

Queensland Race Walking Club Inc.

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



HEEL & TOE

February 18th 2021

Queensland Athletics State T&F Championships 2021 March 11-14th ENTRIES NOW OPEN

QA have announced that entries are now open for the Queensland Athletics State Championships; U14 to Open to be held 11th to 14th March on the Main track at QSAC.

Saturday March 13th

8:30am 3,000m Walk Finals U14/U15/U16 Female

8:30am 3,000m Walk Finals U14/U15/U16 Male

8:55am 5,000m Walk Finals U17/U18 Female

8:55am 5,000m Walk Finals U17/U18 Male

Sunday March 14th

8.00am 10,000m Walk Final U20/Open Female

10,000m Walk Final U20/Open Male

Entry fee is \$30 per event for base members/interstate athletes and free for platinum members

[Events - Queensland Athletics - revolutioniseSPORT](#)

**Please be aware, athletes will only be able to enter their own age group and the Open age group. Any request to enter an age group other than these will be taken on a case by case basis.

Entries will close at 9.00am on March 1st. NO LATE ENTRIES.

General Public entry:

\$5.00 adult / \$3.00 concession per day

\$10.00 adult / \$6.00 concession for the 4 day pass

Coaches, Parents & Spectators must purchase entry tickets for the State Championship

QRWC Judging Seminar Brisbane Saturday February 20th

The excitement is building ahead of the QRWC race walk judging seminar this Saturday so it is time to provide a few reminders and late minute information to ensure everyone comes prepared and can enjoy the day.

VENUE: Queensland Sports and Athletics Centre
Sprinters Room, Level 4, Western Grandstand, QSAC

THIS IS A COVID SAFE VENUE. ALL VISITORS SHOULD FOLLOW COVID SAFE PRACTICES



This seminar is open to anyone interested in becoming a qualified Race Walk Judge, existing judges to upgrade and refresh their qualifications or to anyone who just wants to learn about the rules of Race Walking and how they should be applied.

The seminar is to both prepare for professional development as well as enabling current judges to undertake the current Athletics Australia Racewalk Judging exams.

The seminar will be presented by Zoë Eastwood-Bryson, World Athletics International Race-Walking Judge.

If for any reason you cannot attend, please contact Noela at noelarhoda@gmail.com

Please do not attend if you are ill.

AGENDA

- 8:45am** Registration
- 9:00am General seminar, all aspects of Race Walk Judging and associated rules.
- 11:00am Break
- 11:15am Completing paperwork. Red Cards, Judges Record Sheet, Summary Sheet
- 12:00 noon Lunch
- 12:30am Video presentation: Judging Knees
- 2:00pm Close

Please bring pens, pencils, paper and current World Athletics handbook (if you have one) **water bottle and lunch.**

Tea, coffee & biscuits will be provided for the duration of the seminar

Exams are now done online; participants can undertake them at their leisure.

If attending the QA Shield Meet at the conclusion of the seminar for the 3pm 3,000/5,000 metre race walk you must register beforehand ***“if you do not register you will not be allowed access to the venue - no excuses”***

[Events - Queensland Athletics - revolutioniseSPORT](#)

Please abide by all these COVID Safe practices:

Practice social distancing - keep seating apart 1.5m

All touch points and equipment will be cleaned prior to the seminar to ensure they are sanitised and disinfected.

Use the wipes and hand sanitising located at the check in table close to the entrance of the room during the day, also we

will ask all participants that they need to use the hand sanitised during and after the seminar.

A Covid-19 Sign will be in place at the entrance, advising all to ensure to keep social distance, wash hands and if

feeling unwell or showing any of the symptoms outlined in the Covid-19 signs to please leave.

We also must remind you all to please abide by the following requirements:

- Anyone who enters Queensland and has been in the 36 local government areas in Greater Melbourne since 9 February must quarantine in government-arranged accommodation for 14 days.

- Anyone who has been to any of the listed venues in Greater Melbourne, must get tested, follow the advice of VIC Health to quarantine for 14 days, and call 13 HEALTH.
- Anyone who has been in Greater Melbourne on or since 5 February, but hasn't been to one of the affected venues, must get tested and isolate until a negative result received.

This Week

There are two track meets at QSAC this Saturday and both have walks on the programme. In the morning Qld Masters have a 3,000 metres walk at 8am. On Saturday afternoon Qld Athletics have a 3,000 metres/ 5,000 metres walk starting at 3pm
The Gold Coast Masters are in action at the Runaway Bay track on Sunday morning with an 8.00am start for the 3,000 metres.
Next Wednesday, February 24th Qld Masters have a night meet with the 3,000 metres walk starting at 8.20pm.

Results Results Results

Met North Nordic Sport Regional Championships

Girls U9 700m Race Walk

- 1 McDonald, Hannah Arana 4:59.10
- 2 Harris, Amber Strathpine 5:00.60
- Meldrum, Tabitha Aspley DQ
- Willis, Pippa Arana DQ

Girls U10 1100m Race Walk

- 1 Ivosevac, Lucille Strathpine 8:15.80
- 2 Jack, Shayla Arana 8:42.20
- Kelly, Ivy Arana DQ
- Kable, Zoe Strathpine DQ

Girls U11 1100m Race Walk

- 1 Bray, Laura The Gap 6:51.70
- 2 Miller, Imogen Strathpine 7:09.90
- 3 McDonald, Mikaela Arana 8:10.40

Girls U12 1500m Race Walk

- 1 Baker, Amber Redcliffe 9:40.20
- 2 Toplis, Olivia Arana 10:02.10
- 3 Graske-Borst, Rhianna The Gap 10:13.30
- 4 Jack, Nicola Arana 10:21.10
- 5 Kriel, Mia Redcliffe 10:49.70
- Willis, Cassandra Arana DQ
- Rason, Isabel Arana DQ

Girls U13 1500m Race Walk

- 1 Presland-Tack, Skye Redcliffe 9:05.30
- 2 Bray, Katie The Gap 9:19.50

Girls U15 1500m Race Walk

- 1 Norton, Amber Arana 7:30.80
- 2 Chadwick, Phoebe Bracken Ridge 8:16.40
- 3 Housden, Lily Arana 9:48.40

Girls U16 1500m Race Walk

- 1 Porter, Sophie Aspley 8:19.40
- 2 Sentance, Charlotte Arana 8:35.40

Boys U9 700m Race Walk

- 1 Toplis, Hudson Arana 4:36.80
- Pratten, Levi Bracken Ridge DQ
- Mortimer, Jayden Aspley DQ

Boys U10 1100m Race Walk

--- Emmerig, Cameron Strathpine DQ

Boys U11 1100m Race Walk

1 Cooke, Noah Arana 6:15.00

--- Outteridge, Tyler Arana DQ

--- Miller, Brock Strathpine DQ

Boys U12 1500m Race Walk

--- Ivoševac, Charlie Strathpine DQ

Boys U13 1500m Race Walk

--- Cooper, Blake Arana DQ

--- Driver, Kayden Aspley DQ

Boys U14 1500m Race Walk

1 Housden, Bailey Arana 6:26.90

2 Higham, Tristan Strathpine 9:20.40

Boys U16 1500m Race Walk

1 Norton, Kai Arana 6:52.70

Met West Nordic Sport Regional Championships UQ, St Lucia

Girls U9 700m Race Walk

1 Russell, Kaydence Ipswich 4:56.63

2 Rayment, Emily Toowong Harriers 5:20.18

3 Anderson, Selene Toowong Harriers 5:23.87

4 Pearce, Ruby Ipswich 5:45.16

--- Davies, Edwina Toowong Harriers DQ

Girls U10 1100m Race Walk

1 Renton, Zoe Toowong Harriers 7:22.09

2 Froget Penaranda, Barbara Toowong Harriers 7:38.78

3 Kennedy, Chloe Centenary 8:59.21

4 Turner, Maddison Centenary 8:59.91

Girls U11 1100m Race Walk

1 Pearce, Emmelia Ipswich 7:27.11

2 Bell, Zara Toowong Harriers 8:34.11

3 Reid, Jordyn Ipswich 8:46.04

Girls U12 1500m Race Walk

1 Sheehan, Emma Toowong Harriers 11:03.57

--- Webster, Hannah Toowong Harriers DNF

Girls U13 1500m Race Walk

1 Mathewson, Riley Ipswich 10:12.62

Girls U14 1500m Race Walk

1 Teahen, Rebecca Toowong Harriers 7:56.26

2 Goulding, Lily Ipswich 9:14.49

3 Scott, Sophie Toowong Harriers 10:01.12

Girls U15 1500m Race Walk

1 Wild, Billie Ipswich 11:12.98

2 Suchting, Mikayla Ipswich 12:06.34

Girls U16 1500m Race Walk

1 McNamara, Rachael Rosewood 9:58.65

2 Mathewson, Tiana Ipswich 12:21.76

Girls U17 1500m Race Walk

1 Egberts, Eboni Ipswich 10:04.20

Boys U9 700m Race Walk

1 Schiavone, Julius Ipswich 4:31.97

Boys U10 1100m Race Walk

1 Robinson, Ravi Toowong Harriers 8:03.74

Boys U11 1100m Race Walk

1 Hoyling, Angus Toowong Harriers 7:03.54

Boys U12 1500m Race Walk

1 Froget Penaranda, Thomas Toowong Harriers 12:10.82

--- Anderson, Lucas Toowong Harriers DQ

Boys U13 1500m Race Walk

1 Jendra, Tomas Rosewood 9:55.14

Boys U14 1500m Race Walk

1 Sheehan, Liam Toowong Harriers 10:06.90

Boys U15 1500m Race Walk

1 Riese, Jonathan Toowong Harriers 9:17.90

More results from Regional Championships next week.

COMING UP – Track & Road Walks

February 20th QMA SAC 8.00am 3,000 metres

February 20th QA Shield Meet QSAC 3.00pm 3/5km Walk / Judging Seminar

February 21st QMA Runaway Bay 8.00am 3,000 metres

February 24th QMA Wednesday night SAC 8.20pm 3,000 metres

March 6-7th QMA State Championships QSAC Details TBA

March 11-14th QA State Age & Open Track Championships

March 27th AA 50km Championships Vic / AA 20km Championships

April 12-21st AA Track & Field Championships

April 23-24th Australian Little Athletics Championships Vic

PAN PACIFIC MASTERS GAMES SET FOR 2021 RETURN



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

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

Racewalking Queensland Management Committee 2020/21

As elected AGM November 21st

Congratulations to the newly elected Management Committee that will take us through until the 2021 AGM scheduled for April.

President: S. Pearson

Secretary: N. McKinven

Vice President. P Bennett

Treasurer R Hamann

Committee: I. Jimenez, S. Langley, T. Norton, J Stuckey

Patrons: Patrick & Maxine Sela

Registrar: T Norton

Uniforms: J Stuckey

Newsletter Editor: P. Bennett

Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

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 there are a number of qualified coaches in the club:

David Smith Walks Level 5
Noela McKinven Walks Level 4
Robyn Wales Walks Level 3
Shane Pearson Walks Level 3
Steve Langley Walks Level 2

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>

Racewalking Queensland

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

Racewalking Queensland Management Committee 2020/21

President: S. Pearson **Secretary:** N. McKinven
Vice President: P Bennett **Treasurer:** R Hamann
Committee: I. Jimenez, S. Langley, T. Norton, J Stuckey
Patrons: Patrick & Maxine Sela
Registrar: T Norton
Uniforms: J Stuckey
Newsletter Editor: P. Bennett
Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

QRWC Website: www.qrwc.com.au

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.
QRWC race entries qrwc1955@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/>