

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



HEEL & TOE

October 19th 2017

Introducing the *Racewalking Queensland*
Currumbin "Onesie"
1km walk Sunday October 29th

The club is very happy to announce that we have been given the go ahead to conduct a 1km walk at the conclusion of the Invitational 5km race on Sunday October 29th. This is to give as many of our members as possible the opportunity to share the experience and excitement of walking on the course where the road walks will take place during the Gold Coast 2018 Commonwealth Games

The 1km will not be a judged race walk and there will be no places or official times. It is opportunity for all our younger athletes, our volunteers, officials and parents to have some fun and walk the Games course. No entry required, all we ask is that you assemble near the start area and be ready to go when the gun is fired soon after the last competitor crosses the line in the 5km. The electronic clock will be started for the walk so you will be able to see your time as you cross the line. If you are helping out on the day make sure you wear suitable walking shoes and attire. Race start time will be approx. 6.35am with all competitors to be finished by 6.45am . Feel the excitement!

Pacific Parade , Currumbin **GETTING THERE**

Coming from Brisbane on the M1 take EXIT 95 (Currumbin, Tugun, Coolangatta, Gold Coast Airport, Gold Coast Highway).

You will have to ignore what your GPS Navigator tells you now (it will want you to turn left when you meet the Gold Coast Highway) . But go to the right when you meet the highway passing the Shell Service Station .Turn left onto Toolona St, left onto Golden Four Dr, continue straight onto Teemangum St. Park along Teemangum Street.

If you are coming from the northern Gold Coast area via the Gold Coast Highway note that you will NOT be able to turn into Tomewin Street (Currumbin Wildlife Sanctuary) after 5am when the road will be closed off.

Coming from the South : Gold Coast Highway northbound, right onto Toolona St, left onto Golden Four Dr, continue straight onto Teemangum St

To those that missed the previous updates : There will be no parking at or near the Pacific Parade venue on the day . The road will be barricaded off. Parking will be available along Teemangum Street .This will ensure no one is impacted by road closures relating the road cycling race so everyone will be able to get back to their car . It is a 5 minute walk to the venue heading north from the car park. The race Start /Finish is at the northern end of Pacific Parade. There are toilet facilities located at the northern end

Also note , there is NOT going to be park and ride facilities available for the race walking event at Salk Oval, Palm Beach.

Allow yourself plenty of time to get to the parking area and to walk to the race precinct.

POST RACE BREAKFAST All Welcome

Our post race breakfast will be held at Kropp Park, Pacific Parade at Tugun (close proximity to Teemangum St). There is vehicle access via Wagawn Street/Pacific Parade. Another big plus is that it is right near the BEACH , bring your swimmers and a towel. There will be a full fact sheet sent out on traffic access and parking details once everything is finalised .

Another race update will be sent out over the weekend with a schedule for the day . This will be important for the athletes as well as for our volunteers and race officials . There will also be a map of the race venue sent out. Time is limited on race morning and we will need to keep to a very tight schedule. At the end of the meet will will need everyone to assist in packing up all the equipment , collected the hundreds of cones marking the course , all the tables and picking up all rubbish . We need to be packed up up 7am and completely out of the venue no later than 7.15am Thank you in advance for your co-operation . We have to be like a “pop up“ race meet.

The start list for the 5km will be in the newsletter next week

Be part of something special

GC2018 Baton Bearers revealed

Congratulations to **Sam McCure, Noela McKinven and David Smith** who on Wednesday were revealed as bearers of the Queen's Baton for the 2018 Gold Coast Commonwealth Games.

Like hundreds of other Australian around the country they were nominated for their achievements and contributions to their community They will be part of the Baton's journey as it travels the length and breadth of Australia for 100 days on its way to the Opening Ceremony.

RESULTS RESULTS RESULTS

Queensland School Sport Track & Field Championships QSAC October 14th

Some super performances in the walks at the Qld Schools track championships on Saturday. Kris Hayward lowered the QA U14 3,000 metres record held by Jamison Stovin with a championship record time of 14:07.18 to win the 13 years event. Nelson McCutcheon then smashed the Championship record held by Jesse Osborne to win the 14 years 3,000 metres in 13:23.00. For the girls there were terrific performances by Caitlin Hannigan and Katie Hayward. Caitlin walked an outstanding 14:01.09 to win the 14-15 years 3,000 metres and Katie was in a class of her own walking a superfast 21:51.29 to win the 16-17 years 5,000 metres.

Women 13 Years 3,000 Metre Race Walk

- 1 Mackenzie Ofield SUN 16:51.13
- 2 Bridget Sullivan MN 17:36.87

Women 14-15 3,000 Metre Race Walk

- 1 Caitlin Hannigan SC 14:01.09
- 2 Camryn Novinetz MW 14:58.66
- 3 Amelia Schofield SC 16:12.46
- 4 Breeanna Betzold MW 17:20.18
- 5 Larissa Vickers DD 18:17.49
- 6 Zoe Jenner SC 18:18.43

Women 16-17 5,000 Metre Race Walk

- 1 Katie Hayward SC 21:51.29
 - 2 Milla Rowbotham MW 30:11.67
 - 3 Jade Pearson MN 31:27.11
- Bridie Mulcaster SC DQ

Men 13 Years 3,000 Metre Race Walk

- 1 Kris Hayward SC 14:07.18
 - 2 Jonathon Wearne ME 15:41.22
- Lachlan McCure SC DQ

Men 14-15 3,000 Metre Race Walk

- 1 Nelson McCutcheon ME 13:23.00
- 2 Ryan Stewart MW 16:47.53

NSW All Schools October 13th

Well done to Gabriella who made the trip to Sydney to contest the NSW Schools track championships and came away with the silver medal.

14yrs 3000m Race Walk

2. Gabriella Hill 15:41.36

Qld Masters Athletics

SAF Nathan October 18th

On a wet and soggy Wednesday night at QE11 three walkers braved the elements.

10,000 Meter Race Walk

Ignacio Jimenez 51:12.17 (45:09.35 82.34%)

Peter Bennett 57:54.57 (46:44.68 79.55%)

Noela McKinven 1:25:32.86 (53:50.63 76.05%)

Age Graded Times & Percentages in Brackets

COMING UP

UQ 1,500 Metre Classic

Thursday November 2nd

This annual event will be held at the UQ Sport Athletic Centre on Thursday, November 2nd with the walks first up on the programme. This meet features a range of 1500 metre events – including Race Walking and is renowned for the large number of pb's registered in the walking events.

5:20pm 1,500 metres Walk Women

5:35pm 1,500 metres Walk Men

All entrants must be registered with Queensland Athletics or their State/National Athletics Association (AA/IAAF). Enter on line

Entries close on Tuesday 31st October, 2017 at 09:00 am. *Entries not accepted on the day of the meet.*

For more information about the 1500m Classic please go to: uqsport.com.au/1500classic

Gold Coast 50

This race that was formally known as the Kurrawa to Duranbah will take place on **Sunday, December 10th** at Kurrawa Park, Old Burleigh Road, Broadbeach. There are a number of event options from the full 50km, 30km, 15km and a 5km. There is also a 2 x 25km relay. Race walkers are very welcome to participate in this race and Nyle, Kay, George, Peter and co have been regulars in recent years often joined by Michael George from the Isle of Man on his summer visits downunder.

Start spreading the news, the Megastar is back. George has revealed he has already entered for this meet and will contest the 15km .

Closing date: The closing date for online entries will be Friday 8th December at 5:00 pm. On the day paper entries will be available, add \$10. For more information and to enter go to : <http://www.goldcoast50.com/>

Australian 50km Championships

Fawkner Park, Melbourne Sunday December 3rd

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/>

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

Race Day Fees

Students \$3.00 / Others \$5.00

Club/Track Championships \$8.00

Contact emails:

grwc1@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.

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

October 21st - XVI Australian Masters Games, Tasmania

October 28th QMA 5,000 metres SAF 8.00am

October 29th RWQ Invitation 5km Currumbin 6.00am

November 2nd UQ Classis 1,500 metres St Lucia

November 11th QA Meet 3,000/5,000 metres SAF

November 18th QMA 5,000 metres SAF 8.00am

November 25 or 26th Sat/Sun TBA QMA 3,000 metres SAF / 1,500 metres 9.45am

Looking Further Ahead

December 3rd Sunday QMA 5,000 metres SAF 8.00am

December 3rd QA Meet 3,000/ 5,000 metres SAF

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

December 16th QMA 5,000 metres SAF 8.00am

December 3rd AA 50km Championship Fawkner Park, Melbourne.

December 8-10th Australian All Schools Championships Adelaide

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

January 20-27th Oceania Masters Championships, Dunedin NZ

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

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

February 22-25th QA Junior Track Championships

March 3rd QA Meet 3,000 / 5,000 metres SAF

April 8th Commonwealth Games 20km Road Walks Currumbin

April 21-22 QMA Track & Field Championships SAF

April 26-29 AMA Track & Field Championships Perth WA

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(Trading at the Queensland Race Walking Club Inc. ABN 59065512712)

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Students \$3.00

Others \$5.00

Club/Track Championships \$8.00

Track Championships – Non-Member \$ 15.00.

To register with Queensland Athletics, you must use their On-Line Registration.

Go to 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

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