

Queensland Race Walking Club Inc.

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



HEEL & TOE

October 22nd 2020

It's the Girls Time to Shine Qld All Schools Championships

October 24th, QSAC - Main Stadium

All the best to the girls competing at the All School Championships on Saturday. Some will be in their first Championships and for others it will be their last. Enjoy the race and the experience girls.

Start Lists

Saturday 8:30am

Girls 5,000 Metre Race Walk Under 20

- 15 Hannigan, Caitlin 02 QA
- 16 McLoughlin, Amber 02 QA
- 17 McRoberts, Jasmine-Rose 02 QA

Girls 5,000 Metre Race Walk Under 18

- 14 Hill, Gabriella 03 GCV

Girls 3,000 Metre Race Walk Under 16

- 10 Clarke, Anika 05 RED
- 11 Bergh, Mia 05 GCV
- 12 Anderson, Jayda 05 GCC
- 13 Millard, Summer 05 QA

Girls 3,000 Metre Race Walk Under 15

- 6 Norton, Amber 06 QA
- 7 Heap, Ashanti 06 GCC
- 8 Lawson, Piper 06 QA
- 9 Chadwick, Phoebe 06 QA

Girls 3,000 Metre Race Walk Under 14

- 1 Williams, Lyla 07 GCV
- 2 Hingst, Olivia 07 QA
- 3 Gee, Tamika 07 GCC
- 4 Sharpe, Milly 08 GLD
- 5 Goulding, Lily 07 QA

A reminder that all parents, coaches and spectators must register their attendance on the QA website; *****if you do not register you will not be allowed access to the venue - no excuses*****

Results Results Results

Some mixed results for our walkers at the Boys All Schools Championships on Saturday. Bests results from Sam McCure in the U15 3km (14:13.63) and Lachlan McCure in the U17 5km (27:28.17). Congratulations to our new Schools Champions and other medal winners.

Queensland Athletics Boys All Schools

QSAC - Main Stadium October 17th

Boys 3000 Metre Race Walk Under 14

1 Cosford, Sam	07 FTA	18:38.41
-- Housden, Bailey	07 QA	DQ
-- Callaghan, Myles	07 QA	DQ

Boys 3000 Metre Race Walk Under 15

1 McCure, Sam	06 QA	14:13.63
2 Bradley, Alex	06 QA	17:27.14
-- Bannister, Jack	06 QA	DQ

Boys 3000 Metre Race Walk Under 16

1 Norton, Kai	05 QA	16:33.04
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Boys 5000 Metre Race Walk Under 17

1 McCure, Lachlan	04 QA	27:28.17
2 Spanner, Jye	04 Keppel Coast	29:32.76

Queensland Masters Athletics
Wednesday 21st October 21st QSAC
3,000 Metre Race Walk

Kirwin, Roslyn 22:37.11 (22:37.12 51.21%)
Woodward, Erika 17:52.99 (15:52.28 72.98%)
Bennett, Peter 17:25.64 (13:54.43 75.67%)
McKinven, Noela 24:58.96 (16:29.62 70.23%)

Age Graded Times & Percentages in Brackets

LAQ Spring Carnival
Bundaberg Region Athletics Facility September 26th

Girls U9 700m Race Walk

1 Elder, Josephine Balmoral 5:32.10
2 Holyoake, Maggie Algester 5:35.30
3 Johns, Erin Mt Gravatt 5:35.70
4 Mclean, Ava Mt Gravatt 5:53.20
5 Milburn, Isoabella Bargara 5:57.20
6 Horwell, Isla Agnes Water 6:36.40
7 Downman, Jorja Maryborough 6:45.10

Girls U10 1,100m Race Walk

1 McCoombes, Jada West Bundaberg 6:30.00
2 Gee, Isabella Algester 6:46.00
3 Ellwood, Lani Gympie 7:16.60
4 Hodgson, Indie Bargara 8:42.60
5 Barry, Violet Arana 10:00.80
--- Smith, Alexis Bargara DQ

Girls U11 1,100m Race Walk

1 Lucas, Rihanna Redlands 8:12.70
2 Foreman, Ava University 8:13.40
3 Drescher, Ellie Algester 8:13.80
4 Rogers, Elana Gympie 8:32.90

Girls U12 1,500m Race Walk

1 Clarke, Makenna Redlands 8:19.10
2 Pickvance-Yee, Destinee Helensvale 9:12.70
3 Ellwood, Tayah Gympie 10:36.20
4 Kruck, Sienna Algester 10:39.60
5 Mackay, Phoenix Algester 10:45.20

Girls U13 1,500m Race Walk

1 Bray, Katie The Gap 11:23.60
2 Williams, Ava Deception Bay 11:24.20
3 Rea, Georgia Gin Gin 12:35.30

Girls U14 1,500m Race Walk

1 Gee, Tamika Algester 7:25.20
2 Lucas, Hayley Redlands 10:46.60
3 McDonald, Tatum Beenleigh 12:50.50

Girls U15 1,500m Race Walk

1 Norton, Amber Arana 7:30.10
2 Chadwick, Phoebe Bracken Ridge 8:46.10
3 Hilton, Ebonie Caboolture 10:59.30
4 Price, Chloe Individuals 12:06.90
5 Wilkinson, Natasha Maroochy 12:22.90

Girls U16 1,500m Race Walk

- 1 Clarke, Anika Redlands 7:28.40
- 2 Millard, Summer Deception Bay 7:43.40
- 3 Heath, Lauren Algester 9:48.00

Girls U17 1,500m Race Walk

- 1 Clifford, Lorrilee Beenleigh 11:29.90

Women U20 3,000m Race Walk

- 1 McRoberts, Jasmine-Rose Qld Athletics 18:51.00
- 2 McLoughlin, Amber Qld Athletics 22:31.70

Women Open 3,000m Race Walk

- 1 Coney, Sheryl F01;T01Qld Athletics 23:31.50

Boys U9 700m Race Walk

- 1 Brand, Kade Deception Bay 5:30.90
- 2 McLoughlin, Chrysler Redcliffe 6:52.30

Boys U10 1,100m Race Walk

- 1 Sibenaler, Hunter Algester 7:27.40
- 2 Bauer, Jaxon Springwood 7:28.30

Boys U11 1100m Race Walk

- 1 Miller, Brock Strathpine 6:45.00
- 2 Johns, Callum Mt Gravatt 8:29.20

Boys U12 1,500m Race Walk

- 1 Blair, Xavier Bundaberg 9:12.10
- 2 Broadrick, Kaleb Springwood 11:32.70
- Gee, Blake Algester DQ
- Eassie, Ryan Algester DQ

Boys U13 1,500m Race Walk

- 1 Philo, Lachlan Bargara 10:12.70
- 2 Lucas, Jaydon Redlands 10:12.90
- 3 Epitropakis, Zackary Algester 10:32.40
- 4 Brand, Nate Deception Bay 11:47.20
- 5 Johns, Cooper Paul Springwood 13:44.00
- Ellis, Ryan Maryborough DQ

Boys U14 1,500m Race Walk

- 1 Housden, Bailey Arana 6:58.60

Boys U16 1,500m Race Walk

- 1 Norton, Kai Arana 7:07.70

Men U18 3,000m Race Walk

- 1 Whatman, Riley Qld Athletics 18:13.00

COMING UP – Track Walks

- October 24th Qld All Schools Championships Walks for Girls
- October Sunday 25th QMA Runaway Bay 8.00am 3,000m Walk
- October 28th Wednesday QMA SAC 7.00pm 5,000m Walk
- October 31st Little Athletics Summer SAF
- 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 TBC
- 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.

Walkers are encouraged and welcome to entry any of these events. A number of club walkers have competed in this carnival over the last few years including Nyle Sunderland, Jess Pickles, Kay Shaw, George Megas, Peter Bennett as well as George Michael from the Isle of Man. This year Brenda Gannon will be lining up as will George and Peter.

<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 POSTPONED

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/>