

## Queensland Race Walking Club Inc.

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



## HEEL & TOE

October 29th 2020

### Old Little Athletics Summer Carnival

Lots of race walking for our Little A's athletes at the QLA Summer Carnival at the State Athletics Facility this Saturday morning.

**October 31<sup>st</sup> SAF, Nathan**

#### **Programme**

##### **7:30am**

- 1 Girls U14 3000m Race Walk
- 2 Boys U14 3000m Race Walk
- 3 Girls U15 3000m Race Walk
- 4 Boys U15 3000m Race Walk
- 5 Girls U16 3000m Race Walk
- 6 Boys U16 3000m Race Walk
- 7 Girls U17 3000m Race Walk
- 8 Boys U17 3000m Race Walk
- 9 Girls U14 1500m Race Walk
- 10 Boys U14 1500m Race Walk
- 11 Girls U15 1500m Race Walk
- 12 Boys U15 1500m Race Walk
- 13 Girls U16 1500m Race Walk
- 14 Boys U16 1500m Race Walk
- 15 Girls U17 1500m Race Walk

##### **8:00am**

- 17 Girls U10 1100m Race Walk
- 18 Boys U10 1100m Race Walk
- 19 Girls U11 1100m Race Walk
- 20 Boys U11 1100m Race Walk

##### **8:25am**

- 35 Girls U9 700m Race Walk
- 36 Boys U9 700m Race Walk

##### **8:35am**

- 37 Girls U12 1500m Race Walk
- 38 Boys U12 1500m Race Walk
- 39 Girls U13 1500m Race Walk
- 40 Boys U13 1500m Race Walk

**QRWC 2020 AGM**  
**November 21<sup>st</sup>**

The long postponed club Annual General Meeting has been scheduled **for Saturday November 21<sup>st</sup>**. 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 are attached to this newsletter.

## Results Results Results

Well done girls! Congratulations to all the race walk competitors who took part in the QA All Schools on Saturday and to all the medal winners. Best results were from Amber Norton (15:27.90) in the U15 3,000 metres, Lyla Williams (15:50.00) U14 3,000 metres. Summer Millard (16:15.35) U16 3,000 metres and Gabriella Hill (26:48.58) U18 5,000 metres

### Queensland Athletics Girls All Schools Championships

#### QSAC October 24<sup>th</sup>

##### Girls 3000 Metre Race Walk Under 14

1 Williams, Lyla	07 GCV	15:50.00
2 Gee, Tamika	07 GC Central	16:20.70
3 Sharpe, Milly	08 GLD	17:21.88
4 Hingst, Olivia	07 QA	18:34.56
5 Goulding, Lily	07 QA	19:58.65

##### Girls 3000 Metre Race Walk Under 15

1 Norton, Amber	06 QA	15:27.90
2 Heap, Ashanti	06 GC Central	17:01.12
3 Chadwick, Phoebe	06 QA	19:00.89
4 Lawson, Piper	06 QA	19:48.81

##### Girls 3000 Metre Race Walk Under 16

1 Millard, Summer	05 QA	16:15.35
2 Clarke, Anika	05 Redlands	16:45.81
3 Bergh, Mia	05 GCV	18:22.67
-- Anderson, Jayda	05 GC Central	DQ

##### Girls 5000 Metre Race Walk Under 18

1 Hill, Gabriella	03 GCV	26:48.58
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##### Girls 5000 Metre Race Walk Under 20

1 Hannigan, Caitlin	02 QA	27:14.14
2 McRoberts, Jasmine-Rose	02 QA	34:13.77
3 McLoughlin, Amber	02 QA	37:28.58

*Just a letter of congratulations to all of the winners and placegetters at the recent Qld All Schools Championships this past weekend. All of these wonderful young kids displayed great technique and were rewarded accordingly. I have always said that nothing beats Technique Technique Technique and with the consistency of training with good technique the speed and endurance will come. Training just for speed only reinforces poor technique. So, congrats to all and hopefully we will have a better calendar of racing next year as these kids grow and develop.*

Dave Smith OLY

Lvl 5 Master Coach Walks

## Wednesday October 28th<sup>t</sup> QSAC

### 5,000 Metre Race Walk

Kirwin, Roslyn 41:07.56 (41:07.57 48.10%)

Bennett, Peter 29:26.58 (23:34.33 76.19%)

McKinven, Noela 43:28.89 (28:11.09 70.19%)

*Age Graded Times & Percentages in Brackets*

## COMING UP – Track Walks

October 31<sup>st</sup> Little Athletics Summer SAF

November 7<sup>th</sup> QMA SAC 8.00am 3,000m Walk

November Sunday 8<sup>th</sup> QMA Runaway Bay 8.00am 3,000m Walk

November 14<sup>th</sup> QMA SAC 8.00am 5,000m Walk

November 14<sup>th</sup> UQ Sport 1500 Classic QSAC Walk TBC

November 21<sup>st</sup> QMA SAC 8.00am 3,000m Walk / 9.45am 1 Mile Walk

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

December Sunday 6<sup>th</sup> QMA Runaway Bay 8.00am 3,000m Walk

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

December 19<sup>th</sup> QMA SAC 8.00am 3,000m Walk

December Sunday 20<sup>th</sup> QMA Runaway Bay 8.00am 3,000m Walk

January 10<sup>th</sup> QMA Runaway Bay TBA

January 24<sup>th</sup> QMA Runaway Bay TBA

February 7<sup>th</sup> QMA Runaway Bay TBA

February 21<sup>st</sup> 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 6<sup>th</sup> 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, Zatepek 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](mailto: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 21<sup>st</sup> 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](http://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](mailto:qrwc1@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.

QRWC race entries [qrwc1955@icloud.com](mailto: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](http://www.rwa.org.au)

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