

Queensland Race Walking Club Inc.

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



HEEL & TOE

April 8th 2021

Athletics Australia Track Championships Sydney Olympic Park Athletics Centre April 12-19th

A number of our athletes and their families will be heading off the Sydney this weekend ahead of the Athletics Australia Track & Field Championships . We are sending a strong and talented team of race walkers and I know that they will be proud ambassadors for the State . We will every athlete all the best in teir race and hope you all achieve your goal.

Timetable & Start Lists

Tuesday April 13th

11.55am Women U14 3,000 metres / Men U14 3,000 metres

U14 Women

- 1 Beck, Grace 08 NEW SOUTH WALES
- 2 Bogaers, Kaytee 08 WESTERN AUSTRALIA
- 3 Clarke, Makenna 09 QUEENSLAND
- 4 Hearnden, Emma 09 NEW SOUTH WALES
- 5 Macdonell, Charlotte 09 VICTORIA
- 6 Mitchell, Maisie 09 NEW SOUTH WALES
- 7 Morgan, Mietta 09 VICTORIA
- 8 Parrott, Lula 09 VICTORIA
- 9 Platt, Madeline 08 NEW SOUTH WALES
- 10 Sharpe, Milly 08 QUEENSLAND

U14 Men

- 1 Allabush, Dylan 08 NEW SOUTH WALES
- 2 Clarkson, Kodi 08 AUSTRALIAN CAPITAL TERRITORY
- 3 Day, Jackson 08 NEW SOUTH WALES
- 4 Dhawan, Siddharth 08 AUSTRALIAN CAPITAL TERRITORY
- 5 Gonzalez, Sebastian 08 NEW SOUTH WALES
- 6 Kamish, Tarique 09 SOUTH AUSTRALIA
- 7 Lindsay, Samuel 08 TASMANIA
- 8 Robson, Kane 08 NEW SOUTH WALES
- 9 Sinnett, Alexander 08 NEW SOUTH WALES
- 10 Varga-Strike, Thomas 08 NEW SOUTH WALES

2.25pm Men U15 3,000 metres / Men U16 3,000 metres

U15 Men

- 1 Ashby, Myles 07 NEW SOUTH WALES
- 2 Beacroft, Isaac 07 NEW SOUTH WALES
- 3 Bernard, Xavier 07 WESTERN AUSTRALIA
- 4 Byatt, Joel 07 NEW SOUTH WALES
- 5 Coughlan, Riley 07 VICTORIA
- 6 Housden, Bailey 07 QUEENSLAND
- 7 Hutchins, Liam 07 VICTORIA
- 8 Kamish, Zayden 07 SOUTH AUSTRALIA

- 9 Mayhew, Maxwell 07 NEW SOUTH WALES
- 10 Morgan, Oliver 07 TASMANIA
- 11 Ronan, John 07 WESTERN AUSTRALIA
- 12 Spamer, Brodie 07 NEW SOUTH WALES
- 13 Toyne, Owen 07 AUSTRALIAN CAPITAL TERRITORY
- 14 **Wheeley, Roel 07 QUEENSLAND**

U16 Men

- 1 **Bannister, Jack 06 QUEENSLAND**
- 2 Bell, Darcy 06 NEW SOUTH WALES
- 3 Bonham, Ryan 06 NEW SOUTH WALES
- 4 **Bradley, Alex 06 QUEENSLAND**
- 5 Imbriano, Joel 06 VICTORIA
- 6 Matters, Zachary 06 VICTORIA
- 7 **Mccure, Sam 06 QUEENSLAND**
- 8 Peart, Scott 06 VICTORIA
- 9 Platt, Grady 06 NEW SOUTH WALES
- 10 Tana, Anthony 06 SOUTH AUSTRALIA
- 11 Wakim, Marcus 06 VICTORIA
- 12 Walker, Mark 06 NEW SOUTH WALES
- 13 Wright, Christopher 06 WESTERN AUSTRALIA
- 14 Wright, Jack 06 WESTERN AUSTRALIA

Wednesday April 14th

4.50pm Women U15 3,000 metres / Women U16 3,000 metres

U15 Women

- 1 Cassilles, Ciara 07 NEW SOUTH WALES
- 2 De Ruvo, Katie 07 SOUTH AUSTRALIA
- 3 Diaz, Ava 07 NEW SOUTH WALES
- 4 **Gee, Tamika 07 QUEENSLAND**
- 5 Lamb, Chloe 07 NEW SOUTH WALES
- 6 Lynch, Emily 07 SOUTH AUSTRALIA
- 7 Newberry, Brooke 07 NEW SOUTH WALES
- 8 Pashutina, Ariana 07 VICTORIA
- 9 Pitcher, Sienna 07 NEW SOUTH WALES
- 10 Sivaraj, Summer 07 NEW SOUTH WALES
- 11 Spence, Ashlyn 07 WESTERN AUSTRALIA
- 12 **Williams, Lyla 07 QUEENSLAND**
- 13 Woods, Zoe 07 NEW SOUTH WALES

U16 Women

- 1 Boughton, Milly 06 NEW SOUTH WALES
- 2 Braithwaite, Daisy 06 SOUTH AUSTRALIA
- 3 Byatt, Laelia 06 NEW SOUTH WALES
- 4 **Chadwick, Phoebe 06 QUEENSLAND**
- 5 **Heap, Ashanti 06 QUEENSLAND**
- 6 Krklinski, Chloe 06 NEW SOUTH WALES
- 7 **Lawson, Piper 06 QUEENSLAND**
- 8 Munroe, Ella 06 NEW SOUTH WALES
- 9 Nash, Maddison 06 VICTORIA
- 10 **Norton, Amber 06 QUEENSLAND**
- 11 Pinches, Aiva 06 NEW SOUTH WALES
- 12 Smith, Emily 06 VICTORIA

Thursday April 15th

6.15pm Women U20 10,000 metres / Open 10,000 metres

Open Women

- 1 **Gannon, Brenda 74 QUEENSLAND**
- 2 **Hayward, Katie 00 QUEENSLAND**
- 3 Henderson, Rebecca 01 VICTORIA

4 Mison, Hannah 01 NEW SOUTH WALES
5 Montag, Jemima 98 VICTORIA
6 O'Neill, Molly 00 NEW SOUTH WALES
7 Pengilley, Teegan 01 NEW SOUTH WALES
8 Samanna, Claire 91 VICTORIA
9 **Smith, Clara 98 QUEENSLAND**
10 Tallent, Rachel 93 VICTORIA

U20 Women

1 Bell, Bridget 02 NEW SOUTH WALES
2 Blanch, Emma 03 NEW SOUTH WALES
3 Bolton, Hannah 03 NEW SOUTH WALES
4 Hay, Charlotte 03 VICTORIA
5 **Hill, Gabriella 03 QUEENSLAND**
6 Parker, Hannah 02 NEW SOUTH WALES
7 Peart, Alanna 03 VICTORIA
8 Pitcher, Allannah 03 NEW SOUTH WALES
9 Sandery, Olivia 03 SOUTH AUSTRALIA

Friday April 16th

7.00pm Men U20 10,000 metres / Open 10,000 metres

Open Men

1 Bruniges, Mathew 01 SOUTH AUSTRALIA
2 Camilleri, Tristan 01 SOUTH AUSTRALIA
3 Cowley, Rhydian 91 VICTORIA
4 Fraser, Tim 00 AUSTRALIAN CAPITAL TERRITORY
5 Gibbons, Carl 96 NEW SOUTH WALES
6 Jones, Tyler 98 NEW SOUTH WALES
7 Kozica, Jason 87 VICTORIA
8 Mann, Bradley 99 WESTERN AUSTRALIA
9 Mckenna, Jordan 95 SOUTH AUSTRALIA
10 Reid, Benjamin 01 WESTERN AUSTRALIA
11 Richardson, Dylan 00 NEW SOUTH WALES
12 Swan, Kyle 99 VICTORIA
13 Tingay, Declan 99 WESTERN AUSTRALIA

U20 Men

1 Dickson, Corey 02 VICTORIA
2 Mcginniskin, Jack 02 NEW SOUTH WALES
3 Thompson, Will 02 VICTORIA
4 Whatman, Riley 03 NEW SOUTH WALES
5 Young, Gwyllym 02 AUSTRALIAN CAPITAL TERRITORY

Saturday April 17th

12.20pm Women U17 5,000 metres / 12.20pm Women U18 5,000 metres

U18 Women

1 Chitty, Jade 04 VICTORIA
2 Hickson, Alannah 05 NEW SOUTH WALES
3 Mcmillen, Elizabeth 04 NEW SOUTH WALES
4 Shaw, Sidney 04 AUSTRALIAN CAPITAL TERRITORY
5 Smith, Casey 04 NEW SOUTH WALES
6 Smith, Emily 06 VICTORIA

U17 Women

1 **Anderson, Jayda 05 QUEENSLAND**
2 Boughton, Milly 06 NEW SOUTH WALES
3 **Clarke, Anika 05 QUEENSLAND**
4 Duguid, India 05 NEW SOUTH WALES
5 Griffin, Alexandra 05 WESTERN AUSTRALIA
6 Langford, Nellie 05 SOUTH AUSTRALIA
7 Laytham, Tara 05 NEW SOUTH WALES

8 Millard, Summer 05 QUEENSLAND

9 Thomas, Emma 05 NEW SOUTH WALES

10 Woods, Zoe 07 NEW SOUTH WALES

1.55pm Men U17 5,000 metres / Men U18 5,000 metres

U18 Men

1 Costin, Owen 04 VICTORIA

2 Pyda, Raven 04 NEW SOUTH WALES

3 Saunder, Fraser 04 VICTORIA

4 Spanner, Jye 04 QUEENSLAND

5 Strahl, Caleb 04 NEW SOUTH WALES

U17 Men

1 Bottle, Will 05 TASMANIA

2 Dundon, Harry 05 NEW SOUTH WALES

3 Mclennan, Liam 05 VICTORIA

4 Morgan, Oliver 07 TASMANIA

5 Norton, Kai 05 QUEENSLAND

6 Robson, Jack 05 NEW SOUTH WALES

7 Spamer, Liam 05 NEW SOUTH WALES

8 Toyne, Owen 07 AUSTRALIAN CAPITAL TERRITORY

QRWC Winter Road Walk Season

The wait is over, the 2021 road walk season will kick off this Sunday morning at the Logan River Parklands, Beenleigh.

Please stay around after the meet to attend the club Annual General Meeting and have a say in the running of the club and our meets over the next 12 months. There has been a lot of work done behind the scenes in the off season to ensure the success of our road walk season and we should all thank our Management Committee and those who have volunteered their time for appointed positions. On race day we welcome the assistance of parents and family members to assist with lap scoring & timekeeping , setting up and packing up after the meet.

How to get to the Logan River Parklands

Coming from Brisbane Exit 34 from the Pacific Motorway at the Beenleigh North - City Road Exit at Eagleby. Continue around the roundabout and take the 5th exit into Blackbird Street. This is the last exit off the roundabout before the northbound entrance back onto the Pacific Motorway. Continue along Blackbird Street for about a kilometre and turn left into the Logan River Parklands (just before where the Street bears right under the bridge.) Coming from the South Exit 34 from the Pacific Motorway at the Beenleigh North - City Road Exit. Do not turn left into City Road but stay on the roundabout before turning off into Blackbird Street.

We set up in a picnic pergola just past the amenities block. There is ample parking.

Note After a number of locally-acquired COVID-19 cases within Brisbane in the lead-up to the Tour de Brisbane - the centrepiece event of the Brisbane Cycling Festival in terms of participation - *the event has been postponed to an unspecified date.*



Sign-On Day /AGM Schedule

Sunday April 11th Beenleigh

No points races
8.00am 5km
8.30am 3km
9.00am 2km / 1km
9.30am AGM

Use the link to register your attendance as a competitor, visitor or volunteer.
Each person attending must complete this registration separately. One registration per person please.

<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 at Beenleigh on Sunday 11th and on Sunday April 18th at North Lakes.

**A non member is an athlete who just wants to race on the day without joining the club. A non member who comes along to race but pays the membership fee would only pay \$5.*

CLUB UNIFORMS UPDATE – ONLINE SHOP NOW OPEN

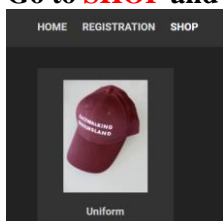
<https://www.revolutionise.com.au/qldracewalkingclub/>

Thank you to Tara and Jenny to get this initiative up and running in time for the start of the road walk season.

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 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.

For Sale: Pre-loved X-back singlet, size C10. Please see Claire Chadwick on race morning.

The **QRWC COVID safe plan** is the same as last season with 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.

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.

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. To maximise your points for the season it is recommended that an athlete stays in the same grade for the season.

Next 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

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

Coming Up

Sunday May 16th 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

Draft for the first half of the season

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

COVID News

The Premier recently announced that from 12pm Thursday 1 April 2021 to Thursday 15 April 2021, restrictions will ease in greater Brisbane. For more information on the restrictions for Queensland please see the [Roadmap for Queensland's COVID Safe Future](#) or visit the [Queensland Health website](#).

Organised sport, recreation and fitness are permitted to resume in the Greater Brisbane Area ensuring continued compliance with your [Industry COVID Safe Plan](#), and the following additional restrictions:

Face masks

- You must carry a face mask with you at all times when you leave home, unless you have a lawful reason not to. You must wear a mask in indoor spaces, such as:
 - indoor recreational facilities and gym (except if doing strenuous exercise)
 - indoor workplaces (where safe to wear a mask and you can't physically distance)
 - public transport, taxis and rideshare, and waiting places or queues for this transport
- It is strongly recommended you wear a mask when outdoors if you are unable to stay more than 1.5m distance from other people, such as busy walkways and thoroughfares.
- Masks do not need to be worn in some circumstances, including children under 12 years, where people have certain medical conditions, and in workplaces where it is not safe to do so.

Please note, face mask are not required to be worn on the 'field of play' however when indoors participants must wear a mask while they are 'on the bench' waiting to play or

outdoors where they cannot physically distance. They may remove their mask if they are puffing or out of breath.

For more information regarding the restrictions on Queensland please visit the [Restrictions for Queensland website](#) or contact the team at Sport and Recreation via email at sr.covid19@dtis.qld.gov.au.

Athletics Australia Junior Athletes Performance Health Study
Junior Athletes are encouraged to register before the end of the Australian Track & Field Championships

Athletics Australia (AA) is on the lookout for junior athletes to participate in a new performance health study, focusing on reducing injury and illness to propel pathway athletes forward.

In order to perform at their best, athletes need to be fit, healthy, and ready to train and compete. Two of the main reasons why athletes run into roadblocks with training and competition is illness and injury, and research suggests that being unable to complete enough planned training sessions harms performance. Injuries and illnesses also make it harder for athletes to develop towards their potential, and are a leading cause of dropout in developing athletes.

To keep pathway athletes engaged and retain talent in the sport, AA will embark on a new research study, with a view of developing an on-going health system for pathway athletes. Funded by the Australian Institute of Sport's Performance Pathways Solutions Grant, and in partnership with the AIS' Stay Healthy initiative, the 12-month study will call upon both able-bodied and Paralympic track and field athletes between the ages of 15-20 to participate in weekly and monthly questionnaires to provide insight into their total training time, current injuries and illnesses week by week, and understand variables such as sleep and stress. The end goal is to understand the prevalence of injuries and their causes, and to better support athletes and coaches in reducing the impact of injuries and illnesses, which will hopefully lead to enhanced performance, progression, and retention as a result.

"Athletics Australia is in a really unique position to be able to help our developing athletes and potentially bolster their performances on the world stage with this study," said AA Athlete Pathways Manager, Craig Pickering.

"The more we understand about an athlete and their context around injuries and illnesses, in comparison with their performance, the better we can identify patterns and trends, and, in turn, support athlete and coach in their development." "It's a really exciting opportunity for the sport, and we believe it could really make an impact on performances at the elite level in the years to come."

Tokyo qualified sprinter Rohan Browning is just one athlete, who believes he could have reached his goals much earlier in his career if it wasn't for injury. "During my junior career I suffered numerous injuries which prevented me from performing well at major championships and precluded me from making the team for the World Junior Championships in 2016. Injury is an inevitable part of sport, but there is a lot that can be done to avoid it," Browning said. "I've come to realise the importance of research backed, data driven methods for identifying injury and illness risks, so that my coach and I can modify training when we need to, so there's no guess work involved. I believe wholeheartedly that if you can stay injury free and avoid illness, you'll improve in this sport.

"I strongly encourage all junior athletes to get involved in this initiative. They'll do themselves and the sport an incredible service."

Coach of world champion Kelsey-Lee Barber and AA Event Group Panellist for Para throws, Mike Barber said:

"The more insight we have into an athlete's unique and individualised context, the better we can formulate bespoke training plans to support the athlete in their development."

"As a coach, I can see the issues athletes have with on-going and longer term injuries that require regular management; being able to get on top of these issues early on would enable coaches of all levels to better support the performances of the athletes they work with."

Athletes are encouraged to register before the end of the Australian Track & Field Championships.

For more information, contact Craig Pickering at craig.pickering@athletics.org.au or view the Pathways section of the website <https://www.athletics.com.au/high-performance/pathway-able-bodied/>

All QRWC memberships for 2021/2012 become due on April 1st.

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 or QRWC Registrar Tara Norton tara.norton@bigpond.com

Canberra Federation Carnival

Sunday June 13th 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 55th 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.

RACEWALKING AUSTRALIA CHAMPIONSHIPS

55th Annual Carnival, Stromlo Forest Park, Canberra, ACT

8.00am 20 miles RWA Championship & Teams Race Open 20 miles Fitness Walk

30km AACT Championship Open Men & Women

10 miles RWA Championship & Teams Race Open Women

10 miles RWA Championship Masters Women

10 miles RWA Championship & Teams Race Open Men

10 miles RWA Championship Masters Men 10 miles Fitness Walk

9.00am 5 miles Fitness Walk

10.30am 10km AACT Championship U20 Men

10.30am 10km RWA Championship & Teams Race U20 Men/Women

10.30am 10km Open Men

11.40am 1km RWA Championship U10 Boys/Girls

11.50am 2km RWA Championship & Teams Race U12 Boys

12.10am 2km RWA Championship & Teams Race U12 Girls

12.30pm 2km RWA Championship & Teams Race U14 Boys

12.50pm 2km RWA Championship & Teams Race U14 Girls

1.10pm 3km RWA Championship & Teams Race U16 Boys

1.35pm 3km RWA Championship & Teams Race U16 Girls

2.00pm 5km RWA Championship & Teams Race U18 Boys/Girls

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 14th 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 Phone: +61 7 5668 9888

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

Racewalking Queensland Management Committee 2020/21

As elected AGM November 21st

President: S. Pearson

Secretary: N. McKinven

Vice President: P Bennett

Treasurer: R Hamann

Committee: I. Jimenez, S. Langley, T. Norton, J Stuckey

Patrons: Patrick & Maxine Sela

Registrar: T Norton

Uniforms: J Stuckey

Newsletter Editor: P. Bennett

Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

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

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>

Racewalking Queensland

(Trading as the *Queensland Race Walking Club Inc.* ABN 59065512712)

Racewalking Queensland Management Committee 2020/21

President: S. Pearson

Secretary: N. McKinven

Vice President: P Bennett

Treasurer: R Hamann

Committee: I. Jimenez, S. Langley, T. Norton, J Stuckey

Patrons: Patrick & Maxine Sela

Registrar: T Norton

Uniforms: J Stuckey

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 grwc1955@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/>