

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 64 years in the making.



HEEL & TOE

April 4th 2019

The 2019 Australian Track & Field Championships Sydney Olympic Park Athletic Centre

The first two days of race walk competition at the Australian Track Championships in Sydney provided a gold rush for Queensland. With walk competition resuming on Friday and Saturday we can expect the trend to continue.

On Monday Kris, Jayda & Bridget all won their races to claim the gold medal. Kris Hayward took out the U16 3,000 metres just minutes after running a 1,500 metre race. Jayda Anderson broke the meet record in winning the U15 3,000 metres. There were very good performances by Summer Millard and Anika Clarke in this race. Bridgit Sullivan streeated the field to win the U16 3,000 metres and Mackenzie Ofield & Miranda Chopping walked very well for Queensland in this race, In the women's U20 10km Milla Rowbotham finished 7th and Charlotte Hamann was 9th.

On day 2 Sam McCure walked away with the gold medal in the U14 3,000 metres. Ashanti Heap then took a well deserved silver medal in the girls U14 3,000 metres which featured great walks by Lyla Williams (4th) and Tamika Gee (8th). Congratulations to our medal winners and well done to all our Queensland walkers who represented the State with distinction.

The action continues tomorrow with Australian 20km Champions Dane Bird-Smith and Katie Hayward both out to add the Australian 10km titles to their growing season achievements.

Start Lists & seeded times

Friday 5th April

8:10 pm 10,000 metres Race Walk Open Men

8:10 pm 10,000 metres Race Walk Open Women

Men 10,000 Meter Race Walk Open

- 1 Bird, Kyle VIC NT
- 2 Bird-Smith, Dane QLD 38:34.00
- 3 Cowley, Rhydian VIC 40:07.01
- 4 Gibbons, Carl NSW 45:22.00
- 5 Jones, Tyler NSW 42:01.40
- 6 Kozica, Jason VIC 45:39.00
- 7 Mann, Bradley WA 50:50.72
- 8 Reid, Benjamin WA 48:10.00
- 9 Rew, Quentin NZL 41:19.10
- 10 Richardson, Dylan NSW 47:16.40
- 11 Tebbutt, Oscar NSW 44:19.00
- 12 Tingay, Declan WA 40:49.72

Women 10,000 Meter Race Walk Open

- 1 Hayward, Katie QLD 44:29.00
- 2 Huse, Philippa VIC 48:52.25
- 3 Mcinnes, Simone VIC 47:26.23
- 4 Montag, Jemima VIC 43:59.46
- 5 O'Neill, Molly NSW 53:56.10
- 6 Papadopoulos, Christina QLD 55:37.00
- 7 Smith, Clara QLD 48:00.00
- 8 Tallent, Rachel VIC 47:48.77

Saturday 6th April

- 9:00 am 5,000m Race Walk Under 18 Women
9:00 am 5,000m Race Walk Under 18 Men
9:40 am 5,000 metre Walk Under 17 Women
9:40 am 5,000 metre Walk Under 17 Men

Women 5,000 Meter Race Walk U18

- 1 Bell, Bridget NSW 27:01.70
- 2 Bolton, Hannah NSW 25:34.00
- 3 Brennan, Elise NSW 28:54.70
- 4 Cocking, Holly VIC 27:35.00
- 5 Hannigan, Caitlin QLD 24:30.00
- 6 Hay, Charlotte VIC 25:27.00
- 7 Manning, Hannah ACT 26:08.00
- 8 O'Mahony, Kathleen VIC 28:43.00
- 9 Parker, Hannah NSW 27:56.30
- 10 Powierski, Rebekah VIC 30:50.75
- 11 Robertson, Brittany NSW 28:30.00
- 12 Sandery, Olivia SA 25:19.00

Women 5,000 Meter Race Walk U17

- 1 Blanch, Emma NSW 24:50.00
- 2 Callaway, Madison NSW 30:51.20
- 3 Dingli, Alannah VIC 33:16.00
- 4 Hill, Gabriella QLD 28:59.00
- 5 Ireland, Hannah WA 29:10.50
- 6 Louey, Grace VIC 31:23.49

7 Martin, Brooke NSW 29:00.00
8 Novinetz, Camryn QLD 25:12.50
9 Peart, Alanna VIC 24:38.48
10 Pitcher, Allanah NSW 24:08.00
11 Ross, Kiera SA 27:05.00
12 Thomson, Jada NSW 29:57.00

13 Vickers, Larissa QLD 30:29.03
Men 5,000 Meter Race Walk U18

1 Blaskett, Hayden NSW 24:07.00
2 Dickson, Corey VIC 22:11.00
3 Mccutcheon, Nelson QLD 21:45.01
4 McGinniskin, Jack NSW 22:56.00
5 Young, Gwyllym ACT 21:51.78

Men 5,000 Meter Race Walk U17

1 Beveridge, Heath VIC 27:12.87
2 Du Toit, Daniel NZL 26:39.97
3 Hay, Angus VIC 29:04.00
4 Kemp, Joel NSW 24:50.00
5 Mandic, Nikola VIC 23:11.40
6 Robertson, William TAS 22:55.04
7 Wilks, Toby SA 24:33.00

RESULTS RESULTS RESULTS

Australian Athletics Championships Sydney Olympic Park Athletics Centre

Monday April 1st

Men 10,000 Metres Race Walk U20

1 Tebbutt, Oscar	01 NSW	45:45.85
2 Dickson, Corey	02 VIC	46:09.89
3 Camilleri, Tristan	01 SA	46:28.74
4 Baker, Mitchell	01 ACT	46:57.92
5 McGinniskin, Jack	02 NSW	48:05.42
6 Reid, Benjamin	01 WA	49:32.80
7 Bruniges, Mathew	01 SA	49:33.05
8 Thomson, Ryan	00 NSW	52:05.91
9 Barendregt, Travis	00 NSW	53:04.94

Women 10,000 Metres Race Walk U20

1 Randall, Alice	00 TAS	51:12.17
2 Blackwell, Anna	01 TAS	53:35.24
3 Peart, Jemma	01 VIC	53:43.53
4 Bolton, Hannah	03 NSW	54:29.92
5 Wang, Elaine	00 NSW	56:24.53
6 Mison, Hannah	01 NSW	57:44.26
7 Rowbotham, Milla	01 QLD	57:49.16

8 Pengilley, Teegan	01 NSW	59:09.11
9 Hamann, Charlotte	01 QLD	1:02:56.70
-- Pitcher, Allanah	03 NSW	DNF
-- O'Neill, Molly	00 NSW	DNF

Men 3,000 Metres Race Walk U15

1 Wilks, Toby	05 SA	13:16.17M
2 Dundon, Harry	05 NSW	14:29.35
3 Pospischil, Brendan	05 NSW	16:13.35
4 McLennan, Liam	05 VIC	16:46.10
5 Djordjevic, Nikita	05 VIC	17:59.77
-- Colefax, Jesse	05 NSW	DQ 230.7a
-- Bottle, Will	05 TAS	DQ 230.7a

Men 3,000 Metres Race Walk U16

1 Hayward, Kris	04 QLD	13:57.53
2 Saunder, Fraser	04 VIC	14:17.06
3 Pyda, Raven	04 NSW	15:02.54
4 Costin, Owen	04 VIC	15:55.20
5 Tebbutt, Archie	04 NSW	17:09.02

Women 3,000 Metres Race Walk U15

1 Anderson, Jayda	05 QLD	13:49.89 Meet Record
2 Griffin, Alexandra	05 WA	14:32.54
3 Duguid, India	05 NSW	14:46.12
4 Thomas, Emma	05 NSW	15:17.82
5 Millard, Summer	05 QLD	15:23.11
6 Dunne, Izabella	05 NSW	15:26.06
7 Laytham, Tara	05 NSW	15:41.05
8 Ross, Kiera	05 SA	15:48.19
9 Clarke, Anika	05 QLD	16:02.88
10 Holmes, Keeley	05 NSW	16:33.52
11 Hickson, Alannah	05 NSW	17:56.94
12 Heikkila-Dubowik, Kaylah	05 VIC	18:02.97

Women 3,000 Metres Race Walk U16

1 Sullivan, Bridget	04 QLD	14:51.60
2 Decelis, Ellie	04 NSW	15:45.01
3 McLoughlin, Chloe	04 NSW	16:20.83
4 Ofield, Mackenzie	04 QLD	16:36.64
5 Briet, Brianna	04 VIC	16:46.35
6 Scott, Bethany	04 NSW	17:14.51
7 Shaw, Sidney	04 ACT	17:23.36
8 Chopping, Miranda	04 QLD	17:42.67
9 Thomson, Olivia	04 NSW	17:50.60
10 Wilks, Mia	04 SA	18:04.98

Tuesday 2/04/2019

Women 3,000 Metres Race Walk U14

1 Boughton, Milly	06 NSW	14:26.12M
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2 Heap, Ashanti	06 QLD	15:03.46
3 Pitcher, Sienna	07 NSW	15:04.79
4 Williams, Lyla	07 QLD	15:43.19
5 Munroe, Ella	06 NSW	15:51.06
6 Lamb, Chloe	07 NSW	15:51.57
7 Stanley, Jayda	06 NSW	16:02.32
8 Gee, Tamika	07 QLD	16:23.63
9 Wilks, Hannah	07 SA	16:44.31
10 Krklinski, Chloe	06 NSW	17:02.17
11 Deruvo, Katie	07 SA	17:06.29
12 Tatlock, Riannah	06 VIC	17:35.17
13 Burns, Amayah	06 NSW	18:42.13
14 Richards, Amber	06 WA	19:58.84

Men 3,000 Metres Race Walk U14

1 McCure, Sam	06 QLD	14:46.19
2 Toyne, Owen	07 ACT	15:05.74
3 Imbriano, Joel	06 VIC	15:13.88
4 Wakim, Marcus	06 VIC	15:22.38 YC
5 Epps, Luke	06 VIC	15:25.61
6 Matters, Zachary	06 VIC	15:58.72
7 Walker, Mark	06 NSW	16:46.39
8 Ashby, Myles	07 NSW	16:50.27
9 Bell, Darcy	06 NSW	17:15.39
-- Young, Sebastian	06 ACT	DQ IAAF 230.7a

Gold Coast & Southern Region Championships 2019

Saturday March 30th Griffith Uni

1,500 Metre Race Walk

1 Brenda Gannon W44	7:55.35 (7:37.53 73.66%)
1 Ignacio Jimenez M53	6:46.21 (5:54.06 87.28%)
1 Peter Bennett M63	8:11.44 (6:31.19 78.99%)

5,000 Metre Race Walk

1 Brenda Gannon W44	29:06.93 (28:01.43 70.60%)
1 Jane Tait W49	41:22.71 (38:16.51 51.69%)
1 Nyle Sunderland W51	30:01.78 (26:37.46 74.31%)
1 Ignacio Jimenez M53	24:41.08 (21:37.28 83.07%)
1 Peter Bennett M63	28:34.60 (22:52.71 78.50%)

Age Graded Times & Percentages in Brackets



Jane, Nyle, Iggy, Brenda & Peter after the 5km at the GC Championships

This Week

The Australian Track Championships continue in Sydney tomorrow with the Open Men & Women's 10,000 metres. On Saturday the U17 & U17 men and women's 5,000 metres races will be held.

This Saturday morning at Queensland Masters competition at the SAC the 5,000 metre walk starts at 8:00am.

The QRWC winter road walk season then kicks off on Sunday at Kalinga Park with Sign On Day races from 8.00am

Uni Sport Nationals April 14th



Charlotte Hamann will be on the start line on April 14th at the Uni Sport Nationals 5,000metre walk in Sydney .

<https://www.unisport.com.au/athletics-div1>

Let the Season Begin

QRWC Winter Road Walk Season / AGM

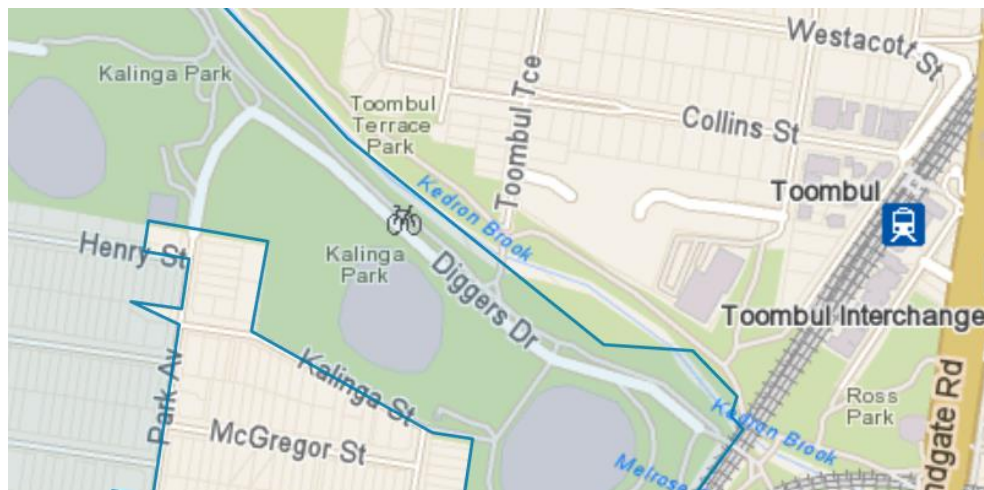
Sunday April 7th

The 2019 Winter Road Walk season will kick off this **Sunday April 7th at Kalinga Park** with our **Sign on Day**. Not only do we want to see all our current members back for another season but would welcome all new members to attend. Please bring along your friends who may be interested in trying their hand at race walking. If you just want to get fit you are quite welcome to participate without being judged. Spread the word; road walking is back!

The aim of our club is to promote and develop race walking in Queensland. We endeavour to create a 'pathway' of race walking opportunities for young athletes from Little A's through to senior elite level and on to Masters competitions. We welcome race walkers from Under 6 to 96 and from every other athletics club, Little A's club or school or those not currently in any club. Whether it is just to get fit or if your ultimate goal is to represent Australia at the Olympics your race walking journey starts here.

The Venue

Kalinga Park, Clayfield Park. Enter off Park Avenue (turn at Junction Road). We normally set up our Sign In desk in one of the picnic shelters near the playground. Follow the footpath uphill behind the playground to find the toilets. The course for the race is a 1km loop along Digger Drive. There is ample parking.



Annual club subscriptions are due Monday April 1st

2019/20 QRWC registration forms are now available on the club website

Copies of the new forms can be downloaded from the club website. Please print off a form, fill it out and bring it along on Sign On Day.

QRWC Website: www.qrwc.com.au

On Sunday: Try to arrive not long after 7am (or an hour before the start time of the later races) to allow plenty of time to get sign on formalities completed and allow time to check out the course and warm up. Hand in your completed form at the Check In desk, along with payment, to the Club Registrar. You will be provided with race numbers and pins.

Once you have registered:

- 1, Put you name on the Sign In sheet and pay the applicable race fee (see below).
2. You then need to print your name and race number on the lap sheet for your race distance
3. Warm up and assemble at the Start line 10 minutes prior to the start time. Follow all instruction from the race director or marshalls.

Programme

April 7th

Sign-On Day /AGM / Come & Try Day

Kalinga Park

8.00am 5km

8.30am 3km

9.00am 2km

1km

9.15am AGM

Have a great season!

2019/20 Registration Fees

Family \$40

Students & Officials \$15

Others \$25

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

Go to www.qldathletics.org.au

Race Day Fees

Students \$ 4 / Others \$6

Club Championships: Road \$8 / Track \$10

Season Ticket \$60/\$30 (for students) per athlete (for entry to all QRWC events for the season including track and road championships. Does not cover QA, AA or RWA championship and other events organised by those organisations). Recommend if you intend doing all the races during the season and it saves the hassle of trying to find coins to pay your race fees each Sunday.

BlueCard: The club recommends that all volunteers and athletes over 18 apply for a Queensland Government BlueCard. Please read the requirements on who needs a card at the following website. <https://www.bluecard.qld.gov.au/volunteers/howdoiapply.html>
An application form can be printed off from this site.

Queensland Athletics Registration 2018/19

You can now Register with Queensland Athletics via the portal on the front page of the QRWC website <http://www.qrwc.com.au>

ALL QRWC NON-COMPETING MEMBERS, VOLUNTEERS, COMMITTEE MEMBERS, OFFICIALS AND COACHES ARE REQUESTED TO TAKE ADVANTAGE OF THE \$ 0 FEE AND REGISTER WITH QA TO ENSURE YOU ARE COVERED BY THE AA/QA INSURANCE POLICY

NEXT WEEK

April 14th

Age Races & Handicap #1

Logan River Parklands, Beenleigh

- 8.00am A Grade 10km (Open/U20)
- B Grade 5km (U16/U18/U20)
- C Grade 3km (U14/U16)
- D Grade 2km (U12/U14)
- E/F Grade 1km (U6/U8/U10/U12)

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.

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

AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS Melbourne 2019



Walk Schedule -

Friday April 26th am 1,500m Walk

Saturday April 27th 10,000, Road Walk (In conjunction with a VRWC meet)

11.30am 10km AMA Championship Men

11.30am 10km AMA Championship Women

Sunday April 28th No Competition

Monday April 29th pm 5,000m Walk

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 9th



ENTRIES NOW OPEN

Entries must be made on line using the service will be provided by Trybooking

<https://www.trybooking.com/book/event?eid=477790&>

The LBG Walking carnival is an annual interstate / international walking carnival held on the long weekend June which was first held in 1967. It attracts walkers of all ages in a variety of distances and caters for both Race Walkers & Fitness Walkers.

LOCATION: Stromlo Forest Park CANBERRA
Opperman Avenue / Dave McInnes Road, Wright, ACT 2611

ACT Walkers have reintroduced a cap of \$60 for persons who enter 3 or more events and have also introduced a cap for families of \$150. **There will however be an additional 50 cents per event payable to Trybooking by the entrant.** Also as is often the case with systems which are not designed for specific scenarios, while achieving a better outcome than last year, there are still some limitations namely;

If a person enters more than 3 events they will be charged an additional \$5 (plus the 50 cents booking fee).

While we have a family cap of \$150 **each individual entrant must be entered separately** and will be charged in accordance with the normal fee structure.

Please read before lodging your entry

In these instances the individual or family should immediately contact Robin Whyte by email at robinwhyte42@bigpond.com seeking reimbursement of any overcharge.

Important : Take great care when entering their details and events because some checks made by the old paper system are not available. Again, any queries should be directed by email to Robin Whyte at robinwhyte42@bigpond.com.

ENTRY FEES

RACE WALKING AUSTRALIA EVENTS - \$35.00 for first event, \$20.00 for second event (including an Athletics ACT Championship), or \$60.00 if entering three or more events. **A family cap of \$150 will also apply.** *Fitness Walk & Open 10k fee is \$20.00.*

2019 Programme

1. Open 30 kilometres	8.00am	
2. Fitness 30 kilometres	8.00am	Non Hcp/Judged contact only
3. AACT W&M 30 kilometres Chp	8.00am	Non-Handicap event
4. Open Womens 15 kilometres	8.00am	Includes RWA Masters 15k
5. Open Mens 15 kilometres	8.00am	Includes RWA Masters 15k
6. Fitness 15 kilometres	8.00am	Non Hcp/Judged contact only
7. Fitness 8 kilometres	9.00am	Non Hcp/Judged contact only
8. Mens U20 10 kilometres	10.30am	
9. AACT Mens U20 10 kilometre Chp	10.30am	Non Handicap Event
10. Open (over 19 years) 10 kilometres	10.30am	Non Handicap Event
11. Womens U20 10 kilometres	10.30am	
12. Boys U10 1 kilometre	11.40am	
13. Girls U10 1 kilometre	11.40am	
14. Boys U12 2 kilometres	11.50am	
15. Girls U12 2 kilometres	12.10pm	

16. Boys U14 2 kilometres	12.30pm
17. Girls U14 2 kilometres	12.50pm
18. Boys U16 3 kilometres	1.10pm
19. Girls U16 3 kilometres	1.35pm
20. Boys U18 5 kilometres	2.00pm
21. Girls U18 5 kilometres	2.00pm
22. Womens 5 kilometres	2.40pm

Entries close 5 pm Wednesday May 22nd

Uniform. All Racewalking Australia event competitors **MUST wear the uniform of their Club**, as registered with RACEWALKING AUSTRALIA. Failure to do so may result in disqualification. Competitors not competing in a Racewalking Australia event are also encouraged to wear their Walking Club uniform.

Presentation of Awards will be at the Ainslie Football Club, 52 Wakefield Avenue, Ainslie commencing at **7.30 pm**.

Meals are available at the Ainslie Football Club 52 Wakefield Avenue, Ainslie from 6.00 pm. BOOKINGS ARE RECOMMENDED. Refer to this web site www.ainsliigroup.com.au .

PLEASE NOTE: (1) Any competitor is eligible to win the perpetual trophy for winning an event. (2) Gold, Silver & Bronze medallions will be presented to the first three Australians in all Racewalking Australia events, regardless of actual placing. (3) **WINNERS OF OUTRIGHT INDIVIDUAL AWARDS CANNOT WIN A HANDICAP TROPHY.**

2019 Oceania Regional Championships

Event Date: 25-28th June 2019
Location: Townsville Sports Reserve

The **2019 Oceania Area Championships** will be held in Townsville, Australia from 25-28 June 2019. The Oceania Area Championships will include U18, U20 and Open age groups.

Standards

	AA Team	Regional AA Team
Open Men 10km	41:30.0	56:00
Open Women 10km	46:30.0	62:00
Under 20 Men 10km	42:48.0	59:30
Under 20 Women 10km	46:30.0	54:00
Under 18 Men 5km	21:25.0	30:30
Under 18 Women 5km	23:29.0	35:00

To find out on eligibility and selection policy more go to AA Team

<http://www.athletics.com.au/High-Performance/Able-Bodied/Team-Information/Oceania-Area-Championships>

Regional Team

<http://www.athleticsnorthqld.org.au/2019rat>

2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY



<http://athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>

Race Walk Programme

Sunday September 1st 10km road walk

Tuesday September 3rd 5km track walk

Friday September 6th 3km track walk

Event Registration & Fees

Registrations are taken online on the event website. Refer to the website for closing dates.

OMA Registration Fee AU\$40.00 / Administration Fee AU\$50.00

Total Registration Fee AU\$90.00

Entry Fee per Event AU\$10.00



Entries Now Open

<http://australianmastersgames.com>

Beginners race walk judging course

AA have developed an on-line Level 1 race walk judging course.

<http://athletics.com.au/Officials/Level-1-Important-Information>

Once you have completed this course ask to stand with one of our qualified judges at a road walk meet to learn practical side of judging.

Coming Up

2019

April 6th Queensland Masters Athletics SAC 5,000 metres 8.00am

April 7th QRWC Sign on Day / AGM Kalinga Park 8.00am
April 13th Queensland Masters Championships SAC 5,000 metres 8.00am
April 14th QRWC Handicap meet Logan River Parklands Beenleigh 8.00am
April 21st Easter Sunday
April 26-29th Australian Masters Athletics Championships Melbourne Lakeside Stadium
April 28th QRWC Handicap meet 8.00am Kalinga Park

Looking further ahead

May 5th QRWC Handicap meet TBA
May 12th Mother's Day No Club Competition
May 19th QRWC Handicap meet TBA
May 25th Great Barrier Reef Masters Games
May 26th QRWC Handicap meet TBA
June 2nd Gold Coast Road Walk Championships Mudgeeraba 8.00am
June 9th LBG Federation Carnival Mt Stromlo Canberra
June 25-28th Oceania Area Championships Townsville
July 3-14th 30th Summer Universiade, Naples Italy
July 7th Gold Coast Marathon. No club competition
July 14th RWA Postal Challenge Beenleigh
July 21st QRWC Track Walk Championships UQ St Lucia 8.00am
July 27th **Saturday** QA Open & Age Road Walk Championships **TBA**
August 11th Australian Masters 20km road championships Adelaide
August 18th QRWC Road Walk Championships **TBC**
September 1st Father's Day
September 1st Oceania Masters Games Mackay 10km road walk
Sept 28th - Oct 6th IAAF World Championships Doha, Qatar

Racewalking Queensland

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

Racewalking Queensland Management Committee 2018/19

President: S. Pearson **Secretary:** N. McKinven
Vice President: P Bennett **Treasurer:** R Hamann
Committee: C Goulding, I. Jimenez, S. Langley J. Pickles, R. Wales, J. Westlin.
Patrons: Patrick & Maxine Sela
Delegates to QA: R. Wales, S. Pearson
Equipment Officers: A. Wearne
Registrar: A. Wearne
Canteen Committee: M. Sela, S. Wearne, J. Westlin.
Handicapper/Results: N. McKinven
Selectors: S. Langley/I. Jimenez
Social Media/Publicity: J. Pickles
Director of Coaching: D. Smith
Trophy Officer: N. McKinven
Newsletter Editor: P. Bennett
Webmaster: A. Wearne

Club Captains. J Pickles, P. Lindenberg

QRWC Annual Subscriptions 2019/20 – Fees unchanged from last season

Annual subscriptions due April 1st 2019

– New season forms now available on the club website – print off a form, fill it out and bring it along on Sign On Day

Registration Fees

Family \$40

Students & Officials \$15

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Race Day Fees

Students \$ 4 / Others \$6

Club Championships: Road \$8 / Track \$10

Season Ticket \$60/\$30 (for students) per athlete

QRWC Website: www.qrwc.com.au

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.

qrwcregistrar@outlook.com Club membership enquiries and information

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/>