

**Queensland Race Walking Club Inc.**

*Building on a fine tradition of race walking, 64 years in the making.*



# HEEL & TOE

**August 1<sup>st</sup> 2019**

## **Queensland Athletics Road Walk Championships Ipswich Cycle Park**

The QA Road Walk Championships were held on Saturday morning at the Ipswich Cycle Park at Ipswich. The new course was a certified 1km loop and spectators were able to see the athletes the whole time. Congratulations to everyone who took part in the meet especially those that won medals for the first time. The Qld Masters Athletics Long Road Walks Championships were held in conjunction with the QA meet. It was a nice smooth and wide walking surface but the gentle gradient on the back half of the loop made it progressively hard work in the longer races. There was still plenty of good performances and QRWC girls won the teams titles in the U14, U16 & U18's. Thank you to all our volunteers that helped carry all the gear to the set-up area and then pack up afterwards. Thank you also to our members who judged or carried our timekeeping and lapscoreing duties.

## **RESULTS RESULTS RESULTS**

### **Queensland Athletics Road Walk Championships**

#### **Ipswich Cycle Park Saturday 27th July**

##### **Girls 1,000 Metre Race Walk Under 10**

1 Gee, Isabella 8 Qrwc 6:08.00

##### **Girls 2,000 Metre Race Walk Under 12**

1 Clarke, Makenna 10 Qrwc 12:21.00

2 Sharpe, Milly 11 Qrwc 12:30.00

-- Heap, Aliesha 11 Qrwc DQ

##### **Girls 3,000 Metre Race Walk Under 14**

1 Heap, Ashanti 13 Qrwc 15:22.00

2 Norton, Amber 13 Qrwc 15:33.00

3 Williams, Lyla 12 Qrwc 15:39.00

4 Gee, Tamika 12 Qrwc 15:55.00

5 Goulding, Lily 12 Qrwc 18:54.00

##### **Girls 5,000 Metre Race Walk Under 16**

1 Millard, Summer 14 Qrwc 28:46.00

2 Clarke, Anika 14 Qrwc 30:48.00

3 Brady, Korey 14 Qrwc 32:12.00

4 Bergh, Mia 14 Gold Coast Victory 32:30.00

##### **Girls 5,000 Metre Race Walk Under 18**

1 Novinetz, Camryn 16 Ipswich & District 24:42.00

2 McRoberts, Jasmine-Rose 17 Qrwc 31:06.00

3 Schofield, Amelia 16 Gold Coast Victory 31:58.00

4 Schofield, Isabella 17 Gold Coast Victory 34:52.00

##### **Women 10,000 Metre Race Walk Under 20**

1 Hamann, Charlotte 18 Qrwc 1:00:40.00

**Women 45-49 10,000 Metre Race Walk Masters 35+**

1 Gannon, Brenda 45 Qrwc 1:00:21.00

**Women 60+ 10,000 Metre Race Walk Masters 55+**

1 McKinven, Noela 77 Qrwc 1:26:19.00

**Boys 2,000 Metre Race Walk Under 12**

1 Bricknell-Hewitt, Korbyn 10 Gold Coast Victory 14:00.0

2 Gee, Blake 10 Qrwc 18:45.00

**Boys 3,000 Metre Race Walk Under 14**

1 McCure, Sam 13 Gold Coast Victory 15:29.00

2 Bradley, Alex 13 Qrwc 17:53.00

**Boys 5,000 Metre Race Walk Under 16**

1 Norton, Kai 14 Qrwc 30:34.00

2 Wasson, Seth 14 CRR 30:52.00

**Boys 10,000 Metre Race Walk Under 18**

1 McCutcheon 17 QE2 Track Club 51:52.00

**Men 20,000 Metre Race Walk Open**

1 Jimenez, Ignacio Queensland Masters 1:43:35.00

2 Bennett, Peter Queensland Masters 2:02:56.00

**Men 50-54 20,000 Metre Race Walk Masters 35+**

1 Jimenez, Ignacio 54 Queensland Masters 1:43:35.00

**Men 55-64 20,000 Metre Race Walk Masters 55+**

1 Bennett, Peter 64 Queensland Masters 2:02:56.00

**Old Masters Athletics Long Road Walks Championships**

**20km**

M50-54 1 Ignacio Jimenez 1.43.35

M60-64 1 Peter Bennett 2.02.56

**10km**

W40-44 1 Brenda Gannon 1.00.21

W75-79 1 Noela McKinven 1.26.19

**August 4<sup>th</sup> QRWC Handicap # 9 meet  
Kalinga Park**

**8.00am**

A Grade 10km (Open/U20)

B Grade 5km (U16/U18/U20)

C Grade 3km (U14/U16)

D Grade 2km (U12/14)

E Grade 1.5km (U12/14)

F Grade 1km (U8/U10)

Just two more races to score Handicap points for the season. Don't forget you get bonus points for a seasons best time.

**Note:** If you have a Perpetual Club Trophy from last season could you please bring it along to Kalinga Park on Sunday.

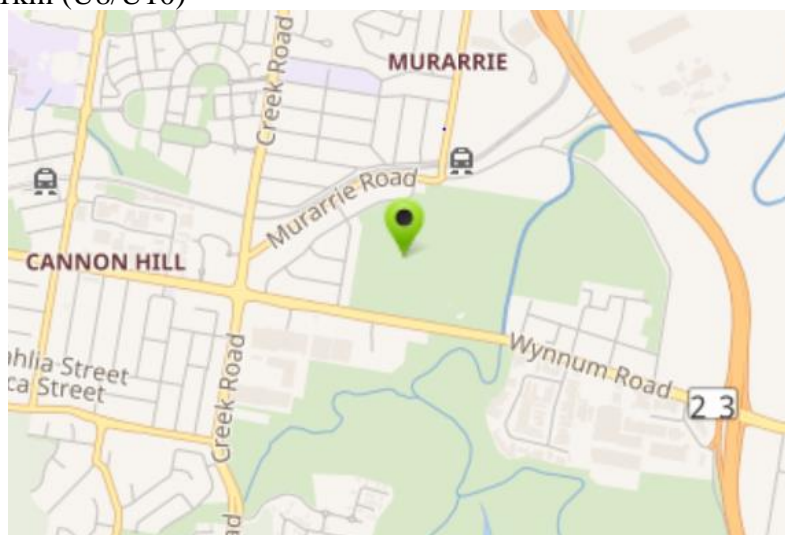
**NEXT WEEK**

**Important Update:** The previously advertised venue at the Ipswich Cycle Park is unavailable next Sunday so an alternate venue has been found. The meet will now be held on the criterium cycle circuit at the Murarrie Recreation Reserve.

## August 11<sup>th</sup> QRWC Handicap # 10 meet Murarrie Recreation Reserve

8.00am

- A Grade 10km (Open/U20)
- B Grade 5km (U16/U18/U20)
- C Grade 3km (U14/U16)
- D Grade 2km (U12/14)
- E Grade 2km (U12/14)
- F Grade 1km (U8/U10)



Entry from Wynnum Road Murarrie

**Coming Up Soon**

## QRWC Track C/Ships UQ St Lucia Sunday August 25th

### Programme

- 8.00am Open M/W 5,000 metres
- U20 M/W 5,000 metres
- U18 M/W 5,000 metres
- 8.45am U16 B/G 3,000 metres
- 9.10am U14 B/G 1,500 metres
- U12 B/G 1,500 metres
- 9.25am U10 B/G 1,000 metres

Entry Fees: Members \$ 10 / Non-Member Guests \$ 15.00. (This includes UQ Track Fee surcharge). No charge for Season Pass holders.

### Race Walking Qld Track Championship Records

- Open Men's 5,000 metres Dane Bird-Smith 2012 19.22.22
- Under 20 Men's 5,000 metres Luke McCutcheon 2016 21.48.98
- Under 18 Men's 5,000 metres Brad Aiton 2010 22.25.90
- Under 16 Boys 3,000 metres Nelson McCutcheon 2017 13.20
- Under 14 Boys 1,500 metres Kris Hayward 2017 6:36
- Under 12 Boys 1,500 metres Jonathan Wearne 2015 7.00.24
- Under 10 Boys 1,000 metres Flynn Callaghan 2018 6.00.00

- Open Women's 5,000 metres Jessica Pickles 2017 23.03
- Under 20 Women's 5,000 metres Jessica Pickles 2013 24.26.00
- Under 18 Women's 5,000 metres Katie Hayward 2017 21:56
- Under 16 Girls 3,000 metres Katie Hayward 2015 13.23.97
- Under 14 Girls 1,500 metres Katya Martin 2010 6.51.90
- Under 12 Girls 1,500 metres Rachel Barker 2007 7.19.70

**August 18th 2019 QRWC Club Championships Logan River Parklands****Programme**

8.00am Open &amp; Masters 10km

Under 20 M &amp; W 8km

Under 18 M &amp; W 6km

8.30am Under 10 M &amp; W 0.75km

Under 12 M &amp; W 1.5km

Under 14 M &amp; W 2km

Under 16 M &amp; W 4km

- Age is taken as Age on the Day. Athletes eligible for awards in their own age group event only.
- Trophies will be awarded to the first three placings of registered club members in each age group (male & female) and medals in the Masters age group.
- For Masters Athletes please note that the first three finishers of registered club members in Open races will be the Open place getters and the next three Masters Age competitors to finish after that will be eligible for Masters Medals.

**QRWC Club Championship Records**

Men's Open 10 km Rhydian Cowley 2012 40:38.00

Under 20 Men 8 km Dane Bird-Smith 2009 34.59.00

Under 18 Men 6 km Dane Bird-Smith 2009 26.16.00

Under 16 Men 4 km Jesse Osborne 2010 18:30.00

Under 14 Boys 2 km Ben Tesch 2009 9:22.00

Under 12 Boys 1.5 km Ryan Pollock 1990 7:31.00

Under 10 Boys 750 m Mathew Houston 1995 3:40.00

Women's Open 10 km Karen Foan 2002 49:15.00

Under 20 Women 8 km Jessica Pickles 2013 38:55.00

Under 18 Women 6 km Katie Hayward 2016 27:13:00

Under 16 Women 4 km Clara Smith 2013 18.59.00

Under 14 Girls 2 km Jayda Anderson 2018 9.20.00

Under 12 Girls 1.5 km Rachel Barker 2007 7.29.00

Under 10 Girls 750 m Theresa Dorman 1994 3:47.00

Men's Master's 10 km Ignacio Jimenez 2012 49:41.00

Women's Master's 10 km Nyle Sunderland 2013 57:22.00

**Australian Road Walk Championships  
Adelaide September 8<sup>th</sup>****ENTRIES NOW OPEN ONLINE**

<https://2019winterwalkingchampionships.eventdesq.com/>

The Athletics Australia 2019 Australian Winter Road Walk Championships will be held in Adelaide on Sunday September 8<sup>th</sup>. This meet will be held in conjunction with Race Walking Australia (RWA) events. The venue is War Memorial Drive North Adelaide.

## Events Programme

### Men

8.00am Open - 20km (including Masters 20km RWA Championship event)  
10.00am Under 20 - 10km  
10.00am Under 18 - 10km  
11.15am Under 16 - 5km  
11.45am Under 14 - 3km  
12.05 Under 12 - 2km RWA Championship event  
12.25pm Under 10 Invitation – 1km

### Women

8.00am Open - 20km  
8.00am Open - 10km (including Masters 10km RWA Championships event)  
10.00am Under 20 - 10k  
10.30 am Under 18 - 5km  
10.30am Invitation M/W 5km  
11.15am Under 16 - 5km  
11.45am Under 14 - 3km  
12.05pm Under 12 - 2km RWA Championship event  
12.25pm Under 10 Invitation – 1km

## 2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY



<http://athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>

### Race Walk Programme

Sunday September 1<sup>st</sup> 10km road walk  
Tuesday September 3<sup>rd</sup> 5km track walk  
Friday September 6<sup>th</sup> 3km track walk



**Entries Now Open**

<http://australianmastersgames.com>

### Track Walks SA Athletics Stadium

Saturday 5<sup>th</sup> - Tuesday October 8<sup>th</sup> 8:00am–5:00pm

1,500m Walk

3,000m Walk

5,000m Walk

### Road Walk

10km Saturday October 12<sup>th</sup>: 8:00am Start: Peacock Rd - Adelaide Harriers clubrooms



**April 10-13<sup>th</sup> 2020**

There are track races over 5,000 metres and 1,500 metres and a 10km road race which will be conducted by the QRWC.

More Details at <http://www.brisbane2020nationals.com.au/>

## **Beginners race walk judging course**

AA have developed an on-line Level 1 race walk judging course.

<http://athletics.com.au/Officials/Level-1-Important-Information>

Once you have completed this course ask to stand with one of our qualified judges at a road walk meet to learn practical side of judging.

## **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>

**Who does this policy apply to?**

This policy applies to the following, whether they are in a paid or unpaid/voluntary capacity:  
Individuals appointed or elected to boards, commissions, committees and sub-committees;  
Employees and volunteers;

Support personnel (e.g. managers, physiotherapists, psychologists, masseurs, sport trainers,  
Coaches and assistant coaches (whether or not they are accredited)

Athletes, coaches, officials and any other personnel participating in any teams, events and activities, including camps and training sessions, conducted or sanctioned by Queensland Athletics

Referees, judges and other officials;

Members, including life members;

Member associations and each of its members, including life members;

Affiliated clubs and associated bodies of Queensland Athletics;

Peak associations and other State bodies engaged in any form of athletics;

Any other person or body that is a member of or affiliated to Queensland Athletics;

Parents, guardians, spectators and sponsors to the full extent that is possible.

**In other words, ... All of us.....**

Under this policy there are codes of conduct for those that are involved at all levels of the sport –

- General Code of Conduct
- Official/Volunteers Code of Conduct
- Athlete Code of Conduct
- Employee Code of Conduct
- Coach Code of Conduct

We will look at all the various codes of conduct over the next few weeks. This week we look at the code for coaches.

## **Coach Code of Ethics**

The coach's primary role is to facilitate the process of individual development through achievement of Athletic potential. This role accepts the athletes' long-term interests as of greater importance than short term athletic considerations. To fulfil this role the coach must behave in an ethical manner. By becoming a member of the ATFCA, a coach agrees to be held accountable for any breach of the following points:

1. Coaches must respect the basic human rights, that is, the equal rights, of each athlete with no discrimination on the grounds of gender, race, colour, language, religion, political or other opinion, national or social origin, association with a national minority, birth or other status.
2. Coaches must respect the dignity and recognise the contribution of each individual. This includes respecting the right for freedom from physical or sexual harassment and advances.
3. Coaches must ensure that practical environments are safe and appropriate. This appropriateness must take into consideration the age, maturity and skill level of the athlete. This is particularly important in the case of younger or less developed athletes.
4. Coaches must acknowledge and respect the Rules of Competition. This respect should extend to the spirit as well as to the letter of the rules, in both training and competition, to ensure fairness of competitive opportunity between all athletes.
5. Coaches must exhibit an active respect for officials, by accepting the role of the officials in providing judgement to ensure that competitions are conducted fairly and according to the established rules.
6. Coaches must accept final responsibility for the performance and conduct of the athletes they coach, while at the same time encouraging the independence and self determination of each athlete by their acceptance of responsibility for their own decisions, conduct and performance.
7. Coaches must assert a positive and active leadership role to prevent any use of prohibited drugs or other disallowed performance enhancing substances or practices. This leadership by coaches includes education of the athletes of the harmful effects of prohibited substances and practices.
8. The coach must acknowledge that all coaches have an equal right to desire the success of the athletes they coach - competing within the rules. Observations, recommendations and criticism should be directed to the appropriate person outside the view or hearing of the public domain.
9. Coaches must never solicit, either overtly or covertly, athletes who are receiving coaching to join their squad or change their coaching situation without first involving the current personal coach or coaches.
10. The coach must acknowledge and recognise that all athletes have a right to pursue their athletic potential, including when an athlete's development would benefit from a change of coaching situation. The coach should ensure that, in these cases, any formation of a coaching partnership or transfer to another coach is actively explored with the athlete, whose decision is supported.
11. Coaches should hold recognised coaching qualifications. Coaches should respect that the gaining of coaching qualifications is an ongoing commitment, achieved through the upgrading of their knowledge by attendance of accredited courses and through practical coaching experience. Coaches also have a responsibility to share the knowledge and practical experience they gain.



12. Coaches must respect the image of the coach and the reputation of the Association and continuously maintain the highest standards of personal conduct, reflected in both the manner of appearance and behaviour, so that they do not bring Coaching or the Association into disrepute.

13. Coaches must never smoke while coaching or in the presence of athletes, nor consume alcoholic beverages so soon before coaching that it affects their competence or that the smell of alcohol is on their breath.

Coaches must enter into full cooperation with all individuals and agencies that could play a role in the development of the athletes they coach. This includes working openly with other coaches, using the expertise of sports scientists and sports physicians and displaying an active support of their National Federation and the IAAF.

## **Still to Come**

August 4<sup>th</sup> QRWC Handicap # 9 meet Kalinga Park 8.00am

August 11<sup>th</sup> QRWC Handicap # 10 meet **Murarrie** 8.00am

August 11<sup>th</sup> Australian Masters 20km road championships Adelaide

August 18<sup>th</sup> QRWC Road Walk Championships Beenleigh 8.00am

August 25<sup>th</sup> QRWC Track Walk Championships UQ St Lucia 8.00am

## **Looking further ahead**

September 1<sup>st</sup> Oceania Masters Games Mackay 10km road walk

September 8<sup>th</sup> Australian Road Walk Championships, Adelaide, SA

September 15<sup>th</sup> Relay/Trophy/BBQ day Kalinga Park 10am

September 28<sup>th</sup> - Oct 6<sup>th</sup> IAAF World Championships Doha, Qatar

## ***Racewalking Queensland***

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

### **Racewalking Queensland Management Committee 2019/20**

**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

**QRWC State Coach:** D. Smith

**Trophy Officer:** N. McKinven

**Newsletter Editor:** P. Bennett

**Social Media / Webmaster:** C Goulding

**Club Captains:** Jasmine-Rose McRoberts / Ignacio Jimenez

### **2019/20 Registration Fees**

Family \$40

Students & Officials \$15

Others \$25

Note: To register with Queensland Athletics, you must use their On-Line Registration.

Go to [www.qldathletics.org.au](http://www.qldathletics.org.au)

### **Race Day Fees**

**Students \$ 4 / Others \$6**

Club Championships: Road \$8 / Track \$10

**Season Ticket \$60/\$30 (for students)** per athlete (for entry to all QRWC events for the season including track and road championships. Does not cover QA, AA or RWA championship and



other events organised by those organisations). Recommended if you intend doing all the races during the season and it saves the hassle of trying to find coins to pay your race fees each Sunday.

**QRWC Website:** [www.qrwc.com.au](http://www.qrwc.com.au)

**BlueCard:** The club recommends that all volunteers and athletes over 18 apply for a Queensland Government BlueCard. Please read the requirements on who needs a card at the following website. <https://www.bluecard.qld.gov.au/volunteers/howdoiapply.html>  
An application form can be printed off from this site.

**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/>