

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



## HEEL & TOE

November 30<sup>th</sup> 2017

### Australian 50km Championships

Fawkner Park, Melbourne Sunday December 3<sup>rd</sup>

The Australian 50km road walk championships will be conducted in Melbourne this Sunday morning with a National women's 50km championship being held for the first time.

There will be more interest in the 20km support races with Commonwealth Games hopefuls out to post a qualifying time.

#### **Programme**

7:00am Men's Australian 50km Championship

7:00am Women's Australian 50km Championship

8:00am Men's Open Invitational 20km

8:00am Women's Open Invitational 20km

9:00am Men's Under 20 Invitational 10km

9:00am Women's Under 20 Invitational 10km

10:00am Men's Under 18 Invitational 5km

10:00am Women's Under 18 Invitational 5km

The club is well represented in Melbourne at this meet and we wish our athletes all the best on Sunday. Christina Papadopoulou, Jessica Pickles and Clara Smith are in the women's race while Luke McCutcheon is our representative in the men's event. Charlotte Hamann will be competing in the U18 5km.

## **RESULTS RESULTS RESULTS**

### **Qld Masters Athletics SAF - Saturday November 25<sup>th</sup>**

Clara Smith outclassed the rest of the field at the Masters meet on Saturday morning winning the 3km in 13 minutes flat. Camryn Novinetz was also in top form with a time of 15:00.45. Iggy was again the best of the Masters walkers with a time of 14:31.17

#### **1,500 Metre Race Walk**

Peter Bennett M62 8:21.35 6:39.08 77.43%

Noela McKinven W75 12:02.87 8:07.15 69.18%

Russell Grigg M90 15:36.26 8:12.20 62.78%

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

Ignacio Jimenez M52 14:31.17 (12:40.97 82.98%)

Peter Bennett M62 16:19.00 (13:01.25 80.82%)

Noela McKinven W75 23:40.25 (15:37.65 74.12)

### **U20**

Ryan Stewart M15 17:42.88

Clara Smith W19 13:00.74

Camryn Novinetz W14 15:00.45

Bridget Sullivan W13 16:19.00

### *Age Graded Times & Percentages in Brackets*

It was a big win to Lily Goulding in the 900 metre Handicap walk at the Noosa Gift on the weekend. Great stuff Lily. Hope to have the full results next week.

## **GC2018 Spectator Experience Race Walking**

Following on from our highly successful delivery of the 5km race at Currumbin in October Racewalking Queensland has been invited by GOLDOC to conduct a come and try type activity the day of the Games walks (Sunday April 8<sup>th</sup>). The idea is to give Games spectators the chance to learn more about and to experience the sport they have come to watch.

The basic plan is to conduct two 30-minute sessions, based around our club pergola where people receive some coaching tips/overview on the basics of race walking and then people could walk on a section of the road. The two sessions would be held prior to the start of the men's and the women's races. No details have been worked out as yet but this initiative would give us another opportunity to promote race walking and the club. The pergola would become a good focal point to meet other race walkers from around the world.

To take advantage of this plan we are going to need an enthusiastic team of club members – to coach, to demonstrate the technique and to talk about race walking and the opportunities the sport and the club can offer. We want to be able to show that people of all ages and abilities can participate in the sport and that those racing at the Games represent the pinnacle of the sport.

As many of our members will already be actively participating on the day as Games volunteers we want to hear from those members who would like the chance to share in the excitement by being a club volunteer on the day. Please send an email to [peter.bennett@live.com](mailto:peter.bennett@live.com) to register your interest.

## **This Week**

The main race walking action this weekend will be in Melbourne for the AA 50km Championships and invitation 20km races.

Qld Masters are on a Sunday this week with a 5,000 metre race at the SAF starting at 8.00am. On Sunday afternoon at the QA Meet there is a 3,000 / 5,000 metre walk starting at 6.10pm

## **Coming Up**

### **Australian All Schools Championships**

Friday December 8<sup>th</sup> - Sunday December 10<sup>th</sup>

SA Athletics Stadium, Adelaide, South Australia

All the walks are on the draft programme for Friday December 8<sup>th</sup>

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**

**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](http://www.qldathletics.org.au)

### **Race Day Fees**

Students \$3.00 / Others \$5.00

Club/Track Championships \$8.00

### **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.

[qrwcregistrat@outlook.com](mailto:qrwcregistrat@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 .....**

December 3<sup>rd</sup> AA 50km Championship Fawkner Park, Melbourne.

December 3<sup>rd</sup> **Sunday** QMA 5,000 metres SAF 8.00am

December 3<sup>rd</sup> QA Meet 3,000 / 5,000 metres SAF 6.10pm

December 8<sup>th</sup> Australian All Schools Championships Adelaide

December 9<sup>th</sup> QMA 3,000 metres SAF 8.00am Memorial /Awards & Christmas Party

December 10<sup>th</sup> GC Masters 3/5km Griffith Uni 8.00am & Christmas Party

December 16<sup>th</sup> QMA 5,000 metres SAF 8.00am

### **Looking Further Ahead ..... A big year coming up**

January 7<sup>th</sup> QA Meet 3,000 /5,000 metres UQ St Lucia

January 13<sup>th</sup> QMA 5,000 metres SAF 8.00am

January 13<sup>th</sup> AA 10,000 metre track championships Canberra

January 20<sup>th</sup> QMA 3,000 metres SAF 8.00am

January 20-27<sup>th</sup> Oceania Masters Championships, Dunedin NZ

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

January 28<sup>th</sup> **Sunday** QMA 5,000 metres SAF 8.00am  
February 2-4<sup>th</sup> QA Open Track Championships 10km U20/Open  
February 10<sup>th</sup> QMA 3,000 metres SAF 8.00am  
February 11<sup>th</sup> AA 20km Road Walk Championships Adelaide  
February 15-18<sup>th</sup> AA Open Track Championships Gold Coast  
February 17<sup>th</sup> QMA 5,000 metres SAF 8.00am  
February 22-25<sup>th</sup> QA Junior Track Championships  
February 24<sup>th</sup> QMA 3,000 metres 8.00am / 1,500 metres 9.40am Main Stadium QE11  
March 3<sup>rd</sup> QA Meet 3,000 / 5,000 metres SAF  
March 14-18<sup>th</sup> AA Junior Track Championship Sydney  
April 8<sup>th</sup> Commonwealth Games 20km Road Walks Currumbin  
April 21-22 QMA Track & Field Championships SAF  
April 26-29 AMA Track & Field Championships Perth WA  
April 28-29<sup>th</sup> Australian Little A's Championships Gold Coast  
May 5-6<sup>th</sup> World Race Walking Team Championships Taicang, China  
June 10<sup>th</sup> LBG Federation Carnival Canberra  
July 10-15<sup>th</sup> IAAF World Juniors Track Championships Finland  
August 26<sup>th</sup> AA/Federation Road Walk Championships Sunshine Coast **TBA**  
September 1-16<sup>th</sup> World Masters Athletics Championships Malaga, Spain  
November 11<sup>th</sup> PPMG 10km road walk Runaway Bay 7.00am

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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/>