

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 65 years in the making.



HEEL & TOE

November 26th 2020

QRWC AGM 2020 PRESIDENTS REPORT 2019/2020 AND BEYOND

WELCOME TO THE AGM FOR QRWC 2019/2020 SEASON AND BEYOND.

WOW!!

Well what an unusual situation we have all been going through. 2019 was a relatively quiet year for QRWC compared to the previous 2 seasons.

We didn't have any major competitions to be involved with organizing. So not a huge amount to report on. At the 2019 AGM our male club captain Iggy Jimenez was appointed as the clubs next Life Member.

Jasmine McRoberts was elected as female club captain.

In April, 5 of our club members were selected into the Qld Little A's team to compete at ALAC's in Hobart. Ashanti Heap, Amber Norton, Anika Clarke, Sam McCure and Alex Bradley.

Ashanti, Amber and Sam all walked away with a medal. Alex at the time did the best walk I had seen him do and Anika not feeling the best, also came very close to a medal.

In early June, Gold Coast Victory and Mudgeeraba Little athletics played host to the Gold Coast Walking Champs. Thanks always goes to the successful competition and course they provide every year.

Many great performances that day. Then 1 week later, QRWC had a very small but dedicated team travel to Canberra to compete at the LBG carnival. Iggy and George Megas picked up medals and Noela a handicap trophy.

Peter Bennett had also planned to be there but got an invite to compete in his favoured distance of 24 hours in Rouen, France.

The night before LBG competition at the RWA AGM Dave Smith was awarded with a 40 years' service merit award and Peter Bennett received a 25 year merit award for their long service and contribution to Race walking Australia.

Later that month 2 of our club member representing Australia at the Oceania Championships in Townsville. Outstanding performance by Caitlin Hannigan finishing 1st in the under 18 girls 500m and a 2nd to Katie Haywood in the open womans 10000m In July Katie then travelled to Finland to compete at the World Uni Games 20k walk. A sensational effort taking out the gold medal.

Also, in July QRWC for the first time ever won the RWA Postal Racewalk Challenge. At the QA Road Walking state championships. We used a new track out in Ipswich at the Cycling Criterion Centre. I thought it was a good quality track surface but did have a hill in that may have affected some of the times. During the 2019 season we also trialed a new electronic timing system. Early success, suggests this will be used in the future.

September we had a team travel to Adelaide and compete at the AA National Winter Champs and RWA 2nd Federation Carnival. Most the team went out for what is becoming the traditional Team Dinner with RWA president Bob Cruise again for the 3rd consecutive year

joining us with members from other states also joining in. It's a very relaxed and enjoyable evening pre comp.

Outstanding performance were recorded by all Qld team members. Individual medals were won by Ashanti Heap and Lachlan McCure. Our under 16 girls team of Anika Clarke, Summer Millard and Korey Brady got 2nd in their teams race. We also received many handicap trophies for new PBs.

In September we had 2 of our club members: Dane Bird-Smith and Katie Haywood travel to Doha to compete at the World Track and Field Champs. In extremely tough and strange conditions having to race in the middle of the night.

For Katie it was a race she would probably want to forget. But don't take anything away from her. She gave it her all. Didn't go in there without wanting nothing but the best she could do. Unfortunately, she fell foul of the judges and didn't get to the finish. Congratulations however to her and her coach Steve. She is a talented young athlete and I believe will be right up at the top of international results in years to come.

Dane an outstanding walker. Loved by all who meet him. A champion of a person and deserves all the recognition he receives. He went to the front early. Looked strong and set himself up to be at the pointy end of the field at the conclusion of the race. He held on and dug deep but the horrendous conditions just became a little too much in the end. He finished in a sensational place of 14th. Congratulations to Dane and coach Dave for the consistently high results. Be proud of all your efforts.

At the end of 2019 a strong team of walkers went to Perth to compete at the Australian Schools Champs. Sensational performances by all our athletes in tough, hot, windy and times wet conditions.

Again, Qld walkers were extremely competitive and medals were won by Jayda Anderson, Lachlan McCure, Alex Bradley and Amber Norton. Some other members recorded huge PBs. As we entered the new decade of 2020, January saw Summer Millard and Torryn Fisher travel to New Zealand with the Qld Little A's development team. At the New Zealand South Island Colgate Games, Summer finished 1st and Torryn 3rd in the girls 2000m Walk. February, members of our club went to Adelaide to compete at the Oceania Road champs and Olympic Games and World Teams Championships selection Trials.

Dane Bird-Smith finished 3rd overall 1st Australian and named in the Australian Olympic games team for the 20k and what would be his 2nd Olympics. Katie Haywood finished in 2nd also gaining selection into her first Olympic team.

Caitlin Hannigan racing in the under 20's girls 10k finished in 2nd and probable selected for the World Teams Champs.

Congratulations to all our athletes on a successful year. Great performances by all.

Then March 2020 came and so did the effects of the Covid 19 Pandemic. So many events cancelled. State Champs, National Champs, ALACs, Masters Nationals, LBG and the list continued. The big ones. World Teams Championships and World Juniors. Tokyo Olympics postpones to 2021. Fingers crossed they happen. At the time when I first started writing this report, we QRWC had to postpone our AGM.

It was decided that all current committee members would stay on in their current positions until restrictions were lifted and we be able to conduct our AGM.

So continuing on. We were not allowed to host any events till July 19th.

The committee had to totally change everything we had done before to be allowed to start racing again. The set ups, restrictions, online entries, no exchanging money, and sanitizing. Plus, more cleaning and sanitizing.

We weren't allowed to hang around and chat like we used to. It was get in and out as quick as possible. Unlike other states we did manage to get in 6 events in a very shortened season. I have always tried to be very positive and supportive to all our members New comers and long time club members. This year was just not possible. Mainly because we just weren't allowed.

Unfortunately, I have received many complaints and heard many comments we are not a friendly club this season. New members not wanting to come back. A lot of negative feedback.

It's hard not to take this personally but I know in my heart all, our committee members would love to be there providing positive support and feedback to new and old members. The Covid Pandemic has not been good for anybody. All has been changed and I hope we can get back to some sort of normal in the near future. I love this club and so do many other people I've had the privilege to meet over the years. We don't always get everything right. We don't always see eye to eye and agree on everything. But we do all try our best. I just hope that when the strain and stress of current conditions eases more we can again be joined together for the common goal. The athletes.

Again, as normal. We aren't getting much if any support from our governing body QA. I have been trying to get them to have more races for our athletes on their programs. This continues to land on deaf ears. Though they believe they are trying. Unfortunately, very recently a comment was made by a staff member. Some of our members are aware of this situation. I have questioned the CEO in relation to this. I have also been asked to keep it under wraps and not escalate it any further. It just proves to me it will continue to be an issue for some time to come.

Back to positives.

I want to mention and congratulate Noela on receiving a Race Walking Australia 25 years merit award at the recent RWA AGM. Definitely well deserved. Her commitment and many, many years of dedication to the sport in Qld and across Australia. I want to thank the QRWC executives and committee for all the outstanding effort you have continued to work towards. It has been a long, extended and extremely challenging period, But you all kept it going. Thank you to the parents, volunteers and officials for your continued support and understanding. And congratulations to the athletes and their coaches. That's what this is all about. That's why we do this. To provide competition. I wish the next QRWC committee all the best and hope we continue to be a successful club. Signing out for the 2019/2020 season.

Shane Pearson

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. Langlely, 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

Club Trophies 2020 Season

It was agreed at the club AGM on Saturday that Club Championship trophies for the 2020 season would be distributed via the various training squads. Presentations will be made on a date and venue as determined by the coaches. Additionally, trophies for master's athletes will be presented at the QMA track meet either on December 5th or 19th. The secretary will contact any athlete who has won a trophy and is not part of a training group or masters competition.

Results Results Results

QMA Saturday 21st November QSAC

Junior 3000 Metre Race Walk

Gee, Tamika W13 16:08.35 (16:08.36 71.77%)

3000 Metre Race Walk

Kirwin, Roslyn W31 22:35.41 (22:35.42 51.28%)

Woodward, Erika W54 17:51.37 (15:50.85 73.09%)

Jimenez, Ignacio M55 14:23.96 (12:02.62 87.38%)

Bennett, Peter M65 17:13.01 (13:02.51 80.69%)

McKinven, Noela W78 25:19.93 (16:43.46 69.26%)

1 Mile Race Walk

Kirwin, Roslyn W31 11:27.22

Woodward, Erika W54 9:17.06

Jimenez, Ignacio M55 7:34.01

Bennett, Peter M65 8:56.58

McKinven, Noela W78 13:03.51

Age Graded Times & Percentages in Brackets

COMING UP – Track Walks

December 5th QMA SAC 8.00am 2,000m Walk / 9.25am 1,500m Walk

December Sunday 6th QMA Runaway Bay 8.00am 3,000m Walk

December 11th QA Mid-Week Meet QSAC 3/5km walk

December 19th QMA SAC 8.00am 3,000m Walk

December Sunday 20th QMA Runaway Bay 8.00am 3,000m Walk

January 10th QMA Runaway Bay TBA

January 24th QMA Runaway Bay TBA

February 7th QMA Runaway Bay TBA

February 21st QMA Runaway Bay TBA

*Please adhere to Covid-19 health and safety requirements while competing.
Respect the health and well-being of all fellow competitors, officials, volunteers, spectators,
family, friends, and venue staff.
If you are unwell, stay home.*



Sunday, December 6th Coolangatta 5am

This walk or run festival utilizes the pathways of the Gold Coast beachfront. The new home for the event is at **Queen Elizabeth Park in Coolangatta** (no longer starts/finishes at Kurrawa).

Events to test yourself; 15km ,30km & 50km 30km.

<https://www.gc50runfestival.com.au/>

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

**State championships includes 3000m, 5000m & 10000m Championships, Qld Athletics Championships, Qld Combined Event Championships, Qld Cross Country, Qld Race Walking Championships, Qld Road Running Championships*

***In-stadium state teams includes Australian Athletics Championships, Australian Combined Event Championships, Zatopek 10000m, National 5000m Championships*

****Out of stadia events include Australian Cross-Country Championships, Australian Half Marathon, Australian Marathon, Australian Road Running Championships, Australian Walk(s) Championships*

^all athletes nominating for the National T&F Championship incur the \$150 team levy, regardless of membership.

***NB:** if you have unaffiliated base membership (no club) you are limited to only three shield meets, and you are ineligible for national championship. If you wish to take up this casual membership, click [here](#).*

Qrun - \$12 (access to Qld Athletics distance events only (800m up))

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/>