

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 66 years in the making.



HEEL & TOE

April 22nd 2021

Athletics Australia Track Championships Sydney Olympic Park Athletics Centre

The great results by Queensland athletes continued in the last two days of race walking events at the AA track championships in Sydney last Thursday and Friday. Katie Hayward won the Open Women's 10,000 metres in a very fast 43:46.05 with Clara Smith (47:01.69) taking the bronze despite limited preparation. Another Queenslander in the medals was Jayda Anderson who won the bronze medal in the U17 Women's 5,000 metres in 24:33.71. Congratulations to all Queensland race walkers who took part in these championships.

RESULTS RESULTS RESULTS

Athletics Australia Track Championships Sydney Olympic Park

Open Women 10,000 metres

- 1 **Katie Hayward** (QLD) 43:46.05
- 2 Rebecca Henderson (VIC) 45:13.77
- 3 **Clara Smith** (QLD) 47:01.69 (~)
- 4 Hannah Mison (NSW) 50:59.25
- 5 Molly O'Neill (NSW) 57:09.51
- 6 Claire Samanna (VIC) 57:39.68
- 7 **Brenda Gannon** (QLD) 59:58.36
- Jemima Montag (VIC) DNF
- Teegan Pengilley (NSW) DNF
- Rachel Tallent (VIC) DNS

U20 Women 10,000 metres

- 1 Olivia Sandery (SA) 47:03.55 (>)
- 2 Alanna Peart (VIC) 49:47.29
- 3 Emma Blanch (NSW) 52:08.46 (>)
- 4 Charlotte Hay (VIC) 53:25.51 (>>)
- 5 Allannah Pitcher (NSW) 53:42.79
- 6 Hannah Parker (NSW) 56:07.41 (>>)
- 7 Bridget Bell (NSW) 1:02:08.47 (>)
- Hannah Bolton (NSW) DNF
- **Gabriella Hill** (QLD) DNS

Open Men 10,000 metres

- 1 Rhydian Cowley (VIC) 39:29.63
- 2 Declan Tingay (WA) 39:40.24
- 3 Kyle Swan (VIC) 40:06.86
- 4 Carl Gibbons (NSW) 42:19.33

5 Mitchell Baker (ACT) 42:29.04 (~~~ 1m TR 54.7.4)
6 Tyler Jones (NSW) 42:45.44
7 Tim Fraser (ACT) 43:42.11 (~~~ 1m TR 54.7.4)
8 Dylan Richardson (NSW) 44:13.69 (>)
9 Tristan Camilleri (SA) 44:44.37 (~>)
10 Jason Kozica (VIC) 46:57.27
11 Mathew Bruniges (SA) 49:23.62
12 Benjamin Reid (WA) 49:45.43 (>>)
13 Bradley Mann (WA) 51:06.02
14 Jordan McKenna (SA) 1:12:12.29 (>)

U20 Men 10,000 metres

1 Will Thompson (VIC) 41:58.95
2 Corey Dickson (VIC) 42:26.87
3 Gwyllym Young (ACT) 45:20.18 (>)
4 Jack McGinniskin (NSW) 49:55.09 (>)
5 Riley Whatman (NSW) 55:39.34

U18 Women 5,000 metres

1 Elizabeth McMillen (NSW) 23:41.22
2 Emily Smith (VIC) 28:01.94 (>)
3 Alannah Hickson (NSW) 29:09.17
4 Jade Chitty (VIC) 29:36.00
5 Sidney Shaw (ACT) 30:10.44 (>)
6 Casey Smith (NSW) 31:21.44

U17 Women 5,000 metres

1 Milly Boughton (NSW) 23:37.42 (~>)
2 Alexandra Griffin (WA) 23:56.07 (>)
3 Jayda Anderson (QLD) 24:33.71 (~~)
4 Tara Laytham (NSW) 25:36.07 (>)
5 India Duguid (NSW) 26:45.19
6 Emma Thomas (NSW) 26:57.77 (>)
7 Zoe Woods (NSW) 27:14.19 (>>)
8 Summer Millard (QLD) 27:21.19
9 Anika Clarke (QLD) 27:43.51 (>)
10 Nellie Langford (SA) 29:06.24

U18 Men 5,000 metres

1 Fraser Saunder (VIC) 22:35.51
2 Raven Pyda (NSW) 23:54.71 (>)
3 Owen Costin (VIC) 25:44.95
4 Caleb Strahl (NSW) 29:38.34 (>)
- Jye Spanner (QLD) DQ (>>>>TR54.7.5)

U17 Men 5,000 metres

1 Owen Toyne (ACT) 24:08.47 (>>)
2 Jack Robson (NSW) 24:35.39
3 Liam McLennan (VIC) 24:36.37
4 Oliver Morgan (TAS) 24:57.14
5 Kai Norton (QLD) 26:11.85 (>)
- Liam Spamer (NSW) DQ (>>>> TR54.7.5)
- Will Bottle (TAS) DNF

18th April, 2021

QRWC Handicap #1

Aurora Park, North Lakes

A Grade 10km

Men: (1) Iggy Jimenez 1.03.19 (2) Argenis Guevara 1.03.45 (3) Peter Bennett 1.04.36.

Women: (1) Jasmine-Rose McRoberts 1.07.15 (2) Jenny Stuckey 1.12.23 (3) Noela McKinven 1.27.00.

B Grade 5km

Men: (1) Seth Wasson 28.58 (2) Patrick Sela 44.53.

Women: (1) Tamika Gee 29.02 (2) Summer Millard 29.19 (3) Kirstin Shaw 29.47 (4) Korey Brady 34.44 (5) Torryn Fisher 34.45 (6) Sophie Porter 36.06.

C Grade 3km

Men: (1) Bailey Housden 14.24 (2) Blake Gee 19.32.

Women: (1) Lyla Williams 15.46 (2) Skye Presland 19.29 (3) Phoebe Chadwick 19.58 (4) Lily Housden 20.33 (5) Siaan Fisher 20.55.

D Grade 2km

Women: (1) Isabella Gee 13.37.

E Grade 1km

Men: (1) Hunter Sibenaler 6.13.

Women: (1) Olivia Rutten 6.09 (2) Kiara Waterman 6.50 (3) Freya Williams 7.02 (4) Tully Fisher 7.15



*Club racing at Aurora Park with the ladies to the fore.
Jenny & Jasmine leading the way ahead of Iggy & Peter*

Photos courtesy of Brenda Gannon

QRWC Winter Road Walk Season

This Week

Saturday April 24th Kalinga Park, Woolloowin

Age Races & Handicap #2

7.30am A Grade 10km

8.00am B Grade 5km

C Grade 3km

D Grade 2km

E Grade 1.5km

F Grade 1km

This weekend, due to ANZAC Day falling on a Sunday, our club road walk meet will be conducted on **Saturday at Kalinga Park**. As this park can get very busy and because many athletes and their families have other commitments of a Saturday the races have been scheduled earlier. Check in will be at one of the picnic shelters near the kids playground. The course is a 1km out and back loop starting along the road "Diggers Rest" near the car park.

The RevSport portal has now been set up to accept payment of race fees (which will make things so much easier for our check in table volunteers on race day). You will need your National ID to register.

There is a separate registration tab for non athletes .

[Home - Qld Race Walking Club - revolutioniseSPORT](#)

Race Fees

Club Members \$5

Non Member \$10 (payable on the day)

Uniforms News

Please note that club uniforms will not be available for pick up or for sale at the meet on Saturday. To enquiry about uniforms please contact Jenny at jenny.stuckey@gmail.com
In the meantime check out our club uniforms on the QRWC RevSport portal.

The QRWC COVID Safe Plan

A reminder to everyone to wash their hands regularly, use hand sanitizer and to socially distance.

Any officials, coaches, parents, spectators or anyone accompanying a competitor and not walking, will also have to register. If you feel unwell, have any symptoms of a cold or flu – stay at home and get tested. This includes our all volunteers, officials, competitors and spectators.

Please do not congregate in groups before or after your race.

Follow any QRWC signs or other COVID safety markings. These are here for your safety and to ensure we are complying with our COVID-Safe Plan.

Next Week

Sunday May 2nd Logan River Parklands

Age Races & Handicap #3

8.00am A Grade 10km

8.15am E Grade 1.5km

F Grade 1km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

Coming Up

Sunday May 16th 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

Gold Coast Road Walk Championship Records

Open 10km Men: B Dewar 44.12 2012

Open 10km Women: J. Pickles 52.40 2018

U20 5km Men: L. McCutcheon 21.14 2017

U20 5km Women: J. Pickles 25:04 2013

U18 5km Men: J. Osborne 21:30 2011

U18 5km Women: K. Hayward 22.39 2018

U16 3km Men: N. McCutcheon 13.20 2017

U16 3km Women: K Hayward 13:26 2015

U14 2km Men: B. Housden 9.03 2020 NEW

U14 2km Girls: J. Anderson 9.18 2019

U12 2km Boys: K Hayward 10:04 2016

U12 2km Girls: J. Anderson 9.50 2017

U10 1km Boys: K Hayward 5:09 2014

U10 1km Girls: L. Williams 5.18 2017
 U8 .50km Boys: K Hayward 2:30 2012
 U8 .50km Girls M. Clarke 3.12 2017

Draft only for the first half of the season. Note that the AA Winter Road walk Championships are tentatively scheduled for September 12th in Victoria.

April	11	QRWC Sign On Meet /AGM	Beenleigh
	13-17	AA Track Championships - Walks	Sydney
	18	QRWC Handicap Meet 1	North Lakes 8.00am
<i>Saturday</i>	24	QRWC Handicap Meet 2	Kalinga Park 7.30am
	25	ANZAC Day	No club competition
May	2	QRWC Handicap Meet 3	Beenleigh 8.00am
	9	Mother's Day	No club competition
	16	Gold Coast Championships	Mudgeeraba 8.00am
	23	QRWC Handicap Meet 4	Morningside 7.30am
	30	QRWC Handicap Meet 5	TBA
June	6	QRWC Handicap Meet 6	TBA
	13	LBG Federation Meet	Mt Stromlo Canberra
	20	QRWC Handicap Meet 7	TBA
	27	QRWC Handicap Meet 8	TBA
July	4	Gold Coast Marathon	Southport
	11	RWA Postal Challenge	Beenleigh
	18	QRWC Track Championships	UQ St Lucia 8.00am
<i>Saturday</i>	24	QA Road Walk Championships	Ipswich
August	1	QRWC Handicap Meet 9	TBA
	8	QRWC Handicap Meet 10	TBA
	15	QRWC Club Championships	Beenleigh
	22	?	
	29	?	
September	12	AA/Federation Championships	Melbourne TBC

COVID-19 state of emergency in Tokyo 100 days out from the Games

Thursday April 22nd TOKYO

The Japanese government stepped up preparations Thursday to declare a COVID-19 state of emergency in Tokyo as well as Osaka, Kyoto and Hyogo prefectures, with tougher restrictions such as the closure of department stores and shopping malls expected to be in place through the Golden Week holidays.

Prime Minister Yoshihide Suga is set to finalize the decision at a task force meeting on Friday, as a resurgence of infections puts pressure on the medical system with just three months until the Tokyo Olympics kick off.

The state of emergency is expected to be in effect for about three weeks through mid-May, with one government official saying it is crucial to stop people from moving around during the upcoming holidays, usually one of the busiest times of the year for travel. Osaka Gov Hirofumi Yoshimura called on the government not to waste any time, saying the measure should begin this weekend. Osaka, the current epicenter of coronavirus cases in the country, reported a record 1,242 new infections on Wednesday.

The government will examine the situation, including the availability of hospital beds for COVID-19 patients, and will make a decision after determining the necessary restrictions as well as the appropriate time period and area, its top spokesman, Chief Cabinet Secretary Katsunobu Kato, told a press conference.

Tokyo and Osaka plan to ask major commercial facilities such as department stores, shopping malls and amusement parks to temporarily close. Yoshimura has also said he will ask restaurants and bars to stop serving alcohol and close on weekends, a step further than his current request for eateries to close by 8 p.m. The government could make exceptions for certain facilities in order to soften the blow to the economy, which is already reeling from COVID-19 restrictions and the loss of foreign tourists due to the pandemic, people familiar with the matter said.

Infections have been back on the rise across the country despite a quasi-state of emergency covering 10 prefectures including Tokyo and Osaka. Health experts have warned of the spread of highly contagious variants of the coronavirus, with a Ministry of Health, Labor and Welfare panel estimating they account for about 80 percent of all cases in Osaka and Hyogo, and a rapidly growing share in Tokyo. Suga has said the declaration of the country's third state of emergency, following those in April last year and January, will not affect the staging of the Tokyo Olympics and Paralympics, reiterating the government will continue efforts to ensure they are "safe and secure."

But public skepticism remains high, with 39.2 percent of respondents in a Kyodo News poll this month saying the games should be canceled and 32.8 percent saying they should be rescheduled.

IOC Response: Tokyo state of emergency does not affect Games

Thursday April 22nd by Karolos Grohmann

A potential state of emergency that could be imposed on Tokyo is unrelated to Olympic Games preparations and is part of the government's plan to curb infections during Japan's holiday week, the International Olympic Committee (IOC) said on Wednesday. Japan's government is considering a state of emergency for Tokyo and Osaka, local media reported, a move that would enable prefectural authorities to impose curbs to try to stop infections spreading.

Tokyo Governor Yuriko Koike is preparing to request an emergency period be declared from April 29 to May 9, encompassing Japan's annual "Golden Week" holiday period, the Mainichi newspaper reported. "We were informed there might be another state of emergency declared in Tokyo," IOC President Thomas Bach said. "We understand that this would be a proactive measure for the 'Golden Week' holiday with which the government is aiming to prevent the spread of infection. "This measure would be in line with the very diligent approach we see taken by Japanese authorities," he said following an IOC Executive Board meeting and a report from the Tokyo Games organizers.

With thousands of new cases resulting from highly infectious strains of the virus, Prime Minister Yoshihide Suga has said the government wants to decide this week whether to declare the state of emergency for major parts of the country.

The Tokyo Olympics were postponed by a year in 2020 and the IOC has said there are no plans to cancel or postpone them again, with the Games now less than 100 days away. "This (state of emergency) is absolutely in line with the overall policy of the government but it is not related to the Olympic Games," Bach said. "It is related to the Golden Week." Japan has so far avoided the rapid spread of the pandemic which has plagued many Western countries, with total cases at about 540,000 and a death toll of just under 10,000. The latest rise in infections has stoked alarm, however, coming just months before the start of the Olympics and amid a sluggish vaccination rollout.

Racewalking Queensland Management Committee 2021/22

As elected AGM April 11th

President: Vacant

Secretary: N. McKinven

Vice President. P Bennett

Treasurer Vacant

Committee: I. Jimenez, J Stuckey, S McCure, J-R McRoberts, S Pearson, D Millard

Patrons: Patrick & Maxine Sela

Registrar: J Stuckey / C Chadwick

Equipment J McRoberts

Uniforms: J Stuckey

Publicity / Media C Chadwick

Newsletter Editor: P. Bennett

Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

QRWC Handicap Meets and Points

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. To maximise your points for the season it is recommended that an athlete stays in the same grade for the season.

CLUB UNIFORMS – ONLINE SHOP NOW OPEN

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

You can now order and pay for club uniforms at the QRWC RevSport portal. Orders are taken on the understanding that they will be able to be picked up on race day.

Contact Jen at jenny.stuckey@gmail.com if you have any questions or want to make alternative arrangement to collect your purchase.

Go to **SHOP** and click on the cap

Wearing the QRWC uniform is not compulsory at club meets but it is encouraged. For Federation Meets like the Canberra Carnival in June wearing the club uniform is compulsory.

All QRWC memberships for 2021/2012

The club has now been changed over to the new season and new payment classes installed.

\$15.00 for students

\$25.00 for non-students

*QRWC fee only, does not include Qld Athletics membership.

Members to go to the page

<https://www.revolutionise.com.au/qldracewalkingclub/registration/> and enter their National ID, Surname and DOB - click RENEW if you have been on RevSport before and the new payment classes will be there to select.

If you have any problems or queries about club membership contact ;

david.brown@qldathletics.org.au or QRWC Registrar Jenny Stuckey

jenny.stuckey@gmail.com

Canberra Federation LBG Carnival

Sunday June 13th Stromlo Forest Park Canberra

The annual Carnival is held each June in Canberra and brings together race walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the Australia Federation of Race Walking Clubs (Race Walking Australia) and has a strong team emphasis. The carnival is now in its 55th year and involves over 300 walkers of all ages. This is a chance for EVERY member of the club to represent your State. There are individual, team and handicap medals and trophies to be won in all age groups. For those who are not race walkers there are non judged races over distances of 5,10 or 20 miles. There is a race for every member of the family. So now is the time to start looking at accommodation and flights.

All events will be conducted on a 1 kilometre circuit on the cycling criterium track affording the walkers a smooth surface with a minimal rise at one end, and spectators a view of the walkers for most of the course.

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.

Venue

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

There are women's

and men's toilets & showers located in the centre of the building near the track, and ample car parking.

Programme of Events

1 RWA Open 30 km 8.00am

2 ACT Fitness 30 km 8.00am Non Hcp/Judged contact only

3 AACT W&M 30 km Champ 8.00am Non Handicap event

4 RWA Open Women's 15 km 8.00am 69 mins-Includes RWA Masters 15km

5 RWA Open Men's 15 km 8.00am 65 mins-Includes Masters15km

6 ACT Fitness 15 km 8.00am Non Hcp/Judged contact only

7 ACT Fitness 8 km 9.00am Non Hcp/Judged contact only

8 RWA Men's U20 10 km 10.30am

9 ACT Open (Over 19 years) 10 km 10.30am Non Handicap Event

10 RWA Women's U20 10 km 10.30am

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 Open 5km 15.10pm

NOTES:

Events 1, 4, 5, 8, and 11 to 22 inclusive are Race Walking Australian (Federation) individual and team events. Events 4 & 5 incorporate a Race Walking Australia Master's individual competition. AGE for all Race Walking Australia events is age on the day, and for Athletics ACT Championships age is as at 31 December 2020.

Entries

Entries will close 5 pm Friday 28th May 2021. 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 MUST be submitted by individuals via an Entry Portal available on the VRWC Web page.

<http://vrwc.org.au/wp1/54th-lbg-walking-carnival/>

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

Team Events

Team events will be conducted in conjunction with ALL RACE WALKING AUSTRALIA EVENTS except

the Masters Women's & Masters Men's 15 kilometers. The first three (3) competitors of each Club to finish

without disqualification will constitute TEAM 1, the next three (3) to finish TEAM 2 and so on.

An exception will be to the Open 30 kilometers and the 15 kilometers for Women. This may be scored

differently in that two (2) finishers can make a team, providing that there are three (3) or more starters.

Volunteers

The number of Volunteers / Officials is vital to the successful operation of the carnival.

Clubs/States will be

asked this year to provide volunteers based on the number of club entrants.

Protests

Protests must be lodged in writing with the event referee within 30 minutes of the completion of the event in dispute and accompanied by a cash fee of \$20.00.

Race Numbers and Judging

Race numbers will be supplied by ACT Walkers and will be given to the Team Managers together with the program of events, at the Race Walking Australia Conference. A YELLOW race number will be issued to Fitness Walkers to enable clear identification of non-race walking participants. The Walk Judges will be advised that Fitness Walkers will be wearing a YELLOW race number and that they are to be judged for loss of contact only.

Canteen

A canteen WILL NOT be operated by the club this year, however there is a café located at the top of the venue that provides hot drinks and food.

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.

Presentation of Awards

This year presentations will take place at the Stromlo at the following times:
Event Nos. 1 to 10 at 11.45 am; and
Event Nos. 11 to 21 at 16.00 pm

- A COVID Officer will be present on the day to assist with any enquiries.
- For more information about COVID requirements in the ACT, please visit:
<https://www.covid19.act.gov.au>

Accommodation options can be found on this website:

<https://visitcanberra.com.au/accommodation>

Awards

- Any competitor is eligible to win the perpetual trophy for winning an event.
- Gold, Silver & Bronze medallions will be presented to the first three Australians in all Race Walking Australia events.
- **WINNERS OF OUTRIGHT INDIVIDUAL AWARDS CANNOT WIN A HANDICAP TROPHY.**

QA Membership Details South Qld 2020/21 Season

Base Membership - \$12 plus club fee

During the pandemic we are offering pay-as-you-go membership:

All Shield meets - \$25 per meet

All State Championships* - \$30 per event

Eligible for in-stadium** state teams & national teams - \$100 fee

Eligible for all out of stadia*** state teams & national teams

Club Coach, Officials & Volunteers - \$0

If you need clarification on any aspect of membership and benefits, please email
info@qldathletics.org.au

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

To search for a walks coach, see their qualifications, contact details or where & when the coach go to; <http://icoach.athletics.com.au/at/icoach/Search.aspx>

QA Call for officials for Out of Stadia Season

Greg Ison from QA is calling for officials for the upcoming Out of Stadia Season, if you are available for any of the dates for this Winter Season please complete the Nomination form at <https://www.revolutionise.com.au/qldathletics/events/97114/>

Date	Event	Host Club	Venue
Saturday, 24 April 2021	Brisbane Series XC #1	Thompson Estate	Minnippi Parklands
Saturday, 1 May 2021	Brisbane Series XC #2/ Short Course Championships	Toowong Harriers	CJ Greenfields, Rich
Saturday, 8 May 2021	QA All Schools Cross Country Championships	Ipswich	Limestone Park, Ipsw
Saturday, 15 May 2021	Brisbane Series XC #3	Ashgrove	Upper Kedron
Saturday, 22 May 2021	Brisbane Series XC #4	Intraining	Sherwood Arboretum
Saturday, 5 June 2021	Brisbane Series XC #5	Athletics North	Teralba Park
Saturday, 12 June 2021	Brisbane Series XC #6	Toowong Harriers	Fig Tree Pocket
Saturday, 19 June 2021	Qld XC Relay Championships	Thompson Estate	Nudgee College
Saturday, 26 June 2021	Brisbane Series XC #7	Redlands	Capalaba State Colle
Saturday, 10 July 2021	Brisbane Series XC #8	Thompson Estate	Minnippi Parklands
Saturday, 24 July 2021	Qld Road Walk Championships	Queensland Race Walking	Ipswich Cycle Park
Saturday, 31 July 2021	Qld Cross Country Championships	Ashgrove Rangers	Toogoolawah Golf C

PAN PACIFIC MASTERS GAMES SET FOR 2021 RETURN



Entries Now Open

The Queensland Race Walking Club has been appointed to deliver the 10km road walks at the 2021 Pan Pacific Masters Games.

Check out the Road Walk page at <https://mastersgames.com.au/ppmg/sports/>

The walks will take place on Sunday November 14th at the Luke Harrop Cycling Circuit at Runaway Bay at 7am

Sport Fee: \$20 per person

Games Fee: Competitor: Early bird \$125 (until 11:59pm AEST 31 August 2021) Standard \$145 (from 1 September 2021)

Entries Close Wednesday 3 November 2021 (11:59pm AEST)

Event Enquiries: Pan Pacific Masters Games Email: info@mastersgames.com.au Phone: +61 7 5668 9888

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:

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.

QRWC race entries grwc1955@icloud.com

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/>