

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



## HEEL & TOE

November 2<sup>nd</sup> 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 29<sup>th</sup>**

#### **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 2<sup>nd</sup>**

### **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 28<sup>th</sup>**

#### **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 11<sup>th</sup> 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 12<sup>th</sup> Gold Coast Masters have 3,000 metres walk at Griffith Uni starting at 7.30am.

## 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

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 15-18<sup>th</sup>. The advertised date for the track 10km is Saturday January 13<sup>th</sup> with the event to be held in Canberra.

**Date:** Saturday 13<sup>th</sup> January, 2018 **Location:** Canberra, ACT

**Entry:** \$30.00 per event **Entries close:** Monday 5<sup>th</sup> January, 2018

<https://10000mwalk.eventdesq.com/>

## QRWC Constitution Review Sub Committee Meeting Monday October 30<sup>th</sup>

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](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 11<sup>th</sup> QMA Meet 3,000 metres 8.00am / 1 Mile 9.45am SAF  
November 11<sup>th</sup> QA Meet 3,000/5,000 metres 8.15pm  
November 12<sup>th</sup> GC Masters 3,000 metres Griffith Uni 7.30am  
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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*(Trading at the Queensland Race Walking Club Inc. ABN 59065512712)*

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Track Championships – Non-Member \$ 15.00.

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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/>