

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



HEEL & TOE

July 12th 2018

IAAF World U20 Championships Tampere 2018

The World U20 Championships in Tampere, Finland are now well underway with Australia represented in all 11 sessions. A total of 1,466 athletes are competing representing 160 countries from all parts of the world. On Saturday Katie Hayward will be taking on the world in the 10,000 Metres track race.

AA Media report on Katie.



10,000m Walk - Hayward brings senior international experience

Katie Hayward has made tremendous progress over the last five years and has managed the increase in distance from 3000m to 10,000m very well. In 2016, the Steve Langley-coached walker was super impressive and broke the Australian U18 5000m track walk record, clocking 21:39.03.

In 2017 she stepped up to 10,000m and won the national title in a quick 45:51.09. A year on at the Australian U20 Championships/Trials she defended her title in 45:48.45 to secure selection for not just the World U20s but the World Race Walking Teams Championship in China where she was unfortunately disqualified. The Queenslander started her athletics career as a 10-year-old cross country runner before joining Gold Coast Little Athletics where she discovered race walking.

Hayward has the third fastest time of the year for U20s with just Li Ma (China) and Japan's Nanako Fujii coming in with faster times with 45:20.59 and 45:24.35 respectively.

Australia's most recent success at the championships has been Regan Lamble's 8th place

in 2010. Lambie went on to represent Australia at the Rio Olympics in 2016. Former World Championships representative Jess Rothwell recorded Australia's best placing when 4th at the 2008 edition of the championships held in Bydgoszcz.

Walk Times

Saturday July 14th

Local Time 09:35 My Time **16:35** Women 10,000 Metres Race Walk

A quick look at the line up in the women's race sees all the main contenders and medalists from the recent World Race Walking Cup in China ready to do battle again. We wish Katie and her coach, Steve Langley, all the best in the race on Saturday and send our full support. Here are the top 7 contenders:

1622 Glenda MOREJÓN ECU 44:58 44:58 30 May 00

1589 Yuxia SHI CHN 44:28 45:02 1 Jan 99

1827 Alegna GONZÁLEZ MEX 44:43.89 45:08 2 Jan 99

1924 Meryem BEKMEZ TUR 48:33.88 45:09 31 Jul 00

1584 Yajing LIU CHN 45:18 45:18 25 Feb 00

1786 Nanako FUJII JPN 45:24.35 45:24.35 7 May 99

1526 Katie HAYWARD AUS 45:48.45 45:48.45 23 Jul 00

Local Time 10:45 My Time **17:45** Men 10,000 Metres Race Walk

In the men's race Australia is represented by **Kyle Swan** from Victoria and **Declan Tingay** from Western Australia. These two raced with distinction in China and we know they will put in a big performance on the world stage in Finland on Saturday.

For results and timetables see:

<https://www.iaaf.org/competitions/iaaf-world-u20-championships/iaaf-world-u20-championships-tampere-2018-6082/timetable/byday>

RESULTS RESULTS RESULTS

QRWC Handicap Meet July 8th

Kalinga Park

A Grade 10km

Men: (1) Ignacio Jimenez 53.41

Women: (1) Jessica Pickles 52.21 (2) Noela McKinven 1.23.51.

B Grade 5km

Men: (1) Jayden Lyttle 29.22 (2) Alec Lyttle 34.09 (3) P. Sela 41.30

Women: (1) Mackenzie Ofield 27.54 (2) Di Adams 30.52 (3) Amelia Schofield 33.54

C Grade 3km

Men: (1) Sam McCure 16.26 (2) Kai Norton 18.10 (3) Ethan Clarke 19.04.

Women: (1) Anika Clarke 16.04 (2) Ashanti Heap 16.14 (3) Amber Norton 18.16 (4) eq. Torryn Fisher, Scarlett Schofield 19.04 (6) Jasmine McRoberts 20.29 (7) Bella Schofield 20.42 (8) Amber Tofful 22.48 (9) Phoebe Chadwick 24.45.

D Grade 2km

Women: (1) Lyla Williams 11.29 (2) Kamara Stewart 13.52 (3) Robyn Wales 17.43.

E Grade 2km

Men: (1) Myles Callaghan 10.44 (2) Charlie Capps 12.03

Women: (1) Lily Goulding 14.20.

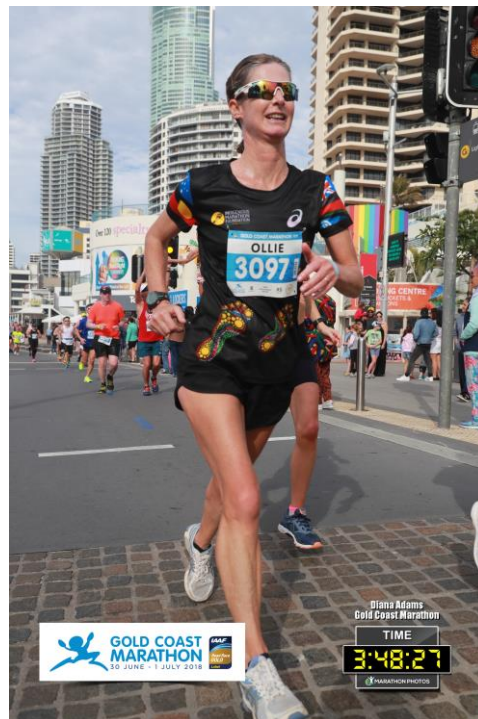
F Grade 1km

Women: (1) Makenna Clarke 5.49 (2) Chelsea Capps 6.01 (3) Siaan Fisher 6.11

Gold Coast Marathon events

A number of club members participated in events at the Gold Coast marathon on the weekend of July 1st.

Di Adams finish photo shows her fine marathon time of 3:48.27



Di, who has been collecting pre-loved sports clothing and shoes for kids in the Cook Islands will be returning there for another race on September 21st. The event Di will be doing this time is the Round Rarotonga Road Race. Please bring along any donations of sports goods and children's sportswear to our club meet on July 29th and the August 19th club championships.

Rodney Clarke completed his first ever marathon at the Gold Coast in a time 3 hours 51 minutes. Rodney reports that he spotted **Robyn Wales** on one of the water stations but was too bugged to say "hello". Young **Anika Clarke** did the 10km in 45 mins which was a good effort from her. Both Clarkes will be lining up for the Brisbane 10km event next month

Ashanti Heap ran the 10km, finishing in 45:49 to be 9th in the F12-14 division.

Well done to these athletes and to any other club athletes who competed or volunteered at the marathon.

Rouen 24 Hours Ultra-Walk 50th Edition

Peter Bennett competed in the Rouen 24 hours walk in France on the weekend of June 30th -July 1st. The race was conducted in sweltering summer temperatures in the thirties. The long days with the sun up until after 10.30pm made it tough for all the walkers.



Eric Boufflert & Peter battle it out at the three hour mark.

Extract from Normandy newspaper:

It was the favorite that won: The Australian Peter Bennett from Brisbane in Queensland. A regular of the event, it was his eleventh start for now ten victories (only 9 actually).

"From the start, he left very, very quickly," comments (Race Organizer) Francis Herbet. He had gone on in previous years to totals of more than 200 kilometers, but the heat literally suffocated him. It did not stop him from closing at 180.5 km to finish in front of the first Norman, Habib Sadeghi, of Gisors (174.1 km).

"I like challenges," said the Australian. Habib also managed to tame this sweltering heat: "I am very happy with my performance. Peter is unbeatable. Towards the end he was in a bad spot, I told everyone I'm not going to go after him because he deserved to win". Fair play and respectful from the Norman. Peter Bennett was indeed in a bad way since late morning Sunday (10-12 hours from the race finish), but did not give up, pushing on bent sideways to the finish. The walks at the Olympics needs athletic (physical) quality, while the ultra-walk is rather about mental strength. Peter is the perfect illustration. "They all showed exceptional courage," said the president of the Friends of the Indian Ocean.



Who has the biggest trophy?

THIS WEEK

Downunder Meet 2018

Griffith University, Southport, Friday July 13th

All the walks at the Downunder Meet are on at Griffith Uni track tomorrow morning. All the best to the athletes and if you are nearby get out to the track to show your support .

8:45am

Women 20+ 5,000 M Race Walk Open

1 578 Pickles, Jessica 24 UNQ

Women 16-17 5,000 M Race Walk Under 18

1 153 Blessike, Makayla 16 United States

2 240 Crisp, Trever 16 United States

3 599 Reeb, Allie 17 United States

Men 16-17 5,000 M Race Walk Under 18

1 215 Clarke, Ethan 17 QRWC

Women 13-15 3,000 M Race Walk Under 16

1 115 Anderson, Jayda 13 QRWC

2 162 Brady, Korey 13 QRWC

3 214 Clarke, Anika 13 RED

4 296 Fisher, Torryn 13 QRWC

5 342 Gray, Logan 15 United States

6 638 Schofield, Amelia 15 Gold Coast V

Men 13-15 3,000 M Race Walk Under 16

1 550 Norton, Kai 13 UNA

2 742 Wearne, Jonathan 14 QRWC

QRWC Handicap Meet # 9

Sunday July 22nd

Riverside Place (off Lytton Road) Morningside

The Sunday our club meet is out at Morningside. Time is running out this season to score

handicap or seasons best points. Members need to have competed in a minimum of four Handicap meets to be eligible for handicap points trophies so there are only two meets left to make the grade if you are still short! So see you all there on Sunday.

Two start times this week with the 8,10 & 15 km races starting at 7.30am and all other races starting at 8.00am.

The women's A grade race is 10km but the ladies are encouraged to enter the 15km to try to set a club record or to try to break a Qld Masters age group best time. Enter the A Grade 10km but put your name on the 15km lapsheet and let the timekeeper know at the start of the race. Your 10km time will be recorded.

Masters walkers should note that QMA has Qld Best Times for the 8km distance as well.

PROGRAMME

7.30am A Grade M 15km (Open)
A Grade W 10km (Open)
B Grade 8km (Open/U20)

8.00am C Grade 5km (U18/U16/U14)
D Grade 3km (U14/U16)
E Grade 2km (U12/U14)
F Grade 1km (U8/U10)

The canteen will be in operation on Sunday so please give it your support.

Volunteer helpers will be required to assist with the canteen, lap scoring, timekeeping and course marshals. We thank you for your assistance .

NEXT WEEK

Sunday July 22nd Racewalking Australia Postal Challenge Logan River Parklands, Beenleigh

This is a virtual interstate meet whereby all Federation Race walking clubs from around Australia conduct the same programme of events.

RWA Rules

1. The Racewalking Australia State Challenge event is a RWA club-versus-club team's competition with points being awarded within each race to the top finisher for each club.
2. Walkers may compete in more than one event on the day provided the events are held at different times. A walker cannot walk in two different age groups in a concurrent race.
3. **Age is 'age on the day'** for all walkers including Masters.
4. Masters athletes will not be scored on their time but their age grading so all Masters athletes must submit their age at entry time.

Programme

8.00am

Open M/W 10km

Masters M/W 10km

U 20 M/W 10km
U18 M/W 8km
Invitation 5km (Non-challenge event)
U16 M/W 5km
U14 M/W 3km
U12 M/W 2km
U10 M/W 1.5km
Invitation 500 metre (Non-challenge event)

**QUEENSLAND ROAD WALKING
CHAMPIONSHIPS**
Incorporating QMA Short Course Road Walk Championships

Entries Now Open

Sunday August 5th Murarrie Recreation Reserve, Murarrie

PROGRAM OF EVENTS

9:15am 20km Open Men
20km Open Women
10km Masters Men 35+ / Under 20 Men / Under 20 Women / Under 18 Boys
9:45am 5km Masters Women 35+ / Under 18 Girls / Under 16 Boys / Under 16 Girls
10:15am 3km Under 14 Girls / Under 14 Boys
10:45am 2km Under 12 Girls / Under 12 Boys
1km Under 10 Girls / Under 10 Boys

HOW TO ENTER

Entries online at www.qldathletics.org.au and close midnight on Thursday 2nd August.
Late entries submitted on the day will incur an additional late entry of \$10.00 per athlete.

New Members * \$ 30.00

QA Platinum Members FREE

QA Traditional or Dual Members \$ 20.00

QA Base Members \$ 20.00

*New Members only need to pay \$30.00 when entering their first event which includes a Base Membership with QA.

STATE CHAMPIONSHIP MEDALS

ü Queensland State Championship medals will be awarded to the first three individual male and female

place getters in each age group.

ü Queensland Championship medals will also be awarded to the first three placed QA club teams in each

age group.

AGE GROUPS

ü Athletes are permitted to compete in an older age group where appropriate.

ü Age groups are determined by the athlete's age as on 31 December 2018 (i.e. year born). For example, if an athlete will be turning 12 years old during 2018 (born 2006),

they are considered to be 12 years old and therefore in the Under 14 age group. Refer to the program above for guidance.

- ü All races and results are conducted as separate male or female events, for each age group listed, with concurrent start times.
- ü The Open age group is open to all ages, as appropriate, although generally for athletes aged 20 year old and above.
- ü The minimum age for these championships is 6 years (born 2012).
- ü For Masters events age is calculated as at the day of competition and will be run in 10 year age groups. (35-44, 45-54, 55-64, 65+)
- ü Certificates will be awarded to QMA registered athletes who enter the Masters Events in the 5 year age groups.

TEAMS

- ü Queensland State Championship medals will also be awarded to the first three placed QA club teams in each age group.
- ü A team consists of three competitors who are all;
 - the same gender
 - entered into the same age group
 - registered members of the same Queensland Athletics club
- ü Athletes are automatically placed in teams according to their QA club and their finishing order. If there are more than three walkers in an age group from a club, then the first three walkers from the club to finish will constitute the first team and the second three walkers from that club to finish shall be deemed to be the second team and so on.
- ü Athletes are only eligible for team medals in the age group they specifically entered.
- ü Masters Teams will be in the 35-54 and 55+ year age groups.

Australian Winter Walking Championships

Sunday August 26th

Lake Kawana Sports Precinct, Sunshine Coast

ENTRIES NOW OPEN ON-LINE AT

<https://winterwalks.eventdesq.com/reg/types>

ENTRIES CLOSE: 5pm Monday August 6th

The 2018 Australian Winter Walking Championships will ensure a bumper weekend of Athletics on the Sunshine Coast, with the 2018 Australian Cross-Country Championships to be held the day before. NB: This event will be held in conjunction with Road Walking Australia (RWA) events.

Athletics Australian Championship events will be held from Under 14'S up to Open. Under 12's and Masters events will be Race Walking Australia events. All teams' medals and handicap trophies will be awarded by Race Walking Australia. You will need to be a

current member of the club to be eligible. Three walkers make up a team and we can have numerous teams in each age group so every member of the club can participate.

EVENTS

MEN

Open - 20km (including Masters 20km RWA Championship event)

Under 20 - 10km

Under 18 - 10km

Under 16 - 5km

Under 14 - 3km

Under 12 - 2km RWA Championship event

WOMEN

Open - 20km

Open - 10km (including Masters 10km RWA Championships event)

Under 20 - 10km

Under 18 - 5km

Under 16 - 5km

Under 14 - 3km

Under 12 - 2km RWA Championship event

ENTRY FEE: \$30.00 per event



Australian Masters Athletics 20km Walk Championships

Adelaide, South Australia Sunday 5th August

Entry Fee \$20 / Entries Close Sunday 29th July / Start Time 10am

For more information contact: George White gwhite@adam.com.au



ENTRIES ARE NOW OPEN

Entries Close: •Wednesday 31 October 2018

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/>

Dates & Times •Sunday 11 November 2018: 7am start

Events: •10km Road Race Walk

Age Requirements

- Age is determined as at 11 November 2018
- Minimum age for competition is 30 years

Fees: Sport Fee: \$20 per person

Games Fee: Competitor: Early bird – \$120 | Standard – \$140

QA Registration for Volunteers

The club encourages all club volunteers, officials, committee members and coaches to register with Queensland Athletics through their Free member option. This membership is valid up until 30th September 2018 and includes coverage for Personal Accident Insurance under the National Insurance Program.

Go to the QA website membership page and register as a QRWC volunteer.

<http://www.qldathletics.org.au/Membership/Membership-Information>

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

July 10-15th IAAF World Juniors Track Championships Finland

July 13th Friday Down Under Meet

July 15th QRWC Handicap Meet Morningside 7.30am

July 22nd RWA Postal Challenge Beenleigh 8.00am

July 29th QRWC Handicap Meet Skippy Park

Looking Further Ahead

August 5th QA Road Walk Championships / QMA Short Walk C/Ships TBA

August 5th AMA 20km Road Walk Championships Adelaide

August 12th QRWC Track Championships UQ St Lucia 8.00am

August 19th QRWC Club Championships Kalinga Park 8.00am

August 26th AA/Federation Road Walk Championships Kawana Sunshine Coast

September 1-16th World Masters Athletics Championships Malaga, Spain

September 2nd QMA Long RW C/Ships / QRWC Invite meet / 20km Murarrie

September 16th Relay/Trophy/BBQ Day Kalinga Park 10.00am

November 11th PPMG 10km Road Walk Runaway Bay 7.00am

Racewalking Queensland

(Trading at 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

A great way to save money and not have to worry about paying race fees every week is to invest in a QRWC “Season Ticket”. This enables the athlete to compete in up to 15 club meets a season (10 x handicaps, club road championships, club track championships, Postal Challenge, Invite Meet & relay day). This does not cover QA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet.

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/>