

## Queensland Race Walking Club Inc.

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



# HEEL & TOE

April 15<sup>th</sup> 2021

### Athletics Australia Track Championships Sydney Olympic Park Athletics Centre

The first two days of walk events at the AA Track & Field Championships in Sydney saw some outstanding walks by the Queensland contingent. The highlights were a Gold medal performance by Sam McCure in the U16 3,000 metres in 13:32.61, Silver medals to Lyla Williams in the U15 3,000 metres ( 15:08.82) and Milly Sharpe U14 3,000 metres (15:55.58) and Bronze won by Amber Norton in the U16 3.000 metres (15:19.39). Congratulation and well done to our walkers. We are very proud of you all.

## RESULTS RESULTS RESULTS

### Athletics Australia Track Championships Sydney Olympic Park

#### U14 3,000 Women

- 1 Grace Beck (NSW) 15:27.66 (~)
- 2 **Milly Sharpe (QLD)15:55.58**
- 3 Kaytee Bogaers (WA)16:28.66
- 4 Maisie Mitchell (NSW) 16:29.37
- 5 **Makenna Clarke (QLD)17:05.98**
- 6 Emma Hearnden (NSW) 17:33.22
- 7 Mietta Morgan (VIC) 18:06.09
- 8 Charlotte MacDonell (VIC) 19:22.22
- 9 Lula Parrott (VIC) 20:32.40
- Madeline Platt (NSW)DQ

#### U14 3,000 Men

- 1 Kodi Clarkson (ACT) 13:51.22
- 2 Samuel Lindsay (TAS) 15:23.15
- 3 Dylan Allabush (NSW) 15:50.88 (>)
- 4 Siddharth Dhawan (ACT) 16:03.93 (>>)
- 5 Thomas Varga-Strike (NSW)16:53.54 (~)
- 6 Sebastian Gonzalez (NSW)18:08.60
- 7 Kane Robson (NSW)18:12.72 (>)
- 8 Tarique Kamish (SA) 19:38.73 (>>)
- 9 Jackson Day (NSW)20:12.84 (>)
- Alexander Sinnett (NSW) DNF (>)

#### U15 3,000 Men

- 1 Isaac Beacroft (NSW)13:34.12
- 2 Owen Toyne (ACT) 13:38.36
- 3 John Ronan (WA) 13:51.12 (~)
- 4 Riley Coughlan (VIC)14:27.79 (~)
- 5 **Bailey Housden (QLD) 14:29.73** (~)
- 6 Liam Hutchins(VIC) 14:39.40 (>>)

7 Oliver Morgan(TAS) 15:02.17  
 8 Xavier Bernard (WA) 15:35.37  
 9 Myles Ashby (NSW) 16:17.95  
 10 Maxwell Mayhew (NSW) 16:22.22  
 11 Zayden Kamish (SA) 16:25.47 (>>)  
 12 Brodie Spamer (NSW) 16:37.54  
 13 Joel Byatt (NSW) 17:26.39  
 - **Roel Wheeley (QLD) DQ** (>>> TR 54.7.1)

**U16 3,000 Men**

1 **Sam McCure (QLD) 13:32.61**  
 2 Marcus Wakim (VIC) 13:36.39  
 3 Ryan Bonham (NSW) 13:41.71 (~)  
 4 Grady Platt (NSW) 13:55.13  
 5 Christopher Wright (WA) 14:38.09 (~>)  
 6 Jack Wright (WA) 14:41.54 (~)  
 7 **Alex Bradley (QLD) 14:45.58**  
 8 Joel Imbriano (VIC) 15:09.50 (~>)  
 9 Anthony Tana (SA) 15:13.50  
 10 Darcy Bell (NSW) 15:31.13  
 11 Scott Peart (VIC) 15:38.03  
 12 Mark Walker (NSW) 16:16.23  
 13 Zachary Matters (VIC) 16:53.16  
 14 **Jack Bannister(QLD) 17:16.92** (>)

**U15 3,000 Women**

1 Sienna Pitcher (NSW) 14:52.42  
 2 **Lyla Williams (QLD) 15:08.82** (>)  
 3 Ariana Pashutina (VIC) 15:30.33 (>>)  
 4 Zoe Woods (NSW) 15:39.29  
 5 Ashlyn Spence (WA) 15:43.52  
 6 Emily Lynch (SA) 16:02.11  
 7 **Tamika Gee (QLD) 16:26.39**  
 8 Ava Diaz (NSW) 16:30.91  
 9 Chloe Lamb (NSW) 16:45.01  
 10 Katie de Ruvo (SA) 16:55.48  
 11 Summer Sivaraj (NSW) 17:19.12 (>)  
 12 Ciara Cassilles(NSW) 17:31.52  
 13 Brooke Newberry (NSW) 17:32.21

**U16 3,000 Women**

1 Milly Boughton (NSW) 14:45.15 (~)  
 2 Aiva Pinches (NSW) 15:14.56  
 3 **Amber Norton(QLD) 15:19.39** (>)  
 4 Daisy Braithwaite (SA) 15:34.59  
 5 Maddison Nash (VIC) 15:34.86  
 6 Emily Smith (VIC) 16:21.14 (>>)  
 7 Chloe Krklinski (NSW) 16:31.36 (~)  
 8 Ella Munroe (NSW) 16:51.98  
 9 **Ashanti Heap (QLD) 17:14.53**  
 10 **Piper Lawson (QLD) 17:26.19**  
 11 **Phoebe Chadwick (QLD) 17:31.57** (>)  
 12 Laelia Byatt (NSW) 17:31.83

**11<sup>th</sup> April, 2021**  
**QRWC Sign-on Day**  
**Logan River Parklands**  
**5km**

**Men:** (1) Iggy Jimenez 29.14 (2) Argenis Guevara 29.57 (3) Peter Bennett 30.47 (4) Paul Lindenberg 35.07.

**Women:** (1) Nyle Sunderland 31.29 (2) Kirstin Shaw 31.39 (3) Jasmine-Rose McRoberts 32.46 (4) Korey Brady 33.05 (5) Torryn Fisher 33.06 (6) Jennifer Stuckey 34.21 (7) Debbie Lindenberg 40.42 (8) Noela McKinven 42.37.

**3km**

**Men:** (1) Kai Dale 18.34.

**Women:** (1) Mia Bergh 17.41 (2) Phoebe Chadwick 18.28 (3) Lily Goulding 20.06.

**2km**

**Men:** (1) Roel Wheeley 10.34 (2) Blake Gee 13.22 (3) Noah Wheeley 13.40

**Women:** (1) Lyla Williams 10.00 (2) Isabella Gee 13.21 (3) Siaan Fisher 13.23.

**1km**

**Men:** (1) Hunter Sibenaler 6.45.

**Women:** (1) Katya Martin 5.25 (2) Kiara Waterman 6.19 (3) Torryn Fisher 6.46 (4) Freya Williams 7.18 (5) Tully Fisher 7.19 (6) Jenny Stuckey 7.21.

## QRWC Winter Road Walk Season

### **This Week**

**Sunday April 18th Aurora Park, North Lakes**

**Age Races & Handicap #1**

8.00am A Grade 10km

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

8.30am B Grade 5km

8.45am C Grade 3km / D Grade 2km

Use the link below to register your attendance as a competitor, visitor or volunteer.

<https://www.revolutionise.com.au/qldracewalkingclub/>

### **Race Fees**

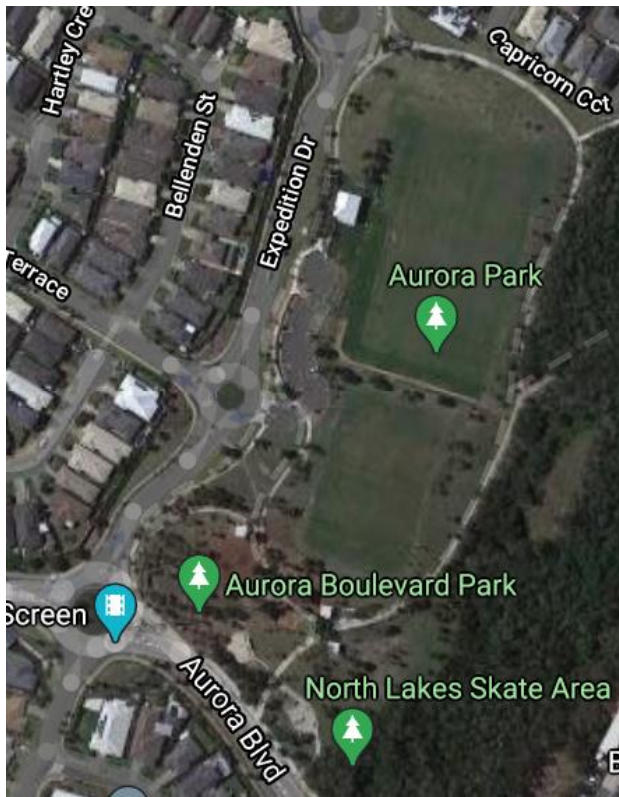
For all members \$5

Non Member on the day \$10

**The RevSport online registration portal has not been set up for pre-payment as yet so this will require cash payment of race fees on Sunday April 18<sup>th</sup> at North Lakes.**

Set up will be the picnic shelter near Aurora Boulevard

Parking area is off Expedition Drive.



### **The QRWC COVID Safe Plan**

A reminder to everyone to wash their hands regularly, use hand sanitizer and to socially distance.

Any officials, coaches, parents, spectators or anyone accompanying a competitor and not walking, will also have to register. If you feel unwell, have any symptoms of a cold or flu – stay at home and get tested. This includes our all volunteers, officials, competitors and spectators.

Please do not congregate in groups before or after your race.

Follow any QRWC signs or other COVID safety markings. These are here for your safety and to ensure we are complying with our COVID-Safe Plan.

### **Next Week**

**Saturday April 24<sup>th</sup> Kalinga Park**

**Age Races & Handicap #2**

All start times to be confirmed

A Grade 10km

B Grade 5km

C Grade 3km

D Grade 2km

E Grade 1.5km

F Grade 1km

### **Coming Up**

**Sunday May 2<sup>nd</sup> Logan River Parklands**

**Age Races & Handicap #3**

8.00am A Grade 10km

8.15am E Grade 1.5km

F Grade 1km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

**Sunday May 16<sup>th</sup> Mudgeeraba**

**Gold Coast Road Walk Championships**

GCC Open M/W 10km  
 Invitation M/W 5km Non-Championship  
 GCC U20 M/W 5km  
 GCC U18 M/W 5km  
 GCC U16 M/W 3km  
 GCC U14 M/W 2km  
 GCC U12 M/W 2km  
 GCC U10 M/W 1km  
 GCC U8 M/W.5km

### Gold Coast Road Walk Championship Records

Open 10km Men: B Dewar 44.12 2012  
 Open 10km Women: J. Pickles 52.40 2018  
 U20 5km Men: L. McCutcheon 21.14 2017  
 U20 5km Women: J. Pickles 25:04 2013  
 U18 5km Men: J. Osborne 21:30 2011  
 U18 5km Women: K. Hayward 22.39 2018  
 U16 3km Men: N. McCutcheon 13.20 2017  
 U16 3km Women: K Hayward 13:26 2015  
 U14 2km Men: B. Housden 9.03 2020 NEW  
 U14 2km Girls: J. Anderson 9.18 2019  
 U12 2km Boys: K Hayward 10:04 2016  
 U12 2km Girls: J. Anderson 9.50 2017  
 U10 1km Boys: K Hayward 5:09 2014  
 U10 1km Girls: L. Williams 5.18 2017  
 U8 .50km Boys: K Hayward 2:30 2012  
 U8 .50km Girls M. Clarke 3.12 2017

**Draft only for the first half of the season. Note that the AA Winter Road walk Championships are tentatively scheduled or September 12<sup>th</sup> in Victoria.**

<b>April</b>	<b>11</b>	<b>QRWC Sign On Meet /AGM</b>	<b>Beenleigh</b>
	<b>13-17</b>	<b>AA Track Championships - Walks</b>	<b>Sydney</b>
	<b>18</b>	<b>QRWC Handicap Meet 1</b>	<b>North Lakes</b>
<i>Saturday</i>	<b>24</b>	<b>QRWC Handicap Meet 2</b>	<b>Kalinga Park</b>
	<b>25</b>	<b>ANZAC Day</b>	<b>No club competition</b>
<b>May</b>	<b>2</b>	<b>QRWC Handicap Meet 3</b>	<b>Beenleigh</b>
	<b>9</b>	<b>Mother's Day</b>	<b>No club competition</b>
	<b>16</b>	<b>Gold Coast Championships</b>	<b>Mudgeeraba</b>
	<b>23</b>	<b>QRWC Handicap Meet 4</b>	<b>Morningside</b>
	<b>30</b>	<b>QRWC Handicap Meet 5</b>	<b>TBA</b>
<b>June</b>	<b>6</b>	<b>QRWC Handicap Meet 6</b>	<b>TBA</b>
	<b>13</b>	<b>LBG Federation Meet</b>	<b>Mt Stromlo Canberra</b>
	<b>20</b>	<b>QRWC Handicap Meet 7</b>	<b>TBA</b>
	<b>27</b>	<b>QRWC Handicap Meet 8</b>	<b>TBA</b>
<b>July</b>	<b>4</b>	<b>Gold Coast Marathon</b>	<b>Southport</b>
	<b>11</b>	<b>RWA Postal Challenge</b>	<b>Beenleigh</b>
	<b>18</b>	<b>QRWC Track Championships</b>	<b>UQ St Lucia TBC</b>
<i>Saturday</i>	<b>24</b>	<b>QA Road Walk Championships</b>	<b>Ipswich</b>
<b>August</b>	<b>1</b>	<b>QRWC Handicap Meet 9</b>	<b>TBA</b>
	<b>8</b>	<b>QRWC Handicap Meet 10</b>	<b>TBA</b>
	<b>15</b>	<b>QRWC Club Championships</b>	<b>Beenleigh</b>

	22	?	
	29	?	
September	12	AA/Federation Championships	Melbourne TBC

## Racewalking Queensland Management Committee 2021/22

As elected AGM April 11<sup>th</sup>

Congratulation to the new club Management Committee elected at the AGM on Sunday and to those members who have taken on various important roles with in the club. We are pleased that our beloved Co-patrons Pat & Maxine Sela will continue in the role this year . We welcome the new officer bearers that we know will begin new ideas and perspectives to the club.

We would like to thank out going office bearers ; President Shane Pearson, Treasurer Ralf Hamman and Committee Member Steve Langley all all their hard work and dedication to the club . Shane will continue on serving the club as a member of the Management Committee .

A big thank you also goes Tara Norton who has performed the role OF Registrar admirably over the last two seasons . Tara has taken the club from paper based membership and race registration to embrace online technology and has recently set up the club online shop.

### QRWC Management Committee

**President:** Vacant                      **Secretary:** N. McKinven  
**Vice President.** P Bennett      **Treasurer** Vacant  
**Committee:** I. Jimenez, J Stuckey, S McCure, J-R McRoberts, S Pearson, D Millard  
**Patrons:** Patrick & Maxine Sela  
**Registrar:** J Stuckey / C Chadwick  
**Equipment** J McRoberts  
**Uniforms:** J Stuckey  
**Publicity / Media** C Chadwick  
**Newsletter Editor:** P. Bennett  
**Club Captains:** Jasmine-Rose McRoberts / Ignacio Jimenez

### Olympic Games News

**“Very determined, vigilant and very hopeful,” Tokyo Organising Committee**

Tokyo Olympic chiefs will wait until the last minute before deciding how many spectators will be allowed into stadiums to watch the Summer Games as coronavirus cases surge in Japan. Hospital COVID-19 occupancy rates have reached 90 per cent in some areas three months out from the start of the Games, forcing organisers to establish contingency plans, coronavirus testing protocols for athletes and book out hotels to isolate infected participants.

“I would say we are very determined; we are vigilant and we are very hopeful,” said Maki Kobayashi, an executive director on the Tokyo Organising Committee. The director of the Games secretariat, Makoto Hirano, said Japan’s vaccine rollout had been too slow and was still vulnerable to export restrictions. The country, like Australia, has limited local vaccine production capability leaving it largely reliant on imports from Europe.

“That is a fact,” Hirano said from Tokyo in an interview with The Sydney Morning Herald and The Age. “But we feel that probably by around June, we will manage to have vaccinated all of the health professionals as well as the population aged over 65.” The slow vaccinations combined with surging case numbers have forced the Olympic Committee to host the event as if vaccinations did not exist. “All the preparations are based on a no-vaccination situation,” said Kobayashi.

Organisers are now locked in negotiations ahead of an April deadline for the updated Olympic playbooks, which will determine how the coronavirus-restricted Games will run. Japan allowed between 10 and 50 per cent capacity at football and baseball games after the first wave of the pandemic, but those numbers are now vulnerable to rising infection rates. “We will adopt a basic direction on spectators by the end of April,” said Hirano. “That would be a provisional conclusion but not the final conclusion. Based on the infection situation we will seek various possibilities until we are at the very last minute of the Games.”

International spectators have already been banned from entering Japan, leaving athletes facing the prospect of largely empty stadiums if local attendance is also restricted. Kobayashi said blocking international fans was a “heartbreaking decision” but organisers were left with no other choice given the spread of the disease that has killed almost 3 million people around the world.

The 11,000 athletes expected to travel to Tokyo in July will be subject to strict social distancing measures that prevent shouting, cheering and singing for teammates. They will largely be confined to their accommodation, training or events for the duration of the Games. Face masks will be mandatory at all times outside competing, eating or sleeping. Athletes will be tested for COVID-19 at least every four days. Twice recording a temperature of 37.5 degrees or more will see them blocked from entering venues for their events.

Organisers have not ruled out the possibility of scrapping heats, matches or events entirely if athletes test positive and their close contacts have to isolate, putting years of preparation at risk to factors out of their control. The Kyodo news agency reported on Sunday that Tokyo Olympic organisers planned to prepare 300 hotel rooms for athletes who test positive for COVID-19 at the Games but show no or minor symptoms.

“We will have to immediately make decisions if that is going to affect the next event,” Kobayashi said. “We have been having conversations with different organisers of other international events, including the Tour de France and the Australian Open. “We’re not making any specific model, but we are learning from all different sorts of sporting events, to see what sort of preventive measures we have to take.”

**A senior Japanese politician said cancelling the Tokyo Olympics over the coronavirus remains a possibility on Thursday, as a surge in cases renews concerns about the Games with less than 100 days to go.**

Toshiro Nikai, the ruling Liberal Democratic Party’s number two, said the Olympics must be cancelled “without hesitation” if the virus situation is too severe. A year after their historic postponement, the 2020 Olympics remain beset by pandemic problems, with parts of the torch relay forced behind closed doors and public support consistently low. Organisers and Olympic officials insist the Games will go ahead safely, but Nikai said Thursday that all options were on the table. “We need to make a decision depending on the situation at the time,” he told the private TBS television network. “We need to cancel it without hesitation if they’re no longer possible,” added Nikai, who is the LDP’s secretary general. Asked if he considered cancellation an option, Nikai said: “Yes of course.”

“If infection spreads because of the Olympics, I don’t know what the Olympics is for.” He added however that he sees the Games as an “opportunity”, and it was “important for Japan to



foster excitement with support from the public”. “We definitely want to make a success. In order to do so, there are various issues to solve. It’s important to solve them one by one.” The comments were quickly dismissed by an unnamed LDP official, who told the Jiji news agency: “The Games will not be cancelled.” Tokyo Governor Yuriko Koike said she had “been told that the comment meant it is an option”.

“I take it as a message of strong encouragement that we contain the coronavirus by all means,” she said.

Japan’s vaccine minister meanwhile mooted the possibility of a total bar on spectators at the Games.

“We’ll hold the Olympics in a form that is feasible,” the Asahi newspaper quoted Taro Kono as saying.

“There might be no spectators.”

Nikai’s remarks come with fresh worries in Japan about what experts have called a fourth wave of infections.

Record numbers of cases have been reported in Osaka in recent days, and the government has been forced to authorise new restrictions just weeks after lifting a virus state of emergency.

The surge has already forced the Olympic torch relay off public roads in Osaka, and a city in western Japan also announced Wednesday that it would cancel the public event.

Compounding the problem is the comparatively slow roll-out of the vaccine in Japan, which has so far only approved the Pfizer/BioNTech version.

Around 1.1 million people in the country of 126 million have received a first dose of vaccine so far, with the roll-out only expanding to the elderly this week. Despite the problems, Olympic organisers insist the Games can be held safely and have released virus rulebooks to allay public fears.

Athletes will not be required to quarantine or be vaccinated, but will have to limit movements and be tested regularly.

Overseas fans are barred from attending, with a decision on domestic spectator limits expected later this month.

However many fans are allowed to attend, the atmosphere will be markedly different from Games past, with cheering strictly banned. Organisers note that sporting events are continuing in Japan, including some international fixtures such as the World Team Trophy figure skating, which opens in Osaka Thursday.

But opinion polls show most Japanese favour postponing or cancelling of the Games, with those in support hovering below 30 percent. Medical professionals have also warned the Games are a risky prospect, with four experts writing in the British Medical Journal this week urging plans for the event “be reconsidered as a matter of urgency”.

“International mass gathering events such as Tokyo 2020 are still neither safe nor secure,” they wrote.

Despite the obstacles, International Olympic Committee vice president John Coates on Wednesday said organisers were “certainly not” considering a cancellation.

### **QRWC Handicap Meets and Points**

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.

<b>Grade</b>	<b>Start Points</b>	<b>Completed Points</b>	<b>Best Season Performance</b>	<b>Handicap Points</b>
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.

### **CLUB UNIFORMS – ONLINE SHOP NOW OPEN**

<https://www.revolutionise.com.au/qldracewalkingclub/>

You can now order and pay for club uniforms at the QRWC RevSport portal. Orders are taken on the understanding that they will be able to be picked up on race day.

Contact Jen at [jenny.stuckey@gmail.com](mailto:jenny.stuckey@gmail.com) if you have any questions or want to make alternative arrangement to collect your purchase.

Go to **SHOP** and click on the cap

Wearing the QRWC uniform is not compulsory at club meets but it is encouraged. For Federation Meets like the Canberra Carnival in June wearing the club uniform is compulsory.

### **All QRWC memberships for 2021/2012**

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

\$15.00 for students

\$25.00 for non-students

\*QRWC fee only, does not include Qld Athletics membership.

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](mailto:david.brown@qldathletics.org.au) or QRWC Registrar Jenny Stuckey

[jenny.stuckey@gmail.com](mailto:jenny.stuckey@gmail.com)

### **Canberra Federation Carnival**

**Sunday June 13<sup>th</sup> Mt Stromlo**

The annual Carnival is held each June in Canberra and brings together race walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the Australia Federation of Race Walking Clubs (Race Walking Australia) and has a strong team emphasis. The carnival is now in its 55<sup>th</sup> year and involves over 300 walkers of all ages. This is a chance for EVERY member of the club to represent your State. There are individual, team and handicap medals and trophies to be won in all age groups. For those who are not race walkers there are non judged races over distances of 5,10 or 20 miles. There is a race for every member of the family. So now is the time to start looking at accommodation and flights.

**Information sheet to be sent out next week.**

## 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](mailto: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>

## QA Call for officials for Out of Stadia Season

Greg Ison from QA is calling for officials for the upcoming Out of Stadia Season, if you are available for any of the dates for this Winter Season please complete the Nomination form at <https://www.revolutionise.com.au/qldathletics/events/97114/>

Date	Event	Host Club	Venue
Saturday, 24 April 2021	Brisbane Series XC #1	Thompson Estate	Minnippi Parklands
Saturday, 1 May 2021	Brisbane Series XC #2/Short Course Championships	Toowong Harriers	CJ Greenfields, Rich
Saturday, 8 May 2021	QA All Schools Cross Country Championships	Ipswich	Limestone Park, Ipsw
Saturday, 15 May 2021	Brisbane Series XC #3	Ashgrove	Upper Kedron
Saturday, 22 May 2021	Brisbane Series XC #4	Intraining	Sherwood Arboretum
Saturday, 5 June 2021	Brisbane Series XC #5	Athletics North	Teralba Park
Saturday, 12 June 2021	Brisbane Series XC #6	Toowong Harriers	Fig Tree Pocket
Saturday, 19 June 2021	Qld XC Relay Championships	Thompson Estate	Nudgee College
Saturday, 26 June 2021	Brisbane Series XC #7	Redlands	Capalaba State Colle
Saturday, 10 July 2021	Brisbane Series XC #8	Thompson Estate	Minnippi Parklands
Saturday, 24 July 2021	Qld Road Walk Championships	Queensland Race Walking	Ipswich Cycle Park
Saturday, 31 July 2021	Qld Cross Country Championships	Ashgrove Rangers	Toogoolawah Golf C

## 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 14<sup>th</sup> 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](mailto:info@mastersgames.com.au) Phone: +61 7 5668 9888

## 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/>