

Queensland Race Walking Club Inc.

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



HEEL & TOE

December 23rd 2021

A very Merry Christmas from the Queensland Race Walking Club



Brenda Gannon back racing in Ireland

Our top Qld women's Masters race walker, Brenda Gannon, was back home in Ireland for Christmas and took the opportunity to compete in the Irish Road Walk championships last Sunday. Brenda raced in the 10km and was 2nd in the Masters and 5th overall.

The National 35k Walks Championship and other championship races took place in St. Anne's Park, Dublin.

Brenda reports "I was 2nd yesterday. My competitor did a speedy 56:20. My body was not trawling well on the day, I did 59:30. It was 5 degrees and still air, so it was perfect really, I did not feel cold but never really reached race mode in my head so maybe that cold played a part. I think we are more concerned here about COVID right now too."

The race was on the programme of the Irish 35km Championships. Perseus Karlstrom of Sweden won the men's race ahead of Irishman Brendan Boyce. Agnieszka Ellward of Poland won the women's race holding off Kate Veale. In 2011 in Lille, France the then 17year-old Kate Veale walked 21:45.59 to claim the IAAF World Youth gold medal for Ireland in the 5,000 metres walk. This was a race that included our own QRWC athletes Jessica Pickles.



A focussed Brenda (25) matching strides with Maggie O'Connor

10 km female

- 1 Heather Lewis (GBR), 45:53
- 2 Jasmine Nichol, 52:37
- 3 Hannah Hopper (GBR), 52:42
- 4 Maggie Helen O'Connor (St. Joseph's BC), 56:18 - **W50**
- 5 **Brenda Gannon (Sligo AC), 59:30 - W50**

Men 35 km

- 1 Perseus Karlstrom (SWE), 2:31:54
- 2 Brendan Boyce (Finn Valley AC), 2:32:49
- 3 Jakub Jelonek (POL), 2:35:42
- 4 Nick Christie (USA), 2:38:16
- 5 Rafał Sikora (POL), 2:44:48

Women 35 km

- 1 Agnieszka Ellward (POL), 3:05:10
- 2 Kate Veale (West Waterford AC), 3:07:03



It's on Again.....

Robyn Wales reports that Ashmore LAC will be hosting their Annual Walks Day on Sunday January 9th 2022 starting at 9am.

The venue is the Brian Johnson Athletics track at Ashmore.

There will be 700m, 1100m and 1500m races for any Little Athletics registered person.

2022 Track Race Walks

Saturday 8th January

8.00am 2,000m Walk

Saturday 15th January

8.00am 3,000m Walk

Saturday 22nd January

8.10am 2,000m Walk

9.40am 1,500m Walk

Saturday 29th January

8.00am 5,000m Walk

Saturday 19th February Saturday

QMA 3,000m Walk Championships

QA Shield Meets

Saturday January 29th

3/5km

Saturday February 19th

3/5km

QA State Championships

March 3-6th

COVID Regulations for Queensland Athletics Competitions at QSAC

QA has received confirmation that proof of vaccination status will not be required to attend Queensland Athletics Shield Meets, or the Combined Events Championships, held at QSAC after the 17/12/21.

QA will send out a notification if there is any change to this status in the future,

2022 AA Championship dates

13th Feb	Oceania & Australian 20km Race Walking Championships	SA
26th Mar – 3rd Apr	Australian Track & Field Championships	NSW
15th May	Oceania & Australian 35km Race Walking Championships	VIC

The 2022 Australian Track and Field Championships will now be held in Sydney from March 26th until April 3rd. The Championships were originally scheduled for Perth and they will now be held in WA in 2023 & 2025.

2022 Race Walking Australia LBG Carnival Canberra June 12th

AA have scheduled their 35km Championships a few weeks before the Canberra Carnival where they missed the opportunity to incorporate the 35km race into the LBG programme.

AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS 2022



Brisbane, Queensland
1 April to 4 April 2022

Draft Program

Friday April 1st

1,500m Walk

Saturday 2nd April 2nd

5,000m Walk

Sunday April 3rd

10km Road Walk Davies Park, Riverside Drive, West End (preferred venue)

Registration Opens 3rd January 2022

Registration for the 2022 Championships will not open until 3rd January 2022, and the final closing date for receipt of entries will be 7th March 2022. At this stage the intent is to maintain the 2020 entry fees, which are \$60 "early-bird" admin fee for those who register by 21st February 2022, else the admin fee will be \$110. In addition, entry fees will be \$20 per event.

World Events 2022

2022 World Athletics Race Walking Championships

Muscat, Oman, March 4-5th

Selection Standards - TBD

Selection Window - TBD

Selection Trials - TBD

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

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



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.

Have you Registered for the Track Season?



Qld Racewalking Club is excited to announce that we have opened up our registration portal to members who wish to register with QRWC with a view to representing QRWC at QA meets in the coming year.

Our membership year will now commence in October each year to align with Qld Athletics' (QA) membership year. This will allow athletes wishing to compete at QA events representing QRWC, to take out a combined QRWC/QA membership in or after October each year. Once registered, athletes can represent QRWC at the various QA competitions held throughout the year, including the QA Road Walking Championships, QA Shield Meets and Qld Athletics Championships. Please note that QA offers 3 levels of membership. More information can be found below or at

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

Of course, for those athletes not wishing to compete at or represent QRWC at QA events, QRWC will retain the current membership options whereby only the QRWC club fee (ie. \$15 Student/\$25 Non-Student) will apply. This membership can be taken out at any time prior to the start of the QRWC winter season in April 2022.

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2022 and will cover the traditional QRWC winter racewalking season.

Please do not hesitate to contact QRWC Registrar Jenny Stuckey qrwc REGISTRAR@gmail.com if you have any questions about the membership options or registration/renewal process.

QRWC is a Queensland Athletics - associated track and field club.

"Queensland Athletics has no intention of changing the recognition and registration of the Queensland Race Walking Club and any such rumours are completely unfounded." QA CEO David Gynther

Racewalking Queensland Management Committee 2021/22

President: P Bennett **Secretary/Treasurer:** N. McKinven
Vice President. I Jimenez
Committee: J Stuckey, S McCure, J-R McRoberts, S Pearson, D Millard, K Martin
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

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

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/>