

# Queensland Race Walking Club Inc.

*Building on a fine tradition of race walking, 67 years in the making.*



## HEEL & TOE

April 28<sup>th</sup> 2022

### **Sligo mourns the passing of leading athletics coach Raymond Flynn**

Brenda Gannon today relayed the sad news on the death of Irish coach Ray Flynn. He was an accomplished race walker and coach to many including former World Champion and Olympic medallist Rob Heffernan. Brenda trained with his group, over the years, when she was in Sligo. Ray was an esteemed figure within athletics Ireland circles and it was a great shock to Brenda to read that he had passed away suddenly and way too early in life. To Brenda he was part of her race walking journey from the early days onwards. He supported every single racewalker equally and had time all. Brenda last saw Ray in January when he came to the Sligo track to present Brenda with her medal from the Irish masters from the December nationals. RIP Ray.

*“Tributes have been paid to leading local and national athletics coach, Raymond Flynn (69) who passed away unexpectedly this morning (Tuesday). Ray, who lived with his wife and family in Ballure, Calry, had been involved in athletics all his life both as a participant and as a coach. A founder of Calry AC he was also involved as a coach with Sligo AC and rarely missed the club’s weekly training sessions on a Tuesday and Thursday evening at IT Sligo (ATU).*

*Every week-end he was on the road in a coaching or supporting role at athletic events all over the country ranging from track, cross country, road or marathon. Only last Sunday, Ray travelled to the Irish Life Health National Road Relay Championships hosted by Raheny Shamrock Athletic Club.*

*The retired HSE employee, was a regular participant in the Dublin City Marathon while he also took great pride in organising local 5k races around Sligo and in particular in his beloved Calry.*

*He coached and trained many leading local and national figures but he also took a keen interest in the development of younger athletes, especially racewalkers.*

*Ray took great pride in the achievements of all of his runners and racewalkers and his words of wisdom and encouragement were greatly appreciated by all.*

*Apart from the many athletes he coached he also drew up training plans for any runner who asked and was always appreciative of the hard effort and graft they would put in.*

*He was immensely proud of his Sligo roots and his love of athletics always shone through in conversations.*

*While racewalking was his first love he enjoyed road running also and his personal best for the Dublin City Marathon was an impressive 2 hours, 38 minutes.*

*One of his proudest achievements was becoming ‘Centurion 512’ in June 1971, about three years after he had started his walking career.*

*The idea was to walk 100 miles inside 24 hours in England. If you achieved it you became a centurion.*

*Ray managed it in 21 hours, 40 minutes and 13 seconds, and so became centurion 512, and at 18 years, the youngest man ever to do it at the time.*

*Raymond was an esteemed coach, working with athletes from club, right up to international level including Robert Heffernan, Olive Loughnane, Colin Griffin, and James Costin.”*

*His coaching took him to nearly every major international athletics meeting and championships across Europe while he also attended as a coach several Olympic Games including Tokyo in 2021.*

*He also attended many warm weather training camps with athletes in Spain.”*



Ray Flynn Centurion race walker and Coach

## 55th ANNUAL LAKE BURLEY GRIFFIN WALKING CARNIVAL



RACE WALKING  
AUSTRALIA  
AUSTRALIAN FEDERATION  
OF RACE WALKING CLUBS

**Sunday 12 JUNE 2022 – STROMLO FOREST PARK CANBERRA**

### **ENTRIES NOW OPEN**

The ACT Race & Fitness Walking Club Inc. (ACT Walkers), on behalf of Race Walking Australia, invite your members and race walkers affiliated with a National Athletics Association to participate in this year's

Annual Lake Burley Griffin Walking Carnival to be held on Sunday 12 June 2022. All events will be conducted on a 1 kilometre circuit on the cycling criterium track. The fitness walks are open to all, but participants in the race walking events must be members of a club affiliated with Race Walking Australia or an overseas World Athletics affiliated athletic club.

The venue for all events is Stromlo Forest Park, Opperman Avenue / Dave McInnes Road.

No.	Event	Start Time
1	RWA Open 30 km	8.00am
2	ACT Fitness 30 km	8.00am
3	AACT W&M 30 km Champ	8.00am
4	RWA Open Women's 15 km	8.00am
5	RWA Open Men's 15 km	8.00am
6	ACT Fitness 15 km	8.00am
7	ACT Fitness 8 km	9.00am
8	RWA Men's U20 10 km	10.30am
9	ACT Open (Over 19 years) 10 km	10.30am
10	RWA Women's U20 10 km	10.30am
	<b>PRESENTATIONS EVENTS 1 -10 &amp; SPECIAL AWARDS</b>	
11	RWA Boys Under 10 1 km	12.15 noon
12	RWA Girls Under 10 1km	12.15 noon
13	RWA Boys Under 12 2km	12.25 pm
14	RWA Girls Under 12 2km	12.45 pm
15	RWA Boys Under 14 2km	13.05 pm
16	RWA Girls Under 14 2km	13.25 pm
17	RWA Boys Under 16 3km	13.45 pm
18	RWA Girls Under 16 3km	14.10 pm
19	RWA Boys Under 18 5km	14.40 pm
20	RWA Girls Under 18 5km	14.40 pm
21	RWA Women's & Men's Open 5km	15.10pm
	<b>PRESENTATIONS EVENTS 11 - 21</b>	16.00 pm

### Entries

Competitors must complete an ON-LINE ENTRY. NO MANUAL ENTRIES WILL BE ALLOWED and LATE ENTRIES CANNOT BE ACCEPTED.

This applies to both Race Walks & Fitness Walks.

Entries are being taken online at- <http://vrwc.org.au/wp1/55th-lbg-walking-carnival/>

**Entries close at 5:00 pm, Wednesday, 25th May 2022.**

### Entry Fees

Race Walking Australia Events;

- \$35.00 for first event, \$20.00 for second event (including an Athletics ACT Championship), or a \$60.00 cap for 3 events

- A family cap of \$150 will also apply.

Fitness Walks:

- Fitness Walk & Open 10k fee is \$20.00

### QRWC Uniforms

All Race Walking Australia event competitors **MUST** wear the uniform of their Club, as registered with Race Walking Australia.

Failure to do so may result in disqualification. Competitors not competing in a

Race Walking Australia event are also encouraged to wear their Walking Club uniform.

## QRWC WINTER ROAD WALK SEASON

### THIS WEEK

**Sunday May 1st Aurora Park, North Lakes**

**Age Races & Handicap #12**

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

Register via RevSport at: <https://www.revolutionise.com.au/qldracewalkingclub/events/>

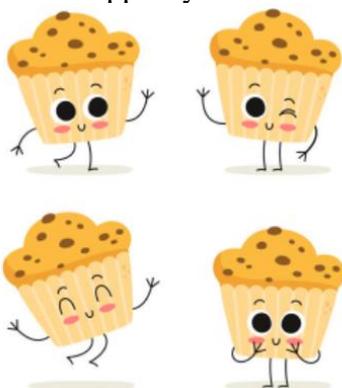
### Bring some spare change on Sunday – Muffin Sunday

Thanks to Maxine we will have some delicious muffins for sale at the road meet on Sunday.

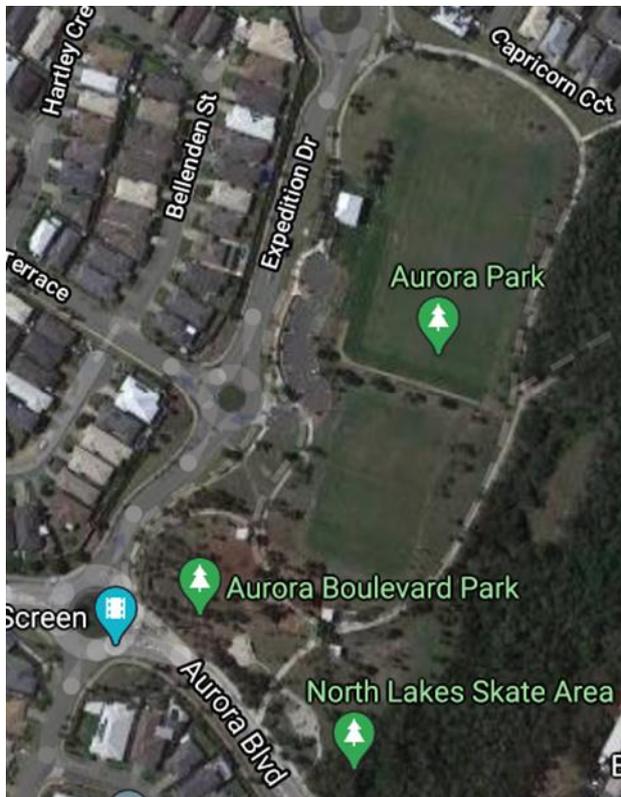
If anyone else would like to do some baking to help out we would be only to pleased.

We are endeavouring to re start our race walk day canteen this season but want to just start out small this week

Please support your club.



Set up will be the picnic shelter near Aurora Boulevard  
Parking area is off Expedition Drive.



## Season Pass

At the AGM last Sunday, the Committee voted to bring back the **Season Pass**. This is a convenient way to not only save some money but to have to worry about paying race fees with your entry each week. This Pass, at a cost of \$75, enables the athlete to compete in up to 15 club meets a season (10 x handicaps, club road championships, club track championships, Gold Coast Championships, Postal Challenge, & relays). From next season it will also include Sign on Day This Pass does not cover QA, AA, QLA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet. The Pass can be purchased via the Shop on the QRWC RevSport portal.

**Note:** The pay as you go facility is still available to those that want to register for a race and pay their \$5 each week



As an alternative to the season pass a **5-race Pass** is also now available. The 5-race pass costs \$25. There is no saving with this pass but it will eliminate the need to go into the separate payment screen when registering for an event. It should also help those members who have a \$10 minimum purchase with their credit card.

**These options are now live - to purchase, go to the RevSport shop and purchase as you would with a uniform item.**

**Season Pass, Club Uniforms**

**Go to [Shop - Qld Race Walking Club - revolutioniseSPORT](#)**

When you go into the shop and purchase a **SP or 5-race pass**, the Registrar will get a notification from the RevSport Shop via email. The Registrar will then set up an individual discount code with the appropriate details, for each person that buys the pass. An email will then be sent to the applicant with their individual discount code. Once you have the code you can enter it at the check-out when you enter a race. The system is not automatic so please allow a day or two when you purchase a Pass to receive your discount code.

When you enter a race, you will get to the check-out screen and it will charge you \$5, then when you enter your discount code in the field, it will reduce your race fee by 100% (i.e., \$5) so that there is a zero charge. You then will not be prompted to go to the payment screen. It has been tested and it works!

Please be patient while we get the **SP** and **5-race pass** up and running, and to email the Registrar if you have any questions or concerns. [qrwcregistrar@gmail.com](mailto:qrwcregistrar@gmail.com)  
For the first handicap race of the season please purchase the Pass first and allow time to receive the code before you enter the race. After you have the code, it is just a matter of entering the race each week and keying in the discount code.

## **COMING UP**

### **Sunday May 15th 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

## **Volunteers Needed!**

For all road walk meets this season we will need the help of our members to set up and run the meets in a safe and organised manner. Please feel free to offer your services whether it be as a judge, time keeper, setting out the course or helping to pack up. All assistance is greatly appreciated. We especially need lap scorers. We would like to start have a canteen at meets. If you would like to help out, please talk to any member of the Committee.



## **RESULTS RESULTS RESULTS**

### **Australian Little Athletics Championships – Melbourne**

Well done to the four Queensland race walkers who qualified to compete in the ALA championships in Melbourne on Saturday and congratulations to Makenna Clarke on winning a medal.

**Girls U13 1,500 metres**

1 Matilda Webb (NSW) 7:06.39  
2 Jessica Loring (NSW) 7:15.74  
3 **Makenna Clarke (QLD) 7:19.49**  
4 Emma Grocott (ACT) 7:22.53  
5 Tanveer Kaur Dunduli (SA) 7:39.15  
6 Sarah Holmes (VIC) 7:39.84  
7 Chelsey Ireland (WA) 8:10.82  
8 Kate Wilson (VIC) 8:28.15  
9 Lily Carr (TAS) 8:46.23  
10 Grace Marin (SA) 8:55.71  
11 Josie Lennane (ACT) 12:13.59  
- Isabelle Curtis (WA) DQ  
- Macie Petterwood (TAS) DQ  
- **Natasha Flahey (QLD) DQ**

### **Boys U13 1,500 metres**

1 Max Davidson (VIC) 7:13.39  
2 Daniel Pashutin (VIC) 7:20.35  
3 Nicholas Christian (ACT) 7:48.26  
4 **Noah Tilton (QLD) 8:13.79**  
5 Jayden Zammit (SA) 8:24.84  
6 Kade Constantine (WA) 8:44.85  
7 **Xavier Blair (QLD) 9:03.31**  
8 Jesse Robinson McEvoy (ACT) 9:04.02  
9 Xavier Case (TAS) 9:20.32  
10 Lachlan Job (TAS) 10:52.09  
- Aidan Kirk (NSW) DQ  
- Jackson Almstrom (WA) DQ

### **QRWC Road Meet**

**24<sup>th</sup> April, 2022**

#### **Morningside**

**Following unexpected lack of suitability of the usual course, we had to move to another area, hurriedly measured, and added to that there was a misunderstanding by some walkers on how the course was to be followed. It was decided that only Start and Finish points be awarded. I have also not included distance or places in these Results. Regrets, Noela**

#### **A Grade**

**Men:** Ignacio Jimenez 53.52, Argenis Guevara 56.09, Peter Bennett 1.07.01

**Women:** Brenda Gannon 56.08, Torryn Fisher 57.51, Jennifer Stuckey 1.02.58, Jasmine McRoberts 1.03.33, Korey Brady 1.03.35, Joy Dale 1.12.31, Noela McKinven 1.19.19

#### **B Grade**

**Men:** Bailey Housden 22.34, Kai Dale 27.09, Patrick Sela 38.17

**Women:** Lily Goulding 28.14, Lily Housden 29.18, Sophie Porter 29.22, Taylah Morris 30.31, Phoebe Chadwick 32.02.

#### **C Grade**

**Women:** Destinee Pickvance-Yee 14.42, Maya Barron 16.49, Skye Presland 16.56, Siaan Fisher 17.28

#### **D Grade**

**Men:** Hunter Sibenaler 12.18

**Women:** Kiara Waterman 11.57, Pippa Anderson 12.22, Tully Fisher 12.38

#### **E Grade**

**Men:** Lachlan Moore 5.07

**Women:** Freya Williams 5.34, Amelia Chisholm 6.24

#### **F Grade**

**Men:** Dylan Moore 3.05

**Women:** Willow Nelisi 3.09

## Presidents Message

We are so thankful for all our volunteers especially in the difficult circumstances on Sunday morning. A new course was needed to be found and marked out in just a few minutes and then they had to stand in the rain early on a Sunday morning just so the athletes could participate. The lap scorers had athletes coming past them at double the rate on the shorter loop and also try and keep the lapsheets dry. At all times the club will put the safety and well being of our athletes and volunteers above all else. If the price for that is having a course that was short then so be it. I am proud of all our volunteers and they should all be treated with respect at all times. The athletes displayed great sportsmanship in the circumstances and took it all in good humour.

So that no walkers will be disadvantaged the calendar has been amended so that the first of the 10 Handicap meets for the season will start this Sunday at North Lakes . The meet from last Sunday has been deemed a “Warm Up “ meet and starting and finishing points will be awarded to participants.

## WANTED: New Venues

The Management Committee is always on the look out for new venues. If you know of somewhere in your area you think may be suitable, please let us know the location details. What makes a suitable venue? Having public toilets (that are open on a Sunday morning), close by car parking and some shelter are necessities.

We look for a flat wide circuit of at least 500 metres out bound and with little other pedestrian or cycling traffic. Again, check what it is like around 8-9am on a Sunday. Some parks look serene and ideal on a Monday afternoon but maybe overrun with cars and other sports on Sunday morning. Even better go for a race walk along the course and then give your verdict. Try and pick out a suggested start/finish area. Let us know if you think a permit would be needed. Thank you.

## Updated Draft Calendar 24.04.2022

MONTH	DATE	EVENT	VENUE
March	27	AA Track Championships - Walks	Sydney
April	3	AMA National Road Walk C'Ship	QSAC
April	10	QRWC Sign On Meet /AGM	Mudgeeraba
	17	Easter Sunday	No club competition
	24	QRWC Warm Up Meet	Morningside
May	1	QRWC Handicap Meet 1	North Lakes
	8	Mother's Day	No club competition
	15	Gold Coast Championships	Mudgeeraba
	22	QRWC Handicap Meet 2	TBC
	29	QRWC Handicap Meet 3	Beenleigh
June	5	QRWC Handicap Meet 4	TBC
	12	LBG Federation Meet	Mt Stromlo Canberra
	19	QRWC Handicap Meet 5	TBC
	26	QRWC Handicap Meet 6	Morningside
July	3	Gold Coast Marathon	Southport

		10	RWA Postal Challenge	Beenleigh
		17	QRWC Track Championships	St Lucia TBC
		24	QRWC Handicap Meet 7	TBC
		31	QRWC Handicap Meet 8	TBC
<b>August</b>	<b>Saturday</b>	<b>6</b>	<b>QA Road Walk Championships</b>	<b>QSAC Ring Road</b>
		14	QRWC Handicap Meet 9	TBC
		21	QRWC Handicap Meet 10	
		28	QRWC Club Championships	Beenleigh
<b>September</b>		<b>4</b>	<b>Father's Day</b>	<b>No club competition</b>
		11	AA/Federation Championships	Melbourne
		18		
		25		
<b>November</b>		<b>13</b>	<b>Pan Pacific Masters Games</b>	<b>Gold Coast</b>

It is important to note that your handicap grade is determined from your first handicap race of the season so to maximise points it is best to remain in the same grade all season. If you start in A grade for example and drop back for a race in C grade you will get far less handicap points and may not be eligible for seasons best performance points. The handicap points system rewards those athletes that participate each week of the season and can improve on their performance each week.

## Handicap Points - What does it all mean?

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.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
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.

**WARNING**

**This is what many years of 50km training does to you!!**



*Photo Courtesy Andrew Wearne*

**Happy 50<sup>th</sup> Birthday Shane Pearson**

## **OCEANIA CHAMPIONSHIPS / QMA STATE CHAMPIONSHIPS**

The **QMA Track and Field Championships** for 2022 will be held in conjunction with the Oceania Open Championships.

**Where:** Mackay Aquatic and Recreation Centre

**When:** 9th, 10th and 11th June 2022

Master's members can enter the QMA Championships or the Oceania Masters Challenge or both if they like and want to score two medals for the one event!

### **Walk Events**

Tuesday June 7<sup>th</sup> 10,000 metres M/W U20

10,000 metres M/W Open

Thursday June 9<sup>th</sup> 5,000 metres M/W U18

5,000 metres M/W U20

5,000 metres M/W Open

5,000 metres M/W Masters

Saturday June 11<sup>th</sup> 1,500 metres M/W Masters

To enter go to :

[Oceania Athletics Association Oceania Championships 2022 \(athletics-oceania.com\)](https://athletics-oceania.com)

## **UPGRADE TO SAF TRACK**

The 'warm up' track is currently undergoing refurbishment and is temporarily closed. Also, a major building project will begin soon at the northern end outside the track where the throws area is. No information is currently available as to when the SAF will be open again.

**Racewalking Queensland Management Committee 2022/23**

**President:** P Bennett                      **Secretary/Treasurer:** N. McKinven  
**Vice President.** I Jimenez  
**Committee:** S McCure, J-R McRoberts, S Pearson, Joanne McRoberts, R Wales, John McRoberts  
**Patrons:** Patrick & Maxine Sela  
**Registrar:** J Stuckey / C Chadwick  
**Handicapper** A Guevara / N McKinven  
**Equipment** J McRoberts / S Mc Cure / I Jimenez  
**Uniforms:** J Stuckey  
**Publicity / Media** C Chadwick  
**Results** R Wales  
**Newsletter Editor:** P. Bennett  
**Club Captains:** Jasmine-Rose McRoberts / Sam McCure

### **QRWC & QA membership**

The QRWC membership year runs from 1 October to 30 September the following year. Memberships can be taken out or renewed at any time during this period. You don't have to wait until the start of the winter road walking season in April to join QRWC or renew your membership. All memberships taken out on or after 1 October 2021 will be valid until 30 September 2022 and will cover the 2022 winter road walking season.

When looking at QRWC membership options, there are basically two types:

1. Standalone QRWC membership -or-
2. Combining QRWC membership with a Queensland Athletics (QA) membership.

#### **Standalone QRWC Membership**

QRWC membership covers all QRWC race days as well as QRWC championships. Note: race fees are in addition to membership fees. There are two membership options: student (\$15) and non-student (\$25). This level of membership would be suitable for athletes wishing to compete at QRWC races only, or athletes wishing to attend QA events who are already a member of another QA club (refer to the following for details about QA events).

#### **Combined QRWC/QA Membership**

QA conducts a number of events throughout the year, including approximately 4 or 5 racewalking events held over the summer months as well as the QA Qld Road Walking Championships (usually held in July each year). In order to compete at these events, QA requires athletes to take out membership with QA and also be a member of a club that is affiliated with QA - QRWC is one such club.

QA memberships become due on 1 October each year and are valid until 30 September the following year. The QRWC membership year is aligned with the QA membership year which means that athletes wishing to compete at QA events can obtain a combined QA/QRWC membership in or after October each year, which covers the QA summer season events (October to March) and the Qld Road Walking Championships in July. This combined membership also includes the QRWC winter road walking season (ie. the traditional Sunday morning races held from April to September). This allows members wishing to compete in both QA and QRWC events, to take out membership for both organisations in one transaction. In fact, we already have a number of QRWC members who have renewed their QRWC membership for the 2022 winter season and have been competing at QA events over the summer months. Given that this membership extends until September 30 this year, they will also be covered for the Qld Road Walking Championships in July (approx.) and QRWC races held in the winter months.

Further information about QA memberships can be found at:

<https://cdn.revolutionise.com.au/site/qqmoo3oyiea1blrd.pdf>

If you would like more information regarding membership options, please contact Jenny at [qrwcregistrar@gmail.com](mailto:qrwcregistrar@gmail.com)

**2022 AA 35km Race Walking Championships**

## Oceania & Australian 35km Race Walking Championships

**Date:** Sunday 15th May

**Location:** Fawkner Park, Melbourne, Victoria

**Entries:** Entries will open on the 14th February and close on Thursday 28th April at 5.00pm AEDT

**Event contact** - [competitions@athletics.org.au](mailto:competitions@athletics.org.au)

### **Draft Timetable as of 21.12.2021**

7:00am Oceania & Australian 35km Race Walk Championships

7:00am Invitational Open Men and Women 20km Race Walk

8:30am Invitational Under 20 Men & Women 10km Race Walk

8:30am Invitational Under 18 Men & Women 5km Race Walk

## World Events 2022

### **World University Games**

**Chengdu, China June 26<sup>th</sup> July 7<sup>th</sup>**

### **2022 World Athletics Championships**

#### **Eugene, USA**

The World Athletics Championships will be held in Eugene, USA from 15-24 July, 2022. The World Championships will feature 20km and 35km race walking events for men and women in Oregon.

### **2022 Commonwealth Games**

#### **Birmingham**

##### **Commonwealth Games Walks**

Automatic Qualifier: Men 39:30.00 / Women 44:30.00

##### **Saturday August 6th**

Women's 10,000m Walk Final

##### **Sunday August 7th**

Men's 10,000m Walk Final

### **2022 U20 World Athletics Championships**

**Cali, Columbia August 2-7<sup>th</sup> 2022**



**Entries Open next Tuesday**



Lets try again (for the third year in a row) to conduct the Pan Pacific Masters Games on the Gold Coast!!

The Games were scheduled for 2020 then 2021 and cancelled on both occasions because of COVID.

Entries open on **Tuesday March 1<sup>st</sup> 2022** for the 12th Pan Pacific Masters Games from 4 – 13 November 2022 on the Gold Coast. There are 3,000 metres and 5,000 metre track races scheduled and a 10km road walk.

## **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

Argenis Guevara Level 1

## **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.

### **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/>