

Queensland Race Walking Club Inc.

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



HEEL & TOE

March 25th 2021

Australian/Oceania 10km, 20km and 50km Road Walking Championships Saturday March 27th Melbourne

The postponed Australia 20km titles will be conducted in Melbourne this Saturday morning together with the Australian 50km Championships and U18 & U20 road races. At stake are spots in the Australian team for the Tokyo Olympics. Time and opportunity have almost run out for the athletes so the pressure will certainly be on to perform on the day. All the best to the Queensland athletes competing on Saturday; Dane, Katie, Lachlan, Gabriella and Sam.

Fawkner Park, Melbourne Saturday March 27th

7:00am Men 50k Race Walk Open

7:10am Men 20k Race Walk Open

7:10am Women 20k Race Walk Open

9:00am Women 10k Race Walk Open

9:00am Men 10k Race Walk Under 20

9:00am Women 10k Race Walk Under 20

10:00am Men 5k Race Walk Under 18

10:00am Women 5k Race Walk Under 18

Entry Lists

Men 50km Race Walk Open

1 Rhydian Cowley Victoria

2 Dylan Richardson New South Wales

3 Jared Tallent South Australia

Men 20k Race Walk Open

1 Mitch Baker Act

2 Dane Bird-Smith Queensland

3 Mathew Bruniges South Australia

4 Tristan Camilleri South Australia

5 Tim Fraser Act

6 Carl Gibbons New South Wales

7 Tyler Jones New South Wales

8 Jason Kozica Victoria

9 Bradley Mann Western Australia

10 Pramesh Prasad Fiji

11 Benjamin Reid Western Australia

12 Quentin Rew New Zealand

13 Kyle Swan Victoria

14 Declan Tingay Western Australia

Women 20km Race Walk Open

1 Alana Barber New Zealand

- 2 Bridget Bell New South Wales
- 3 **Katie Hayward Queensland**
- 4 Rebecca Henderson Victoria
- 5 Hannah Mison New South Wales
- 6 Jemima Montag Victoria
- 7 Rachel Tallent Victoria

Women 10k Race Walk Open

- 1 Sarah Brennan Victoria

Men 10km Race Walk Under 20

- 1 Corey Dickson Victoria
- 2 **Lachlan McCure Queensland**
- 3 Jack McGinniskin New South Wales
- 4 Will Thompson Victoria
- 5 Gwyllym Young Act

Women 10km Race Walk Under 20

- 1 Char Hay
- 2 **Gabriella Hill Queensland**
- 3 Alanna Peart Victoria

Men 5km Race Walk Under 18

- 1 Liam Hutchins Victoria
- 2 Zayden Kamish South Australia
- 3 **Sam McCure Queensland**
- 4 Cooper Rech South Australia
- 5 Fraser Saunder Victoria

Women 5km Race Walk Under 18

- 1 Milly Boughton New South Wales
- 2 Daisy Braithwaite South Australia
- 3 Nellie Langford South Australia
- 4 Emily Lynch South Australia
- 5 Ariana Pashutina Victoria
- 6 Emily Smith Victoria

Results Results Results

Queensland Little Athletics State Championships

QSAC Friday March 19th

Conditions were a lot more pleasant for racing than those endured by athletes at the QA titles the week before

and the young walkers did not disappoint. There were lots of outstanding times recorded, lots of happy athletes and plenty of proud parents and coaches.

Robyn Wales expressed her satisfaction after the meet with her athletes and for the emergence of our next generation of race walk coaches. *“From a personal point of view it was my most successful championship ever. Also, how great was it on Friday night and throughout the summer season to see Katya Martin, Anika Clarke and Mia Bergh taking on coaching responsibilities. These three have done amazingly well in their first season of coaching and all experienced the highest highs on Friday night as well as some tears. It is great to have some fresh faces on the coaching scene.”* Well said Robyn.

Girls U9 700 Metre Walk

- | | | |
|--------------------|------------|---------|
| 1 Robinson, Tahlia | Glasshouse | 4:37.06 |
| 2 Gilchrist, Drew | Springwood | 4:48.30 |
| 3 Bryce, Gemma | Caloundra | 4:52.87 |
| 4 McDonald, Hannah | Arana | 5:02.10 |
| 5 Larsen, Emma | Springwood | 5:02.16 |

6 Anderson, Selene	Toowong Harriers	5:09.99
7 Rayment, Emily	Toowong Harriers	5:18.87
8 Downman, Jorja	Maryborough	5:42.21
-- Lucas, Teegan	Redlands	DQ
-- Harris, Amber	Strathpine	DQ
-- Russell, Kaydence	Ipswich	DQ
-- Perl, Madison	University	DQ
-- Welch, Isabella	Springwood	DQ

Girls U10 1100 Metre Walk

1 Procter, Ella	Caloundra	6:00.11
2 Renton, Zoe	Toowong Harriers	6:07.25
3 Waterman, Kiara	Deception Bay	6:10.70
4 Kratzmann, Keilani	Redlands	6:10.86
5 Ellwood, Lani	Gympie	6:38.81
6 Froget Penaranda, Barbara	Toowong Harriers	7:20.59
7 Martin, Aila	Tweed	7:27.44
8 Ivoševac, Lucille	Strathpine	7:46.85
9 Jack, Shayla	Arana	8:25.14
10 Turner, Maddison	Centenary	8:25.21
-- McKnight, Skye	Mt Gravatt	DQ
-- Thornton, Ruby	Biloela Lac	DQ
-- Gee, Isabella	Algester	DQ
-- Habermann, Lakeisha	West Bundaberg	DQ
-- McCoombes, Jada	West Bundaberg	DQ
-- Reilly, Charlotte	Caloundra	DQ
-- Gibbs, Sienna	Gold Coast	DQ

Girls U11 1100 Metre Walk

1 Cosgrave, Ella	Ashmore	5:46.70
2 Rutten, Olivia	Deception Bay	5:56.75
3 Austin, Jessica	Algester	6:24.71
4 Fisher, Siaan	Redlands	6:30.32
5 Anderson, Pippa	Redlands	6:58.36
6 McDonald, Mikaela	Arana	7:03.16
7 Teasel, Ashlee	Helensvale	7:05.31
8 Bird, Ruby	Deception Bay	7:05.80
9 Miller, Imogen	Strathpine	7:07.70
10 Zirbel, Mikayla	Highfields	7:22.15
11 Wain, Olivia	Helensvale	7:26.36
12 Moore-Kirkland, Bethany	Warwick	7:34.88
13 Kororiko, Felicity	Gayndah	7:47.01
14 Navybox, Jasmine	Granite Belt	7:50.45
15 Bell, Zara	Toowong Harriers	7:57.75
16 Thornton, Summah	Biloela Lac	7:57.82
17 Lavell, Michaela	Caboolture	8:07.94
-- Clifford, Summer	Ross River Lac	DQ
-- Braithwaite, Zahna	Tweed	DQ
-- Athousis, Georgina	Sunnybank	DQ
-- Bryce, Emily	Caloundra	DQ
-- Bell, Ruby	Gracemere Lac	DQ
-- Bray, Laura	The Gap	DQ

Girls U12 1500 Metre Walk

1 Flahey, Natasha	Tweed	7:22.44
2 Clarke, Makenna	Redlands	7:54.41
3 Pickvance-Yee, Destinee	Springwood	8:03.51
4 Stewart, Mia	Caloundra	8:40.27
5 Kororiko, Awhena	Gayndah	8:43.59

6 Baker, Amber	Redcliffe	8:49.67
7 Barron, Maya	North Mackay Lac	9:09.07
8 Toplis, Olivia	Arana	9:34.01
9 Cranwell, Kayla	Algester	9:38.20
10 Graske-Borst, Rhianna	The Gap	9:38.69
11 Gaviglio, Zara	Algester	9:42.42
12 Sheehan, Emma	Toowong Harriers	9:54.84
13 Mehta, Hannah	Mudgeeraba	10:47.76
14 Waters, Mikayla	Bribie District	11:10.25
-- Jack, Nicola	Arana	DQ
-- Rowan, Jessica	Highfields	DQ

Girls U13 1500 Metre Race Walk

1 Sharpe, Milly	Gladstone	8:05.48
2 Presland-Tack, Skye	Redcliffe	8:10.68
3 Tudor, Anna	Noosa	8:10.73
4 Bray, Katie	The Gap	8:51.18
5 Mathewson, Riley	Ipswich	9:23.24
6 Wasson, Ava	Caboolture	9:23.94
7 Blatchly, Mikaylee	Laidley	9:46.16
8 Jaekel, Tara	Mudgeeraba	9:48.71
-- Teague, Delilah	Tweed	DQ
-- Barkworth, Taylor	Tweed	DQ
-- Navybox, Gemma	Granite Belt	DQ

Girls U14 1500 Metre Walk

1 Williams, Lyla	Tweed	6:59.89
2 Teahen, Rebecca	Toowong Harriers	7:05.39
3 Gee, Tamika	Algester	7:15.93
-- Lucas, Hayley	Redlands	DQ
-- Goulding, Lily	Ipswich	DQ

Girls U15 1500 Metre Race Walk

1 Norton, Amber	Arana	7:01.44
2 Heap, Ashanti	Gold Coast	7:21.83
3 Lawson, Piper	Redlands	8:01.90
4 Chadwick, Phoebe	Bracken Ridge	8:26.45
5 Housden, Lily	Arana	8:32.71
6 Grummett, Zahli	Maroochy	9:04.28

U16 1500 Metre Race Walk

1 Millard, Summer	Deception Bay	7:03.72
2 Clarke, Anika	Redlands	7:18.21
3 Bergh, Mia	Ashmore	8:07.54
4 Sentance, Charlotte	Arana	8:12.74
5 Heath, Lauren	Algester	8:52.88
6 Fisher, Torryn	Redlands	8:58.40
7 McNamara, Rachael	Rosewood	9:26.82
-- Porter, Sophie	Aspley	DQ

Girls U17 1500 Metre Race Walk

1 Ofield, Mackenzie	Caloundra	7:19.63
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Boys U9 700 Metre Walk

1 Rivers, Ethan	Redlands	4:19.99
2 O'Neill, Leylan	Caloundra	4:21.31
3 Toplis, Hudson	Arana	4:27.31
4 Buncuga, Luka	Balmoral	4:47.47
5 Hogan, Charlie	Tweed	4:54.35
6 Hamilton, Chase	Jimboomba	5:22.02

-- Schiavone, Julius Ipswich DQ
-- Campbell, Logan Agnes Water Lac DQ

Boys U10 1100 Metre Walk

1 Robertson, Payten Mt Gravatt 6:28.23
2 Robinson, Ravi Toowong Harriers 6:40.23
3 Sibenaler, Hunter Algester 6:49.55
4 Clark, Hudson Caloundra 6:57.68
5 Mathews, Darcy Springwood 7:45.17
6 Curtis, Ethan Deception Bay 8:25.74
-- Pfister, Hugh Nambour DQ

Boys U11 1100 Metre Walk

1 Cooke, Noah Arana 6:19.58
2 Hoyling, Angus Toowong Harriers 6:24.36
3 Burrows, Hayden Springwood 6:54.27
4 Melinz, Eli University 7:25.96
5 Foster, Daniel Gold Coast 7:27.39
6 Hermus, Linden Noosa 7:51.35
7 Vagne, Aidan Max Mt Gravatt 8:13.26
-- Bingham, Lochie Sunnybank DQ
-- Smrecnik, Cooper Laidley DQ
-- Van Der Westhuizen, Ryan Mt Gravatt DQ

Boys U12 1500 Metre Walk

1 Tilton, Noah Tweed 8:35.98
2 Blair, Xavier Bundaberg 8:43.62
3 Gee, Blake F01;T01 Algester 8:43.76
4 Bricknell-Hewitt, Korbyn Mudgeeraba 8:44.21
5 Athousis, Constantinos Sunnybank 9:58.49
6 Zirbel, Blake Highfields 10:17.10
-- Wheeley, Noah Redlands DQ
-- Kororiko, Tama Gayndah DQ

Boys U13 1500 Metre Race Walk

1 Teasel, Bailey Helensvale 8:53.93
2 Dale, Kai Ormeau 9:02.78
3 Lucas, Jaydon Redlands 9:28.84
4 Jendra, Tomas Rosewood 9:35.05
5 Epitropakis, Zackary Algester 10:40.67
-- Philo, Lachlan Bargara Lac DQ
-- Burke, Noah Toowoomba DQ

Boys U14 1500 Metre Walk

1 Housden, Bailey Arana 6:28.29
2 Wheeley, Roel Redlands 7:55.44
3 Smith, Cooper University 8:04.49
4 Higham, Tristan Strathpine 8:18.81
-- Cook, Xander Maryborough DQ

Boys U15 1500 Metre Race Walk

1 McCure, Sam Ashmore 6:39.92
2 Bradley, Alex Highfields 7:08.97
3 Riese, Jonathan Toowong Harriers 9:04.99

U16 1500 Metre Race Walk

1 Norton, Kai Arana 6:54.71
2 Wasson, Seth Caboolture 7:02.86

Boys U17 1500 Metre Race Walk

1 Spanner, Jye Nth Rockhampton 6:51.68
2 Dale, Kaden Ormeau 9:46.71

QRWC Winter Road Walk Season

The 2021 Winter Road Walk season will kick off on Sunday April 11th with a Sign on Day and Annual General Meeting at the Logan River Parklands, Beenleigh.

Sign-On Day /AGM Schedule

Sunday April 11th Beenleigh

No points races

8.00am 5km

8.30am 3km

9.00am 2km / 1km

9.30am AGM

Sunday April 18th Aurora Park, North Lakes

Age Races & Handicap #1

8.00am A Grade 10km

8.15am E Grade .5km / F Grade 1km

8.30am B Grade 5km

8.45am C Grade 3km / D Grade 2km

The QRWC road walk season usually consist of 10 Handicap road walk meets, a club track and road walk championships, the Gold Coast Road Walking Championships, a Postal (Virtual) Interstate meet and finishing with a relay / lunch and trophy presentation day. In between we also have the Queensland Athletics Road Walk Championships, the Canberra LBG Federation meet and the Australian Winter Road Walk Championships incorporating the 2nd Federation meet. That is why we start off nice and gentle with our Sign On Day because after that it is full on until September.

Handicap Meets and Points – So 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.

Draft for the first half of the season

April	4	Easter Sunday	
	11	QRWC Sign On Meet /AGM	Beenleigh NO POINTS
	13-17	AA Track Championships - Walks	Sydney
	18	QRWC Handicap Meet 1	North Lakes
Saturday	24	QRWC Handicap Meet 2	Kalinga Park
	25	ANZAC Day	No club competition
May	2	QRWC Handicap Meet 3	Beenleigh
	9	Mother's Day	No club competition
	16	Gold Coast Championships	Mudgeeraba
	23	QRWC Handicap Meet 4	Morningside
	30	QRWC Handicap Meet 5	TBA
June	6	LBG Federation Meet	Mt Stromlo Canberra

<p>NOTICE – ANNUAL GENERAL MEETING Queensland Race Walking Club Inc known as Racewalking Queensland</p>
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Notice is hereby given that the Annual General Meeting of the Queensland Race Walking Club Inc. will be held at Logan River Parklands, Beenleigh on Sunday, 11th April, 2021 commencing at 9.30am. All positions within the club will be declared vacant at the meeting

The Business of the meeting will be

- * Meeting
- * The Receiving and Confirmation of the minutes of the 2020 Annual General Meeting
- * The Receiving of the Management Committee Report for 2020
- * The Receiving and Adoption of the Statement of Income and Expenditure, Assets and Liabilities for the financial year
- * The election of the Officers and other members of the Management Committee
- * The Appointment of a Patron
- * The Appointment of a Registrar
- * The Appointment of an Equipment Officer
- * The Appointment of a Canteen Convenor
- * The Appointment of a Newsletter Producer
- * The Appointment of a Handicap/Results Person
- * The Appointment of Publicity/Media Persons
- * Any appropriate General Business

NOMINATIONS are invited for the following positions for 2021

*President	*Vice President	*Secretary	*Treasurer
Registrar	Equipment Officer	Canteen Convenor	
Newsletter Producer	Handicap/ Results	Publicity/Media Persons	

*Not less than one (1) nor more than six (6) other committee members with the number to be decided at the Annual General Meeting

Positions marked with * are members of the Management Committee

All nominations to be forwarded to the Returning Office Noela McKinven at noelarhoda@gmail.com

All QRWC memberships for 2021/2012 become due on April 1st.

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

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 Tara Norton tara.norton@bigpond.com

Athletics Australia Track Championships Sydney Olympic Park Athletics Centre April 12-19th

April 13th

Women U14 3,000 metres

Men U14 3,000 metres

U15 3,000 metres

U16 3,000 metres

April 14th

Women U15 3,000 metres

U16 3,000 metres

Thursday April 15th

Women U20 10,000 metres

Open 10,000 metres

Friday April 16th

Men U20 10,000 metres

Open 10,000 metres

Saturday April 17th

Women U17 5,000 metres

U18 5,000 metres

Men U17 5,000 metres

U18 5,000 metres

Note in case any of our walkers were planning on also competing in the 3,000 metre run championships

AA has rescheduled the Australian 3000m Championships to Thursday, April 29 at Box Hill Athletic Club.

The decision to reschedule these events will allow Australia's middle distance athletes to effectively prepare for multiple races and allow ample recovery time for those aiming to compete in the 1500m or 3000m Steeplechase events. Athletics Australia President Mark Arbib acknowledged that this may disrupt travel plans set by many athletes and coaches, however it is AA's responsibility to put the wellbeing of athletes first.

COMING UP – Track & Road Walks

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

April 11th QRWC Sign On Day /AGM Logan River Parklands, Beenleigh 8.00am

April 18th QRWC Handicap Meet 1 North Lakes 8.00am

April 12-21st AA Track & Field Championships Sydney

April 24th **Saturday** QRWC Handicap Meet 2 Kalinga Park 8.00am

May 2nd QRWC Handicap Meet 2 Logan River Parklands, Beenleigh 8.00am

May 16th Gold Coast Road Walk Championships Mudgeeraba 8.00am

This Week

All the focus will be on what is happening at Fawkner Park in Melbourne this Saturday morning with the AA 50km and 20km Championships.

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

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 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>

Racewalking Queensland

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

Racewalking Queensland Management Committee 2020/21

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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/>