

Queensland Race Walking Club Inc.

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



HEEL & TOE

November 5th 2020

Race Walk on the Programme



Don't miss out on this one. The 1,500 Metre Classic is at QSAC on Saturday November 14th and there is a race walk scheduled.

5.45pm 1,500 metre Walk Male / Female

To enter go to <https://www.revolutionise.com.au/qldathletics/events/78776/>

Entries close at midday Thursday 12th November. After this time the online entry system will automatically cease operation.

QRWC 2020 AGM November 21st

The long postponed club Annual General Meeting has been scheduled **for Saturday November 21st**. It will be conducted at the State Athletics Facility, Nathan and commence at 10am.

This meeting would normally have been held in April but because of COVID-19 restrictions not for profit clubs were given an extension. To fulfil the requirements of the Office of Fair Trading we need to hold this meeting by the end of the year and options for dates and places have all but run out. The meeting will be kept short to enable the financial and management reports to be received and for the election of office bearers namely; President, Vice President, Secretary, Treasurer and up to six Management committee members. We will also appoint a club Patron. As the 2021 AGM will be held in April all members currently in other appointed positions are welcome to retain these roles until that meeting. The AGM official notice and nomination form can be downloaded from the club website at <http://www.qrwc.com.au/>

Results Results Results

Queensland Little Athletics

Summer Carnival SAF, Nathan October 31st

Girls U 9 700 Metre Walk

1 Lucas, Teegan	Redlands	5:05.25
2 Holyoake, Maggie	Algester	5:19.20
2 Russell, Kaydence	Ipswich	5:19.20

4 Rees, Chloe	Wynnum Manly	5:21.40
5 Johns, Erin	Mt Gravatt	5:58.10
Girls U 10 1100 Metre Walk		
1 Ellwood, Lani	Gympie	6:45.79
2 Kratzmann, Keilani	Redlands	6:56.87
3 Gee, Isabella	Algester	7:01.28
4 Durrington, Ellie	Tweed	8:45.03
5 McGuane, Kassi	Gold Coast	9:11.97
6 Shields, Ebony	Ipswich	10:10.30
-- McCoombes, Jada	West Bundaberg	DQ
-- Yates, Grace	Mt Gravatt	DQ
-- McKnight, Skye	Mt Gravatt	DQ
Girls U 12 1500 Metre Walk		
1 Flahey, Natasha	Tweed	7:58.90
2 Clarke, Makenna	Redlands	8:03.75
3 Pickvance-Yee, Destinee	Helensvale	9:20.70
4 Sheehan, Emma	Toowong Harriers	10:05.40
5 Mackay, Phoenix	Algester	10:16.05
6 Ellwood, Tayah	Gympie	11:01.65
-- Graske-Borst, Rhianna	The Gap	DQ
-- Mehta, Hannah	Mudgeeraba	DQ
-- McKinnery, Louella	Noosa	DQ
Girls U 13 1500 Metre Walk		
1 Wasson, Ava	Caboolture	9:38.15
2 Presland-Tack, Skye	Redcliffe	9:41.90
3 Mathewson, Riley	Ipswich	10:15.05
4 Blatchly, Mikaylee	Laidley	11:21.95
-- Bray, Katie	The Gap	DQ
Girls U 15 1500 Metre Walk		
1 Chadwick, Phoebe	Bracken Ridge	8:22.70
2 Lawson, Piper	Redlands	8:31.50
Girls U 16 1500 Metre Walk		
1 Clarke, Anika	Redlands	7:41.78
2 Millard, Summer	Deception Bay	7:58.90
3 Hogan, Payten	Tweed	8:43.87
4 Fisher, Torryn	Redlands	9:11.04
Girls U 17 1500 Metre Walk		
1 Egberts, Eboni	Ipswich	10:08.92
Girls U 14 3000 Metre Walk		
1 Williams, Lyla	Tweed	16:12.00
2 Gee, Tamika	Algester	16:17.51
Girls U 15 3000 Metre Walk		
1 Heap, Ashanti	Gold Coast	17:32.68
Girls U 16 3000 Metre Walk		
1 Bergh, Mia	Ashmore	17:16.39
U 10 1100 Metre Walk		
1 Bauer, Jaxon	Springwood	6:07.84
2 Robertson, Payten	Mt Gravatt	6:07.93
3 Sibenaler, Hunter	Algester	6:37.93
4 Shea, Dominic	Balmoral	7:40.77
5 Rickert, Nathaniel	Sunnybank	8:10.34
Boys U 11 1100 Metre Walk		
1 Miller, Brock	Strathpine	6:41.95
2 Foster, Daniel	Gold Coast	7:18.55
3 Bingham, Lochie	Sunnybank	7:35.25
Boys U 12 1500 Metre Walk		

1 Gee, Blake F01;T01 Algester 9:20.70
2 Bricknell-Hewitt, Korbyn Mudgeeraba 9:27.25
-- Athousis, Constantinos Sunnybank DQ

Boys U 13 1500 Metre Walk

1 Lucas, Jaydon Redlands 10:39.05
2 Burke, Noah Toowoomba 11:10.05
3 Hermiston, Harvey Redlands 11:33.25

Boys U 14 1500 Metre Walk

1 Housden, Bailey Arana 7:07.25
2 Sheehan, Liam Toowong Harriers 10:27.31

Boys U15 3,000 Metre Walk

1 McCure, Sam Ashmore 15:15.76
2 Bradley, Alex Highfields 15:48.53

Boys U16 3,000 Metre Walk

1 Wasson, Seth Caboolture 16:29.22

COMING UP – Track Walks

November 7th QMA SAC 8.00am 3,000m Walk
November Sunday 8th QMA Runaway Bay 8.00am 3,000m Walk
November 14th QMA SAC 8.00am 5,000m Walk
November 14th UQ Sport 1500 Classic QSAC Walk 5.45pm
November 21st QMA SAC 8.00am 3,000m Walk / 9.45am 1 Mile Walk
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

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 2019/20

2020 AGM November 21st 10am

President: S. Pearson

Secretary: N. McKinven

Vice President: P Bennett

Treasurer: R Hamann

Committee: C Goulding, I. Jimenez, S. Langley, T. Norton, S McCure, J. Westlin.

Patrons: Patrick & Maxine Sela

Registrar: T Norton

Delegates to QA: S Pearson, P Bennett

Handicapper/Results: N. McKinven

Social Media/Publicity: C Goulding

Trophy Officer: N. McKinven

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/>