

# Queensland Race Walking Club Inc.

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



## HEEL & TOE

March 10<sup>th</sup> 2022

### **QRWC 2022 WINTER ROAD WALKING SEASON (APRIL to SEPTEMBER 2022)**

With the start of our winter road walking season not too far away, now is the time to start thinking about membership options for the upcoming winter season.

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.

QA has a 3 different membership levels (platinum, gold and base). QA membership fees are in addition to QRWC membership fees (as above).

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](mailto:qrwcregistrar@gmail.com)

### **2022 Season Commencement**

We are currently reviewing our 2022 winter racewalking program, as several of our usual venues have been affected by the recent weather events. If anyone knows of a venue that may be suitable for racing (requires a carpark, toilets, reasonably flat, wide path/road, not too much traffic) please let us know and we will check it out. The season will commence on April 10 with our annual sign-on day and AGM. Please ensure that memberships are renewed prior to or at the sign-on day or before your first race. Memberships can be renewed at:  
<https://www.revolutionise.com.au/qldracewalkingclub/registration/>

### **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.**

<b>Grade</b>	<b>Start Points</b>	<b>Completed Points</b>	<b>Best Season Performance</b>	<b>Handicap Points</b>
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.

### **Sign-On Day /AGM Schedule Sunday April 10th Venue TBC**

No points races

8.00am 5km

8.30am 3km

9.00am 2km / 1km

9.30am AGM

### **Age Races & Handicap #1 Sunday April 24<sup>th</sup> Venue TBC**

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

**Draft dates only – all the be confirmed**

<b>April</b>	<b>1 0</b>	QRWC Sign On Meet /AGM
	<b>1 7</b>	<b>Easter Sunday</b>
	<b>2 4</b>	QRWC Handicap Meet 1
<b>May</b>	<b>1</b>	QRWC Handicap Meet 2
	<b>8</b>	<b>Mother's Day</b>
	<b>1 5</b>	Gold Coast Championships
	<b>2 2</b>	QRWC Handicap Meet 4
	<b>2 9</b>	QRWC Handicap Meet 5
<b>June</b>	<b>5</b>	QRWC Handicap Meet 6
	<b>1 2</b>	<b>LBG Federation Meet Canberra</b>

Dates to be determined in the second half of the season for :  
 RWA Postal Challenge  
 Club Track Championships  
 Club Road Walk Championships  
 AA Winter Road Walk Championships / 2<sup>nd</sup> Federation Meet

**Queensland Little Athletics 2022 State Championships**



**Date** 11th - 13th March 2022

**Venue** Queensland Sport & Athletics Centre (QSAC), Nathan, Brisbane.

All the best to our young race walkers at the Qld Little Athletics Championships at QSAC tomorrow. Get along to support the race walkers with events starting at 3pm

**Girls Under 11 1100 Meter Race Walk**

3:00 PM

1 Procter, Ella Caloundra

2 Kratzmann, Keilani Redlands

3	McCoombes, Jada	West Bundaberg
4	Renton, Zoe	Toowong Harriers
5	Waterman, Kiara	Deception Bay
6	Froget Penaranda, Barbara	Toowong Harriers
7	Stewart, Sian	Caloundra
8	Martin, Aila	Tweed
9	Greaves, Jayde	Mudgeeraba
10	Harrison, Skye	Deception Bay
11	Bandidt, Mackenzie	Centenary
12	Gibbs, Sienna	Gold Coast
13	Shields, Ebony	Ipswich
14	Sheridan, Grace	Gracemere
15	Jack, Shayla	Arana
16	Habermann, Lakeisha	West Bundaberg

### **Boys Under 11 1100 Meter Race Walk**

3:00 PM

1	Moore, Lachlan	Redlands
2	Robertson, Payten	Mt Gravatt
3	Clark, Hudson	Caloundra
4	Sibenaler, Hunter	Algester
5	Berry, Thomas	Rosewood
6	Morrison, Miles	Mudgeeraba
7	O'Brien, Patrick	Gold Coast
8	Wepener, Adriaan	Maroochy
9	Sherwood, Azra	Aspley
10	Smith, Hayden	University

### **Girls Under 10 1100 Meter Race Walk**

3:25 PM

1	Welch, Isabella	Springwood
2	Lucas, Teegan	Redlands
3	Dunleavy, Savannah	Deception Bay
4	Hooper, Elspeth	Ashmore
5	Pallentine, Ruby	Bribie Dist
6	Gilchrist, Drew	Springwood
7	Robinson, Tahlia	Glasshouse
8	Russell, Kaydence	Ipswich
9	Vanner, Alexandra	Toowong Harriers
10	Hermus, Eliana	Noosa
11	Ing, Amelie	Bargara
12	Farquhar, Brianna	Arana
13	Sassen, Autumn	Mudgeeraba
14	Larsen, Emma	Springwood
15	Vicary, Dakota	City North
16	Don, Charlotte	Aspley
17	Stansfield, Indiana	Toowong Harriers

### **Boys Under 10 1100 Meter Race Walk**

3:25 PM

1	Hodgson, Nicholas	Mt Gravatt
2	O'Neill, Leylan	Caloundra
3	Buncuga, Luka	Balmoral
4	Burrows, Grayson	Springwood
5	Kennedy, Lucas	Mudgeeraba
6	Byrn, Lachlan	Wynnum Manly
7	Shonhan, Jasper	Nth Rockhampton
8	Cook, Cameron	Bargara
9	Hunter, Thomas	Mudgeeraba

10 Millar, Sonny Toowong Harriers

**Girls Under 9 700 Meter Race Walk**

3:50 PM

1 Kanages, Asha	Mt Gravatt
2 Fisher, Tully	Redlands
3 Rich, Cedar	Arana
4 Niehus, Indi	Caloundra
5 Kettlety, Erin	Ipswich
6 Rohrig, Lola	Toowong Harriers
7 Bozhoff, Piper	Ipswich
8 Farquhar, Asha	Arana
9 Thierjung, Cate	Tweed
10 Small, Alice	Bli Bli
11 Chisholm, Amelia	Ormeau
12 Holloway, Charlotte	Bribie Dist
13 McGregor, Lucy	University
14 Buckby, Grace	Redlands
15 Rameshkumar, Akshi	Centenary
16 Moore, Ebony	Tweed
17 Pauly, Alyssa	Strathpine

**Boys Under 9 700 Meter Race Walk**

3:50 PM

1 O'Neill, Declan	Maroochy
2 Simpson, Kingsley	Gold Coast
3 Moore, Dylan	Redlands
4 Durre, Max	Runaway Bay
5 Paterson, Koby	Runaway Bay
6 Raginekanth, Lavin	Centenary
7 Talbot, Dominic	Toowoomba
8 Sheridan, Tomas	Gracemere
9 Ablang, Duke	Mudgeeraba
10 Montgomery, Noah	Toowoomba
11 Thomas, Isaac	Deception Bay
12 Whittle, Cruz	Caloundra
13 Blake, Alexander	Deception

**Girls Under 12 1500 Meter Race Walk**

6:25 PM

1 Cosgrave, Ella	Ashmore
2 Bray, Laura	The Gap
3 McDonald, Mikaela	Arana
4 Rutten, Olivia	Deception Bay
5 Bell, Ruby	Gracemere
6 Fisher, Siaan	Redlands
7 Chester, Ruby	Townsville Cent
8 Wain, Olivia	Helensvale
9 McDonald, Makayla	Ormeau
10 Anderson, Pippa	Redlands
11 McLean, Lilly	Redlands
12 Lucas, Rihanna	Redlands
13 Moore-Kirkland, Bethany	Warwick
14 Lavell, Michaela	Caboolture
15 McDonald, Madison	Maroochy

**Boys Under 12 1500 Meter Race Walk**

6:25 PM

1 Cooke, Noah	Arana
2 Miller, Brock	Strathpine

3 Burrows, Hayden	Springwood
4 Melinz, Eli	University
5 Svensson, Joshua	Strathpine
6 Little, Austin	Bli Bli
7 Hoyling, Angus	Toowong Harriers
8 Hermus, Linden	Noosa
9 Vagne, Aidan Max	Mt Gravatt
10 Carkeet, Billy	Gold Coast
11 Irvine, Koby	West Bundaberg

### **Girls Under 14 1500 Meter Race Walk**

6:25 PM

1 Sharpe, Milly	Gladstone
2 Bray, Katie	The Gap
3 Presland, Skye	Redcliffe
4 Tudor, Anna	Noosa
5 Wasson, Ava	Caboolture
6 Jaekel, Tara	Mudgeeraba

### **Under 14 1500 Meter Race Walk**

6:25 PM

1 Dale, Kai	Ormeau
2 Jendra, Tomas	Ipswich
3 Lucas, Jaydon	Redlands

### **Girls Under 13 1500 Meter Race Walk**

7:00 PM

1 Clarke, Makenna	Redlands
2 Pickvance-Yee, Destinee	Springwood
3 Flahey, Natasha	Tweed
4 Gaviglio, Zara	Algester
5 Barron, Maya	Mudgeeraba
6 Kororiko, Awhena	Gayndah
7 Stewart, Mia	Caloundra
8 Boulton, Olivia	Gold Coast
9 Baker, Amber	Redcliffe
10 Sheehan, Emma	Toowong Harriers
11 White, Alison	Caloundra
12 Cordwell, Shylah	Nambour
13 Woodward, Madi	Strathpine
14 Armstrong, Taya	Nth Rockhampton
15 Mehta, Hannah	Mudgeeraba

### **Boys Under 13 1500 Meter Race Walk**

7:00 PM

1 Blair, Xavier	Bundaberg
2 Tilton, Noah	Tweed
3 Bricknell-Hewitt, Korbyn	Mudgeeraba
4 Athousis, Costa	Algester
5 Alcott, Harrison	Caloundra
6 Froget Penaranda, Thomas	Toowong Harriers
7 Kopittke, Joshua	Algester
8 Jenner, Joshua	Warwick

### **Girls Under 15 1500 Meter Race Walk**

7:15 PM

1 Williams, Lyla	Tweed
2 Teahen, Rebecca	Toowong Harriers
3 Goulding, Lily	Ipswich
4 Lucas, Hayley	Redlands
5 Bridge, Tahni	Springwood

**Boys Under 15 1500 Meter Race Walk**

7:15 PM

1 Housden, Bailey	Arana
2 Lavell, Nicholas	Caboolture

**Girls Under 16 1500 Meter Race Walk**

7:15 PM

1 Heap, Ashanti	Gold Coast
2 Lawson, Piper	Redlands
3 Housden, Lily	Arana
4 Chadwick, Phoebe	Bracken Ridge
5 Lourigan, Daniella	Maryborough
6 Schofield, Scarlett	Ashmore

**Boys Under 16 1500 Meter Race Walk**

7:15 PM

1 Bradley, Alex	Laidley
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**Girls Under 17 1500 Meter Race Walk**

7:15 PM

1 Clarke, Anika	Redlands
2 Fisher, Torryn	Redlands
3 Heath, Lauren	Algester
4 Bergh, Mia	Ashmore
5 Porter, Sophie	Aspley
6 Sentance, Charlotte	Arana
7 Brady, Korey	Aspley
8 McNamara, Rachael	Rosewood

**Boys Under 17 1500 Meter Race Walk**

7:15 PM

1 Wasson, Seth	Caboolture
2 Norton, Kai	Arana

**RESULTS RESULTS RESULTS****Queensland Athletics Championships****State Athletics, QSAC, Brisbane**

Congratulations to our new State Champions & medal winners from the State T&F Championships last weekend. The rain may have gone but the conditions were still hot & humid.

**Women 10000 Metre Race Walk Open**

1 Hayward, Katie	22 GCA	47:35.43
2 Gannon, Brenda	48 QMA	1:00:04.36
3 Williams, Lyla	15 QRUN	1:00:44.37
4 Bergh, Mia	17 GCV	1:02:17.67
5 Millard, Summer	17 QA	1:05:03.72
6 McRoberts, Jasmine-Rose	20 QA	1:12:57.07
7 Housden, Lily	16 QRW	1:14:31.36
-- Clarke, Anika	17 RED	DNF
-- Chadwick, Phoebe	16 QRW	DNF

**Women 10000 Metre Race Walk Under 20**

1 Novinetz, Camryn	19 IPS	53:58.96
2 Bolton, Hannah	19 NSW	56:26.16

**Women 5000 Metre Race Walk Under 18**

1 Bergh, Mia	17 GCV	28:04.22
2 Clarke, Anika	17 RED	30:56.38
3 Fisher, Torryn	17 RED	32:18.89

4 Brady, Korey 17 QRW 33:44.33

-- Anderson, Jayda 17 GCA DQ

-- Millard, Summer 17 QA DQ

#### **Women 5000 Metre Race Walk Under 17**

1 Heap, Ashanti 16 GCA 30:40.05

2 Lawson, Piper 16 RED 31:20.55

3 Housden, Lily 16 QRW 34:00.76

4 Chadwick, Phoebe 16 QRW 34:57.01

#### **Women 3000 Metre Race Walk Under 16**

1 Williams, Lyla 15 QRUN 15:31.86

2 Teahen, Rebecca 15 TWH 16:31.98

3 Newberry, Brooke 15 NSW 17:12.89

4 Morris, Taylah 15 QRW 21:38.46

-- Goulding, Lily 15 QRW DQ

#### **Women 3000 Metre Race Walk Under 14**

1 Pickvance-Yee, Destinee 13 CAN 17:08.15

2 Clarke, Makenna 13 RED 17:19.53

3 Cosgrave, Ella 12 BOR 17:25.93

4 Barron, Maya 13 QRW 17:40.85

#### **Women 3000 Metre Race Walk Under 15**

1 Sharpe, Milly 14 GLD 16:55.02

2 Bray, Katie 14 ASR 17:40.96

3 Davey, Caterina 14 QRW 18:30.94

-- Presland, Skye 14 QRW DQ

#### **Men 3000 Metre Race Walk Under 14**

1 Tilton, Noah 13 QRW 20:40.79

#### **Men 3000 Metre Race Walk Under 15**

1 Dale, Kai 14 QRW 17:21.18

#### **Men 3000 Metre Race Walk Under 16**

1 Housden, Bailey 15 QRW 13:42.65

-- Wheeley, Roel 15 RED DQ

#### **Men 5000 Metre Race Walk Under 17**

1 McCure, Sam 16 QRW 25:30.69

2 Bradley, Alex 16 QRW 28:08.95

#### **Men 5000 Metre Race Walk Under 18**

1 Wasson, Seth 17 CRR 26:07.03

2 Norton, Kai 17 QA 28:08.95

#### **Men 10000 Metre Race Walk Open**

1 Fraser, Tim 22 ACT 45:36.98

2 Richardson, Dylan 22 NSW 45:38.76

3 Baker, Mitchell 21 ACT 46:18.09

4 McGinniskin, Jack 20 NSW 50:53.73

5 Jimenez Solis, Ignacio 57 QMA 51:11.72

6 McCure, Sam 16 QRW 51:11.72

7 Housden, Bailey 15 QRW 53:58.96

8 Norton, Kai 17 QA 1:01:25.19

-- Wasson, Seth 17 CRR DQ TR 157.4

## **World Race Walking Team Championships Muscat, Oman**

At the World Race Walking Team Championships last weekend, the best results for Australia came in the U20 Women's 10km.

Olivia Sandery, Allanah Pitcher & Alanna Peart teamed up to win the silver medal with some fine individual performances.



Unfortunately, Clara Smith was unable to finish in the open women's 20km. In the same race former club member Christina Papadopoulou finished 13<sup>th</sup> and helped Greece win the silver medal in the teams event.

### **U20 Women's 10km**

- 1 Yunyan JIANG CHN 47:48
- 2 Jinyan JIANG CHN 48:03
- 3 Heta VEIKKOLA FIN 48:11
- 4 Valeriya SHOLOMITSKA UKR 48:53
- 5 Olivia SANDERY AUS 49:01
- 6 Meiduo GANGLA CHN 49:40
- 7 Allanah PITCHER AUS 49:51
- 8 Eva RICO RUFAS ESP 50:02
- 9 Yasmina TOXANBAEVA KAZ 50:19
- 10 Vittoria DI DATO ITA 50:20
- 13 Alanna PEART AUS 50:47

### **U20 10km**

- 1 Hongren WANG CHN 44:06
- 2 Diego GIAMPAOLO ITA 44:14
- 3 Yu ZENG CHN 44:14
- 4 Heristone Wanyonyi WAFULA KEN 45:18
- 5 Mateo ROMERO COL 45:20
- 6 Pablo PASTOR ESP 45:23
- 7 Oscar MARTINEZ RODRIGUEZ ESP 45:25
- 8 Nicola LOMUSCIO ITA 45:33
- 9 Sajan IRINCHEEV FIN 45:54
- 9 Pablo RODRIGUEZ ROJAS ESP 45:54
- 15 103 Fraser SAUNDER AUS 47:38
- 21 107 Marcus WAKIM AUS 49:21

### **Open 20km**

- 1 Zhenxia MA CHN 1:30:22
- 2 Jiayu YANG CHN 1:31:54
- 3 Kimberly GARCÍA LEÓN PER 1:32:27
- 4 Alegna GONZÁLEZ MEX 1:32:45
- 5 Nanako FUJII JPN 7 1:33:16
- 6 Antigoni NTRISMPIOTI GRE 1:34:54
- 7 Liujing YANG CHN 1:34:59
- 8 Saskia FEIGE GER 1:35:24
- 9 Valentina TRAPLETTI ITA SB 1:36:44
- 10 Li MA CHN 1:37:19
- 13 Christina PADOPOULOU GRE SB 1:40:01
- 504 Clara SMITH AUS DNF

### **Men's 35km**

- 1 Perseus KARLSTRÖM SWE 2:36:14
- 2 Álvaro MARTÍN ESP 2:36:54
- 3 Miguel Ángel LÓPEZ ESP 2:37:27
- 4 Masatora KAWANO JPN 2:37:36
- 5 Ning LU CHN 2:37:51
- 6 Karl JUNGHANN GER 2:37:52
- 7 Evan DUNFEE CAN 2:38:08
- 8 Caio BONFIM BRA 2:38:20
- 9 Yangben ZHAXI CHN 2:38:53
- 10 Kazuki TAKAHASHI JPN 2:39:08
- 29 301 Carl GIBBONS AUS 2:46:35

### Women's 35km

- 1 Glenda MOREJÓN ECU 2:48:33
- 2 Maocuo LI CHN 2:50:26
- 3 Katarzyna ZDZIEBŁO 2:51:48
- 4 Laura GARCÍA-CARO ESP 2:52:10
- 5 Paola PÉREZ ECU 2:53:58
- 6 Magaly BONILLA ECU 2:54:39
- 7 Karla JARAMILLO ECU 2:56:14
- 8 Olga NIEDZIAŁEK POL 2:57:50
- 9 Johana ORDÓÑEZ ECU 2:59:57
- 10 Faying MA CHN 3:01:26

### Men's 20km

- 1 Toshikazu YAMANISHI JPN 1:22:52
- 2 Koki IKEDA JPN 1:23:29
- 3 Samuel Kireri GATHIMBA KEN 1:23:52
- 4 Brian Daniel PINTADO ECU 1:24:35
- 5 Diego GARCÍA CARRERA ESP 1:24:41
- 6 Saul MENA MEX 1:25:14
- 7 Wayne SNYMAN RSA 1:25:33
- 8 Noel CHAMA MEX 1:25:52 ~
- 9 Jordy Rafael JIMÉNEZ ARROBO ECU 1:26:03
- 10 106 Declan TINGAY AUS 1:26:05
- 11 101 Rhydian COWLEY AUS 1:26:09
- 26 Will THOMPSON AUS 1:28:30
- 34 Kyle SWAN AUS 1:30:33
- Tyler JONES AUS DQ TR54.7.5

### CONGRATULATIONS HEATHER AND ANDREW

Congratulations to Heather Carr and Andrew Jamieson who competed in the World Athletics racewalking teams championships in Muscat Oman on 4th & 5th March 2022 .

This is the first time Master Athletes have been invited to compete at this level.

Heather Carr 10k 1:09.26 – GOLD

Andrew Jamieson 10k 1:01.53 – GOLD

Together they won 70+ Team Gold

1	75-79	1:01:53	Andrew	Jamieson	male	AUS
1	70-74	1:09:26	Heather	Carr	female	AUS

Heather & Andrew are both coming to Brisbane for the Australian Masters Athletics Championships in April

### AUSTRALIAN MASTERS ATHLETICS

#### CHAMPIONSHIPS 2022



Brisbane, Queensland

1 April to 4 April 2022

[National Masters Events Calendar](#) | [Qld Masters Athletics](#) | [QMA](#)

**ENTRIES CLOSED**

1,500m Walk

**Saturday 2nd April 2<sup>nd</sup>**

5,000m Walk

**Sunday April 3<sup>rd</sup>**

10km Road Walk **QSAC \***

**\*Note the change of venue for the road walks from Riverside Drive, West End to part of the ring road around QSAC**

*The former West End walks venue on Monday, there is a good reason it is called Riverside Drive.*

**Call for Volunteers**

Please let Noela ([noelarhoda@gmail.com](mailto:noelarhoda@gmail.com)) or myself know if you and/or members of your family will be available to help out at the Masters Road Walks on Sunday April 3<sup>rd</sup> at QSAC. Expressions of interest in judging positions should be made to Greg Ison at QA. We require volunteers for lap scoring, timekeeping, water stations, runner/cyclist for collecting judges' cards and general setting up the course and packing up afterwards. I understand planning is already underway for the traditional post race morning tea to which all volunteers are invited.

## **QMA GOLD COAST MASTERS T&F CHAMPIONSHIPS**

**March 19<sup>th</sup> SAC, Brisbane**

**Entries close 8.00pm on Saturday 12th March**

All QMA Members and all athletes are invited to compete in the 2022 QMA Gold Coast Masters Track & Field Championships which are being held at the State Athletics Facility, Nathan, Brisbane.

7.30am 5,000m Walk

10.45am 1,500 Metre Walk

Gold Coast Administration Fee \$20.00 and \$7.00 per event

## **2022 Track Race Walks**

**March 19<sup>th</sup>**

**Gold Coast Masters Championships**

**State Athletics Centre, Brisbane**

7.30am 5,000m Walk

10.45am 1,500 Metre Walk

Entries close 8.00pm on Saturday 12th March

**March 26<sup>th</sup> Saturday SAC**

8.00 2000m Walk

**Canberra Federation Carnival**

**Sunday June 12<sup>th</sup> Mt Stromlo**

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 55<sup>th</sup> 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.

## **2022 AA Championship dates**

**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](mailto: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 26<sup>th</sup> July 7<sup>th</sup>**

**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 2-7<sup>th</sup> 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 1<sup>st</sup> 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 [qrwcregistrar@gmail.com](mailto:qrwcregistrar@gmail.com) if you have any questions about the membership options or registration/renewal process.

## 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  
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:**

[grwc1@optusnet.com.au](mailto:grwc1@optusnet.com.au) Membership, coaching or general enquiries about the club  
[racewalkqld@outlook.com](mailto: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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>