

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 67 years in the making.



HEEL & TOE

April 21st 2022

55th ANNUAL LAKE BURLEY GRIFFIN WALKING CARNIVAL



RACE WALKING
AUSTRALIA
AUSTRALIAN FEDERATION
OF RACE WALKING CLUBS

Sunday 12 JUNE 2022 – STROMLO FOREST PARK CANBERRA

ENTRIES NOW OPEN

The ACT Race & Fitness Walking Club Inc. (ACT Walkers), on behalf of Race Walking Australia, invite your members and race walkers affiliated with a National Athletics Association to participate in this year's

Annual Lake Burley Griffin Walking Carnival to be held on Sunday 12 June 2022. All events will be conducted on a 1 kilometre circuit on the cycling criterium track. The fitness walks are open to all, but participants in the race walking events must be members of a club affiliated with Race Walking Australia or an overseas World Athletics affiliated athletic club.

The venue for all events is Stromlo Forest Park, Opperman Avenue / Dave McInnes Road.

No.	Event	Start Time
1	RWA Open 30 km	8.00am
2	ACT Fitness 30 km	8.00am
3	AACT W&M 30 km Champ	8.00am
4	RWA Open Women's 15 km	8.00am
5	RWA Open Men's 15 km	8.00am
6	ACT Fitness 15 km	8.00am
7	ACT Fitness 8 km	9.00am
8	RWA Men's U20 10 km	10.30am
9	ACT Open (Over 19 years) 10 km	10.30am
10	RWA Women's U20 10 km	10.30am
	PRESENTATIONS EVENTS 1 -10 & SPECIAL AWARDS	
11	RWA Boys Under 10 1 km	12.15 noon
12	RWA Girls Under 10 1km	12.15 noon
13	RWA Boys Under 12 2km	12.25 pm
14	RWA Girls Under 12 2km	12.45 pm
15	RWA Boys Under 14 2km	13.05 pm
16	RWA Girls Under 14 2km	13.25 pm
17	RWA Boys Under 16 3km	13.45 pm
18	RWA Girls Under 16 3km	14.10 pm
19	RWA Boys Under 18 5km	14.40 pm
20	RWA Girls Under 18 5km	14.40 pm
21	RWA Women's & Men's Open 5km	15.10pm
	PRESENTATIONS EVENTS 11 - 21	16.00 pm

Entries

Competitors must complete an ON-LINE ENTRY. NO MANUAL ENTRIES WILL BE ALLOWED and LATE ENTRIES CANNOT BE ACCEPTED.

This applies to both Race Walks & Fitness Walks.

Entries are being taken online at- <http://vrwc.org.au/wp1/55th-lbg-walking-carnival/>

Entries close at 5:00 pm, Wednesday, 25th May 2022.

Entry Fees

Race Walking Australia Events;

- \$35.00 for first event, \$20.00 for second event (including an Athletics ACT Championship), or a \$60.00 cap for 3 events

- A family cap of \$150 will also apply.

Fitness Walks:

- Fitness Walk & Open 10k fee is \$20.00

Uniforms

All Race Walking Australia event competitors **MUST** wear the uniform of their Club, as registered with Race

Walking Australia. Failure to do so may result in disqualification. Competitors not competing in a Race Walking Australia event are also encouraged to wear their Walking

Club uniform.

QRWC WINTER ROAD WALK SEASON

THIS WEEK

Age Races & Handicap #1

Sunday April 24th Riverside Place Morningside

8.00am A Grade 10km

8.15am E Grade 1km / F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km / D Grade 2km

Registrations are now open for Sunday 24 April 2022, at Riverside Place, Morningside.

Please register online in RevSport:

<https://www.revolutionise.com.au/qldracewalkingclub/events/138980/>

These race passes can be purchased online from the QRWC

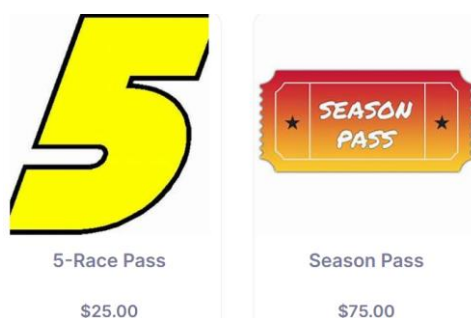
Shop: <https://www.revolutionise.com.au/qldracewalkingclub/shop/6743/>

Please ensure that you purchase your pass prior to registering for the races, as the race pass discounts cannot be applied retrospectively

Season Pass

At the AGM last Sunday, the Committee voted to bring back the **Season Pass**. This is a convenient way to not only save some money but to have to worry about paying race fees with your entry each week. This Pass, at a cost of \$75, enables the athlete to compete in up to 15 club meets a season (10 x handicaps, club road championships, club track championships, Gold Coast Championships, Postal Challenge, & relays). From next season it will also include Sign on Day This Pass does not cover QA, AA, QLA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet. The Pass can be purchased via the Shop on the QRWC RevSport portal.

Note: The pay as you go facility is still available to those that want to register for a race and pay their \$5 each week



As an alternative to the season pass a **5-race Pass** is also now available. The 5-race pass costs \$25. There is no saving with this pass but it will eliminate the need to go into the separate payment screen when registering for an event. It should also help those members who have a \$10 minimum purchase with their credit card.

These options are now live - to purchase, go to the RevSport shop and purchase as you would with a uniform item.

Season Pass, Club Uniforms

Go to [Shop - Qld Race Walking Club - revolutioniseSPORT](https://www.revolutionise.com.au/qldracewalkingclub/shop/6743/)

When you go into the shop and purchase a **SP or 5-race pass**, the Registrar will get a notification from the RevSport Shop via email. The Registrar will then set up an individual discount code with the appropriate details, for each person that buys the pass. An email will then be sent to the applicant with their individual discount code. Once you have the code you can enter it at the check-out when you enter a race. The system is not automatic so please allow a day or two when you purchase a Pass to receive your discount code.

When you enter a race, you will get to the check-out screen and it will charge you \$5, then when you enter your discount code in the field, it will reduce your race fee by 100% (i.e., \$5) so that there is a zero charge. You then will not be prompted to go to the payment screen. It has been tested and it works!

Please be patient while we get the **SP and 5-race pass** up and running, and to email the Registrar if you have any questions or concerns. qrwcregistrar@gmail.com
For the first handicap race of the season please purchase the Pass first and allow time to receive the code before you enter the race. After you have the code, it is just a matter of entering the race each week and keying in the discount code.

NEXT WEEK

Sunday May 1st Aurora Park, North Lakes

Age Races & Handicap #2

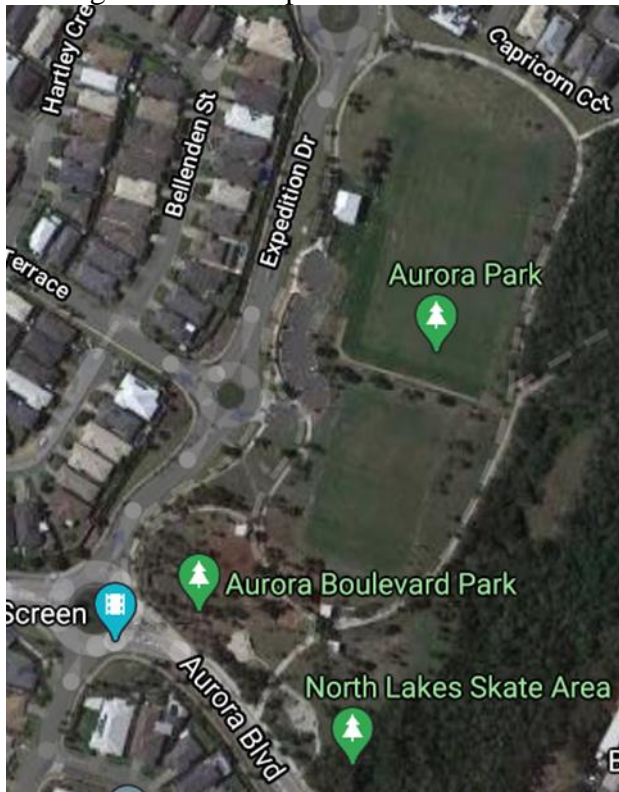
8.00am A Grade 10km

8.15am E Grade 1km / F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km / D Grade 2km

Set up will be the picnic shelter near Aurora Boulevard
Parking area is off Expedition Drive.



Sunday May 15th Mudgeeraba

Gold Coast Road Walk Championships

GCC Open M/W 10km

Invitation M/W 5km Non-Championship

GCC U20 M/W 5km
GCC U18 M/W 5km
GCC U16 M/W 3km
GCC U14 M/W 2km
GCC U12 M/W 2km
GCC U10 M/W 1km
GCC U8 M/W.5km

Volunteers Needed!

For all road walk meets this season we will need the help of our members to set up and run the meets in a safe and organised manner. Please feel free to offer your services whether it be as a judge, time keeper, setting out the course or helping to pack up. All assistance is greatly appreciated. We especially need lap scorers. We would like to start have a canteen at meets. If you would like to help out, please talk to any member of the Committee.

What Grade ?

Below is a guide only to new members in picking a grade. Please discuss this with your coach as this is not just determined by age but on the fitness and goals of the athlete e.g. a Master age members may want to distances of up to 5km.

A Grade (Open/U20)

B Grade (U16/U18/U20)

C Grade (U14/U16)

D Grade (U12/14)

E Grade (U12/14)

F Grade (U8/U10)

It is important to note that your handicap grade is determined from your first handicap race of the season so to maximise points it is best to remain in the same grade all season. If you start in A grade for example and drop back for a race in C grade you will get far less handicap points and may not be eligible for seasons best performance points. The handicap points system rewards those athletes that participate each week of the season and can improve on their performance each week.

Handicap Points - What does it all mean?

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

Starting points are awarded for starting the event.

Completed points are awarded for finishing the race distance.

The **Best Season Performance**. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points.

Draft Calendar

MONTH	DATE	EVENT	VENUE
March	27	AA Track Championships - Walks	Sydney
April	3	AMA National Road Walk C'Ship	QSAC
April	10	QRWC Sign On Meet /AGM	Mudgeeraba
	17	Easter Sunday	No club competition
	24	QRWC Handicap Meet 1	Morningside
May	1	QRWC Handicap Meet 2	North Lakes
	8	Mother's Day	No club competition
	15	Gold Coast Championships	Mudgeeraba
	22	QRWC Handicap Meet 3	TBC
	29	QRWC Handicap Meet 4	Beenleigh
June	5	QRWC Handicap Meet 5	TBC
	12	LBG Federation Meet	Mt Stromlo Canberra
	19	QRWC Handicap Meet 6	TBC
	26	QRWC Handicap Meet 7	Morningside
July	3	Gold Coast Marathon	Southport
	10	RWA Postal Challenge	Beenleigh
	17	QRWC Track Championships	St Lucia TBC

		24	QRWC Handicap Meet 8	TBC
		31	QRWC Handicap Meet 9	TBC
August	Saturday	6	QA Road Walk Championships	QSAC Ring Road
		14	QRWC Handicap Meet 10	TBC
		21	QRWC Club Championships	Beenleigh
		28		
September		4	Father's Day	No club competition
		11	AA/Federation Championships	Melbourne
		18		
		25		
November		13	Pan Pacific Masters Games	Gold Coast

AGM 2022

QUEENSLAND RACE WALKING CLUB INC

Known As RACEWALKING QUEENSLAND

MINUTES OF ANNUAL GENERAL MEETING HELD AT Mudgeeraba SUNDAY, 10TH APRIL, 2022

The meeting opened at 9.30am.

PRESENT: P. Bennett, N. McKinven, J. McRoberts, Jo McRoberts, J. Stuckey, I. Jimenez, J-R McRoberts, C. Goulding, N. Sunderland, D. Sibenaler, D. Lindenberg, R. Wales, A. Guevara, C. Waterman, M. Sela, P. Sela, S. McCure,

APOLOGIES: S. Pearson, K. Martin, C. Chadwick, J & S Dale, K. Dale, D. Millard.

PREVIOUS MINUTES: The minutes of the previous AGM were read; Confirmed: J-R McRoberts/ P. Sela, Received.

BUSINESS ARISING: Stephen Iselin has politely declined to receive any gift for auditing and confirming our accounts for the Dept of Fair Trading for our 2020 Return.

P. Bennett stated that no communication at all had been received from the new President of AFRWC and there was a lack of any attention to the member Clubs. ACT Race & Fitness Walkers have announced the LBG to be held on the 12th June at the previous venue.

PRESIDENT'S REPORT: P. Bennett welcomed all. Following reading his report, he mentioned the urgent need for judges and volunteers, while thanking those who already helped.

As R. Hamann has asked that the equipment stored at his house be removed, the President enquired for anyone who had available space for these items. S. McCure is happy to have them but has no means of transporting them from Ralf's house. It was generally agreed that it may take several trips.

This report was accepted C. Goulding/A. Guevara.

SECRETARY'S REPORT: This was circulated to all present. J. Stuckey has found the Handicap System difficult to understand. Some others agreed with this. N. McKinven pointed out that the rules appear on the Club newsletter before the beginning of the season and at other times. Few had noted that the grade in which you compete on your first Handicap race remains yours for points for the rest of the season (unless the handicapper is asked – once only – to change it). You may compete in another grade but the points will be substantially different. Following discussion, it was agreed that this section of the rules be highlighted in the newsletter.

S. McCure said the date chosen for the Club Track Championships was the same as a large cross country event.

P. Bennett asked the Secretary to ask UQ if another date is available.

The Secretary's Report was accepted P. Bennett/R. Wales.

FINANCIAL REPORT: As Treasurer, N. McKinven circulated the Profit & Loss and Balance Sheet for the financial year 2021. The Interest on the Term Deposit was down from previous years due to the general fall in interest rates. She reported that we still cannot differentiate between registrations and race fees following the way QA report payments. J. Stuckey will look into this.

Trophy costs appear to be up, but as we did not receive the invoice for 2020 until this financial year, we had two years to pay for in this, 2021, year. P. Bennett stated that it is good that we give so many trophies for various reasons as it is a way of giving back to our members and there was agreement with this,.

We bought several necessary items before the end of the financial year in order to expend grants received and also to avoid being placed in another level of rules by Fair Trading. Other expenses include those expected each year.

P. Bennett had previously spoken regarding Grants we had or will receive.

The Financial Report was received S. McCure/P. Sela.
The President then declared all positions vacant.

ELECTION: As there had been no more than one nomination received for any position, there was no need for an election and positions were filled as follows -

President Peter Bennett

Vice President Ignacio Jimenez Solis

Secretary Noela McKinven.

Noela McKinven agreed to continue as Treasurer as well

Treasurer Noela McKinven

Committee Members: Shane Pearson Joanne McRoberts

John McRoberts Jasmine McRoberts

S. McCure and R. Wales were appointed to the Committee as well.

The President invited P. Sela and M. Sela to again be **Patrons of the Club** and they were delighted to accept.

Registrars will be J. Stuckey and C. Chadwick

Equipment Officer: Other than the equipment to be transported to S. McCure's, the rest will remain as it is at present i.e. mainly at I. Jimenez's and N. McKinven's.

Canteen: M. Sela and S. McCure have agreed to co-ordinate this function at suitable venues. The first for the season will be at North Lakes on 1st May.

Newsletter Editor: P. Bennett

Handicapper: A. Guevara

PR/Media: C. Chadwick

Results forwarding: R. Wales

Club Captains: Jasmine McRoberts and Sam McCure

There being no further AGM business, this meeting closed and a General Meeting was opened.

GENERAL BUSINESS: J. Stuckey will see if it is possible to have the distance entered show along with the names and numbers of competitors making it possible for N. McKinven to write up the lapsheets as entries come in.

P. Sela has asked that the Club return to the Season Pass system. J. Stuckey has said that can be done with the use of a personal code and also suggested a 5-day Pass for others, as well as the present single day entry. J. Stuckey will trial the Season Pass system with P. Sela. Discussion followed regarding the amount for the Season Pass and \$75 was agreed upon. This was moved P. Bennett, seconded J-R McRoberts.

J. Stuckey suggested having a "Bring-A-Friend" day. P. Bennett said it would be best on a canteen day.

There being no further business, the meeting closed at 10.45am

Racewalking Queensland Management Committee

2022/23

President: P Bennett

Secretary/Treasurer: N. McKinven

Vice President. I Jimenez

Committee: S McCure, J-R McRoberts, S Pearson, Joanne McRoberts, R Wales, John McRoberts

Patrons: Patrick & Maxine Sela

Registrar: J Stuckey / C Chadwick

Handicapper A Guevara / N McKinven

Equipment J McRoberts / S Mc Cure / I Jimenez

Uniforms: J Stuckey

Publicity / Media C Chadwick

Results R Wales

Newsletter Editor: P. Bennett

Club Captains: Jasmine-Rose McRoberts / Sam McCure

QRWC & QA membership

The QRWC membership year runs from 1 October to 30 September the following year. Memberships can be taken out or renewed at any time during this period. You don't have to wait until the start of the winter road walking season in April to join QRWC or renew your membership. All memberships taken out on or after 1 October 2021 will be valid until 30 September 2022 and will cover the 2022 winter road walking season.

When looking at QRWC membership options, there are basically two types:

1. Standalone QRWC membership -or-
2. Combining QRWC membership with a Queensland Athletics (QA) membership.

Standalone QRWC Membership

QRWC membership covers all QRWC race days as well as QRWC championships. Note: race fees are in addition to membership fees. There are two membership options: student (\$15) and non-student (\$25). This level of membership would be suitable for athletes wishing to compete at QRWC races only, or athletes wishing to attend QA events who are already a member of another QA club (refer to the following for details about QA events).

Combined QRWC/QA Membership

QA conducts a number of events throughout the year, including approximately 4 or 5 racewalking events held over the summer months as well as the QA Qld Road Walking Championships (usually held in July each year). In order to compete at these events, QA requires athletes to take out membership with QA and also be a member of a club that is affiliated with QA - QRWC is one such club.

QA memberships become due on 1 October each year and are valid until 30 September the following year. The QRWC membership year is aligned with the QA membership year which means that athletes wishing to compete at QA events can obtain a combined QA/QRWC membership in or after October each year, which covers the QA summer season events (October to March) and the Qld Road Walking Championships in July. This combined membership also includes the QRWC winter road walking season (ie. the traditional Sunday morning races held from April to September). This allows members wishing to compete in both QA and QRWC events, to take out membership for both organisations in one transaction. In fact, we already have a number of QRWC members who have renewed their QRWC membership for the 2022 winter season and have been competing at QA events over the summer months. Given that this membership extends until September 30 this year, they will also be covered for the Qld Road Walking Championships in July (approx.) and QRWC races held in the winter months.

Further information about QA memberships can be found at:

<https://cdn.revolutionise.com.au/site/qqmoo3oyiea1blrd.pdf>

If you would like more information regarding membership options, please contact Jenny at qrwcregistrar@gmail.com

2022 AA 35km Race Walking Championships

Oceania & Australian 35km Race Walking Championships

Date: Sunday 15th May

Location: Fawkner Park, Melbourne, Victoria

Entries: Entries will open on the 14th February and close on Thursday 28th April at 5.00pm AEDT

Event contact - competitions@athletics.org.au

Draft Timetable as of 21.12.2021

7:00am Oceania & Australian 35km Race Walk Championships

7:00am Invitational Open Men and Women 20km Race Walk

8:30am Invitational Under 20 Men & Women 10km Race Walk

8:30am Invitational Under 18 Men & Women 5km Race Walk

World Events 2022

World University Games

Chengdu, China June 26th July 7th

2022 World Athletics Championships

Eugene, USA

The World Athletics Championships will be held in Eugene, USA from 15-24 July, 2022. The World Championships will feature 20km and 35km race walking events for men and women in Oregon.

2022 Commonwealth Games

Birmingham

Commonwealth Games Walks

Automatic Qualifier: Men 39:30.00 / Women 44:30.00

Saturday August 6th

Women's 10,000m Walk Final

Sunday August 7th

Men's 10,000m Walk Final

2022 U20 World Athletics Championships

Cali, Columbia August 2-7th 2022



Entries Open next Tuesday



Lets try again (for the third year in a row) to conduct the Pan Pacific Masters Games on the Gold Coast!!

The Games were scheduled for 2020 then 2021 and cancelled on both occasions because of COVID.

Entries open on **Tuesday March 1st 2022** for the 12th Pan Pacific Masters Games from 4 – 13 November 2022 on the Gold Coast. There are 3,000 metres and 5,000 metre track races scheduled and a 10km road walk.

Race Walk Coaching

If you are looking for coach or would like to be part of a training squad here are the qualified coaches in the club:

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 2

Jasmine-Rose McRoberts Level 2 Club coach

Argenis Guevara Level 1

Queensland Athletics Member Protection Policy

As a member of Athletics Australia, Queensland Athletics, an affiliated club or an individual member everyone is required to comply with the Queensland Athletics Member Protection Policy. We are committed to the health, safety and general well-being of all of our members and will work to ensure that everyone associated with our organisation complies with this policy. We would encourage all who are involved in athletics to familiarise themselves and comply with this policy.

You can read the full policy here

<http://www.qldathletics.org.au/Portals/50/General/QA%20Member%20Protection%20Policy%20-%20July%202015.pdf>

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.

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/>