

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



## HEEL & TOE

November 16<sup>th</sup> 2017

### Gold Coast Commonwealth Games 2018 Volunteer Launch

The QRWC was well represented at the training launch for thousands of Gold Coast 2018 Commonwealth Games volunteers on Saturday & Sunday at the Gold Coast Convention Centre. We already know we have wonderful volunteers so it is of no surprise to see so many of our members being selected for the Games. The Games uniforms for volunteers were unveiled at launch with just 144 days until the Opening Ceremony. The uniforms, by Hard Yakka, are bright and bold and nobody wearing it will get lost!

GOLDOC Chairman, Peter Beattie AC said the orientation events marked the commencement of the training journey ahead of the Games. “All athletes are in training to bring their best to the Games and it is no different for our Games Shapers,” Mr Beattie said. “We want to deliver a great Games and these events are designed to engage the newly appointed Games Shapers and get them into the starting blocks and ready to start their training regime.

“The entire Game’s workforce will walk away with a real insight into the scale of the Games, what training to expect over the next five months, what we expect of them and an idea of what they can expect at Games time. “Games Shapers make a massive commitment to the success of the Games and we sincerely appreciate the time and energy they put in to ensure athletes, spectators, media and other key stakeholders have a memorable Games experience.”

Congratulations to everyone selected to be a volunteer at the Games. We know you are all proud, vibrant and committed to shaping an unforgettable experience.



## **RESULTS RESULTS RESULTS**

### **QA Cathy Freeman Shield Saturday November 11<sup>th</sup> QSAC**

Some fantastic performances by all nine walkers at the QA meet at QSAC on Saturday night.

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

- 1 Hayward, Katie 17 GCC 12:46.34
- 2 Anderson, Jayda 12 GCC 15:01.17
- 3 Clarke, Anika 12 Redlands 16:20.89

#### **Women 5,000 Metre Race Walk**

- 1 Pickles, Jessica 23 UNQ 22:41.64
- 2 Hannigan, Caitlin 15 Gold Coast Victory 24:23.71

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

- 1 McCutcheon, Nelson 15 Qeii Track Club 13:22.63
- 2 Hayward, Kris 13 GCC 14:07.69
- 3 Stewart, Ryan 15 Ipswich & District 16:29.08
- 4 McCure, Sam 11 Gold Coast Victory 16:33.74

### **Qld Masters Saturday November 11<sup>th</sup> QSAC**

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

- Peter Bennett M62 Brisbane 16:26.95 (13:07.59 80.17%)  
Noela McKinven W75 Brisbane 24:07.28 (15:55.50 72.74%)  
Ronald Smith M83 Independent DNF

#### **Juniors**

- 1 Camryn Novinetz W14 Visitor 15:09.57 (15:09.58 76.41%)
- 2 Bridget Sullivan W13 Visitor 17:22.68 (17:22.69 66.66%)

#### **1 Mile Race Walk**

- Jodie Craswell W49 Brisbane 10:03.57 (9:18.31 64.84%)  
Peter Bennett M62 Brisbane 8:39.34 (6:53.50 80.38%)  
Noela McKinven W75 Brisbane 15:41.80 (10:33.55 57.14%)  
Russell Grigg M90 Brisbane 15:44.37 (8:16.37 66.96%)  
Congratulations to Russell on a new M90 record for the 1 Mile.

#### **Juniors**

- Camryn Novinetz W14 7:45.80 (7:45.81 77.72%)

### **Gold Coast Masters**

#### **Sun 12<sup>th</sup> November 3,000 Meter Race Walk**

- 1 Nyle Sunderland W50 18:41.26 (16:35.12 69.84%)
- 1 Paul Lindenberg M55 17:55.45 (14:59.51 70.20%)
- 1 Kay Shaw W58 19:32.47 (16:34.49 69.88%)
- 2 Debbie Lindenberg W56 21:24.01 (18:09.10 63.81%)
- 1 Patrick Sela M78 23:22.53 (15:40.26 67.15%)

*Age Graded Times & Percentages in Brackets*

## **Campeonato Sudamericano de Atletismo Master - Santiago, Chile**

Iggy Jimenez backed up his Gold medal in the 5km at South American Masters Championships with a win in the 10km road race.

### **This Week**

This Saturday morning, November 18<sup>th</sup>, Qld Masters have a 5,000 metres walk at QSAC starting at 8.00am.

### **Coming Up**

#### **Annual Noosa Gift Athletics Carnival**

Noosa Little Athletics Track, Girraween Sports Complex, Noosa Heads

**Saturday 25<sup>th</sup> November 25<sup>th</sup>**

Includes an Invitation 900m Walk Handicap Boys and Girls (Prize)

**Entries close Monday 20<sup>th</sup>**

### **Australian 50km Championships**

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

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 27<sup>th</sup> November

### **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

The advertised date for the track 10km is Saturday January 13<sup>th</sup> 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](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.

[qrwcregistrar@outlook.com](mailto: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 18<sup>th</sup> QMA 5,000 metres SAF 8.00am

November 25<sup>th</sup> QMA 3,000 metres SAF / 1,500 metres 9.45am

November 26<sup>th</sup> GC Masters 3/5km Griffith Uni 8.00am

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

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

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

December 8-10<sup>th</sup> Australian All Schools Championships Adelaide

### **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> AA 10,000 metre track championships Canberra

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

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

February 2-4<sup>th</sup> QA Open Track Championships 10km U20/Open

February 11<sup>th</sup> AA 20km Road Walk Championships Adelaide

February 15-18<sup>th</sup> AA Open Track Championships Gold Coast

February 22-25<sup>th</sup> QA Junior Track Championships

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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**Race Day Fees**

Students \$3.00

Others \$5.00

Club/Track Championships \$8.00

Track Championships – Non-Member \$ 15.00.

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Go to [www.qldathletics.org.au](http://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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>