

Queensland Race Walking Club Inc.

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



HEEL & TOE

October 18th 2018

Well Done “Ollie”

At the end of September Di and John Adams returned to the Cook Islands to participate in the Round Rarotonga 31km Road Race. Di was the first Masters woman home but the most important part of the trip was to deliver the sportswear and footwear that was collected during the winter road walk season. This was a wonderful and rewarding project by Di and she deserves credit for her charitable spirit . But it must have been tough having to go back to the Cook Islands !

Di sends her thanks to everyone in the club who supported her project *“Thank you to everyone who donated sportswear and shoes for the people of Aitutaki. The gear has now been delivered. Smaller sizes went to the junior school and larger sizes when to the senior school to be distributed by the school principals.”*



Queensland School Sport 13-19 Years Championships QSAC

Saturday October 27th

- 5.20 pm Women 13 years 3000 metres Walk Final
 - Men 13 years 3000 metres Walk Final
 - Women 14 - 15 years 3000 metres Walk Final
 - Men 14 - 15 years 3000 metres Walk Final
- 5.40 pm Women 16 - 17 years 5000 metres Walk Final
 - Men 16 - 17 years 5000 metres Walk Final
 - Women 18 - 19 years 5000 metres Walk Final
 - Men 18 - 19 years 5000 metres Walk Final

UQ Sport 1500m Classic

Thursday November 1st

University of Queensland Athletics Centre, St Lucia

5.15pm M/W 1,500 metres walk

For more information or to enter go to

<http://www.qldathletics.org.au/Competition/Upcoming-Events/uq-sport-1500m-classic>

This Week

The weekend sees the Qld School Sport 10-12 Years Championships in Cairns. In Brisbane on Saturday Qld Masters Athletics has a 3,000 metres walk at the SAC starting at 8.00am and on Sunday morning the Gold Coast Masters have 3/5,000 metres at the Griffith University track also with an 8.00am start.

Queensland Athletics Registration 2018/19

Registrations with Queensland Athletics for the 2018/19 season become due on October 1st. 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 1st 2019. If you are not a current financial member of QRWC please contact the club at 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



Walk or Run

Sunday December 9th

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/>



Entries Close: Wednesday 31 October for the Road Walk

and Friday 19 October (5 pm AEST) for Track Walks TOMORROW

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.

There will be the traditional after race sumptuous bbq breakfast thanks to the generosity of our wonderful Co Patrons, Pat & Maxine. Than you so much for this kind invitation.

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

WALKS SCHEDULE

Friday November 9th 9.00am 5,000 metres M/W

Saturday November 10th 11.30am 3,000 metres M/W

Sunday November 11th 7.00am 10km Road Walk Runaway Bay Cycle Track

Australian 50km Race Walking Championships

Sunday December 2nd Fawkner Park, Melbourne

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

2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY

<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

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

October 19-20th Qld School Sport 10-12 Years Championships Cairns
October 20th Qld Masters Athletics 3,000 metres SAC 8.00am
October 21st Gold Coast Masters 3/5,000 metres Griffith University 8.00am
October 25-28th Queensland School Sport 13-19 Years Championships QSAC Nathan
October 31st Qld Masters Athletics 30 minutes SAC 7.00pm
November 1st 1,500 metre Classic University of Queensland St Lucia
November 10th Qld Masters Athletics 5,000 SAC metres 8.00am
November 11th PPMG 10km Road Walk Runaway Bay 7.00am
November 17th Qld Masters Athletics 3,000 metres Spiral Handicap SAC 8.00am
November 28th Qld Masters Athletics 10,000 metres SAC 7.00pm
December 1st Qld Masters Athletics 5,000 metres SAC 8.00am
December 1st QA Shield Meet 3,000/5,000 metres SAC
December 2nd AA 50 km Championships & 20km Invite events Melbourne.
December 7-9th Australian All Schools Track Championships Cairns
December 8th Qld Masters Athletics 3,000 metres SAC Memorial Day 8.00am

2019

January 26th QA Shield Meet 3,000/5,000 metres SAC
February 10th Oceania & Australian 20km Race Walking Championship Adelaide
February 16th QA Shield Meet 3,000/5,000 metres SAC
March 7-10th Queensland Athletics Championships (U14-Open) QSAC
March 30th – April 7th Australian Athletics Championships (U14-Open) Sydney
April 13-14th Queensland Masters Athletics Championships State Athletics Facility SAC
April 26-29th Australian Masters Athletics Championships Melbourne Lakeside Stadium
May 25th Great Barrier Reef Masters Games
June 9th LBG Federation Carnival Mt Stromlo Canberra
July 3-14th 30th Summer Universiade, Naples Italy
August 31st Oceania Masters Games Mackay
Sept 28th - Oct 6th IAAF World Championships Doha, Qatar

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

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

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

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/>