ 6:25.75
- 5 Hannigan, Caitlin 15 Gold Coast Victory 6:33.38
- 6 Novinetz, Camryn 14 Ipswich & District 6:54.31
- 7 Anderson, Jayda 12 GCC 7:01.13
- 8 Clarke, Anika 12 Redlands 7:15.99
- 9 Schofield, Amelia 14 Gold Coast Victory 7:39.27
- 10 Gannon, Brenda 43 QMA 7:51.78
- 11 Schofield, Scarlett 11 Gold Coast Victory 8:53.24
- 12 Schofield, Isabella 15 Gold Coast Victory 9:01.36
- 13 Hoban, Jessica 14 SAS 9:07.08

Men 1500 Meter Race Walk Open

- 1 McCutcheon, Luke 19 Qeii Track Club 5:54.28
- 2 McCutcheon, Nelson 15 Qeii Track Club 6:16.18
- 3 Hayward, Kris 13 GCC 6:28.14
- 4 Stewart, Ryan 15 Ipswich & District 7:48.53
- 5 McCure, Sam 11 Gold Coast Victory 7:49.23



Photo courtesy Tony McCutcheon

Some really outstanding performances with wall to wall pb's. The times our 12-15-year olds especially are recording are just amazing. Well done everyone. Not a pb by Brenda Gannon but still a new Queensland State masters record. Brenda set a new time for the W40-44 age group easily accounting for the 2004 mark held previously by Lynda Bateson. Great work Brenda and more to come.

Qld Masters Athletics

SAF Nathan Saturday October 28th

5,000 Meter Race Walk

Peter Bennett 28:52.53 (23:07.07 77.69%)

Patrick Sela 40:00.65 (26:52.76 66.82%)

Noela McKinven 41:30.07 (26:54.07 73.54%)

Russell Grigg DNF Russell, at 90 years of age, walked 3km in this event

Age Graded Times & Percentages in Brackets

Australian Masters Games - Tasmania

Women 3,000 Metres Race Walk Masters 45 – 49

1. Adams, Diana 17:10.29

Women 5,000 Metres Race Walk Masters 45 – 49

1. Adams, Diana 29:15.53

Next Races

- Next Saturday, November 11th Qld Masters have two race walk events on the programme at the SAF. There is 3,000 metres at 8.00am and the rare opportunity to race the 1 mile at 9.45am. Good opportunity to go for age group records in this event! This is a bring a friend day so *“bring a mate and you both compete for free!”*

- On the Saturday evening Queensland Athletics have a Shield Meet with a 3,000/5,000 metres race starting at 8.15pm.
- Then on Sunday 12th Gold Coast Masters have 3,000 metres walk at Griffith Uni starting at 7.30am.

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

It was reported during the week that the AA 10,000 metres track championships would not be held with the AA Track & Field Championships on the Gold Coast on February 15-18th. 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/>

QRWC Constitution Review Sub Committee Meeting Monday October 30th

The third constitution review sub-committee meeting took place on Monday evening. The sub-committee members reviewed the content of sections 14 to 32, and the By-Laws of the current QRWC Constitution. All sections of the current QRWC Constitution have now been reviewed, updated or remain unchanged. Once all QRWC Constitution suggested amendments have been edited and formatted we will begin the approval process. This includes reporting back to the club Management Committee, submitting a draft to QA and then putting it to our members for approval. After this is done we will be in a position to submit the amended and updated document to the The Office of Fair Trading.

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 11th QMA Meet 3,000 metres 8.00am / 1 Mile 9.45am SAF
November 11th QA Meet 3,000/5,000 metres 8.15pm
November 12th GC Masters 3,000 metres Griffith Uni 7.30am
November 18th QMA 5,000 metres SAF 8.00am
November 25th QMA 3,000 metres SAF / 1,500 metres 9.45am
November 26th GC Masters 3/5km Griffith Uni 8.00am
December 3rd **Sunday** QMA 5,000 metres SAF 8.00am
December 3rd QA Meet 3,000/ 5,000 metres SAF
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
December 3rd AA 50km Championship Fawkner Park, Melbourne.
December 8-10th Australian All Schools Championships Adelaide

Looking Further Ahead A big year coming up

January 7th QA Meet 3,000 /5,000 metres UQ St Lucia
January 13th AA 10,000 metre track championships Canberra
January 20-27th Oceania Masters Championships, Dunedin NZ
January 26th QA Meet 3,000 / 5,000 metres SAF
February 2-4th QA Open Track Championships 10km U20/Open
February 11th AA 20km Road Walk Championships Adelaide
February 15-18th AA Open Track Championships Gold Coast
February 22-25th QA Junior Track Championships
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/>