

Queensland Race Walking Club Inc.

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



## HEEL & TOE

August 8<sup>th</sup> 2019

### **It's About Time!**

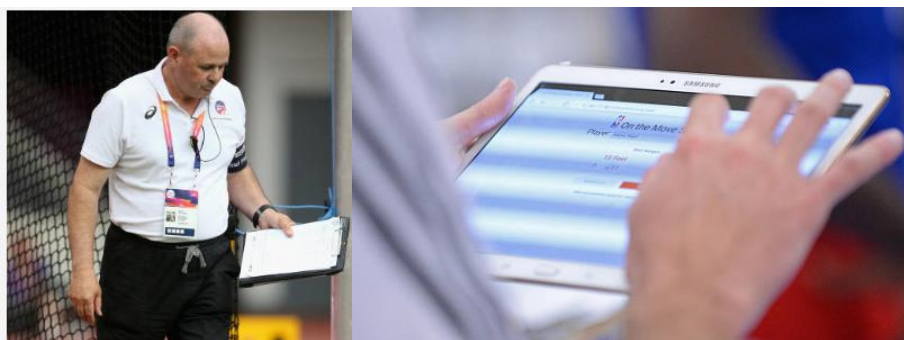
*...or at least it's about our new electronics timing system...*

The club has been investigating electronic timing and to implement the new system we need all our members to help out. From the beginning of next season, we will be changing the way we time keep at our meets and move away from manual lapscoreing. To streamline this further we are looking at athletes nominating for Sunday morning races in advance.

Tara has done a great job in getting this initiative off the ground and we are keen to give it a test run at our final handicap meet of the season at Murarrie this Sunday. Tara has found the system easy to use and invites other members to be trained as system users. If you are free on Sunday please see Tara at the start line as she would appreciate the assistance of one or two "spotters" during the races.

#### **How can you help?**

All you need to do is send your name (or the athlete's name) and the race distance ( see programme below for Murarrie ) in an email to [tara.norton@bigpond.com](mailto:tara.norton@bigpond.com)  
You don't even need to write anything in the email, just the name and distance into the subject line please by noon on Saturday. You can still enter as usual on the day as well.



## **RESULTS RESULTS RESULTS**

**4th August, 2019**

**Kalinga Park**

**A Grade 10km**

Well done to those athletes who competed at the handicap meet at Kalinga Park on Sunday morning. Good walks from Tamika Gee (10.13) in the 2km, Lyla Williams (16.26) and Kai Norton (16.10) in the 3km and Sam McCure (28.56) in the 5km. The photo finish machine must have been broken as Peter & Iggy were given the same time in the 10km. It was good to see our Patron, Pat Sela back having a race. Thank you to all our wonderful volunteers that assisted in the running of the meet on Sunday.

**Men:** eq (1) Ignacio Jiménez, Peter Bennett 58.46

**Women:** (1) Noela McKinven 1.24.20

**B Grade 5km**

**Men:** (1) Sam McCure 28.56 (2) Patrick Sela 39.50.

**Women:** (1) Brenda Gannon 28.54 (2) Charlotte Hamann 29.22 (3) Summer Millard 30.11  
(4) Jasmine Rose McRoberts 33.53

**C Grade 3km**

**Men:** (1) Kai Norton 16.10.

**Women:** (1) Lyla Williams 16.26 (2) Amber Norton 16.53 (3) Charlotte Sentance 18.49 (4)  
Lily Goulding 22.26.

**D Grade 2km**

**Women:** (1) Tamika Gee 10.13.

**F Grade 1km**

**Men:** (1) Blake Gee 8.08.

**Women:** (1) Isabella Gee 6.22.

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

This Sunday at Murarrie is the last opportunity for the 2019 road walk season to score starting, finishing, handicap and seasons best points towards winning and end of season handicap placegetter trophy in your grade.

All races will start at 8am on a 1km loop.

**8.00am**

A Grade 10km (Open/U20)

B Grade 5km (U16/U18/U20)

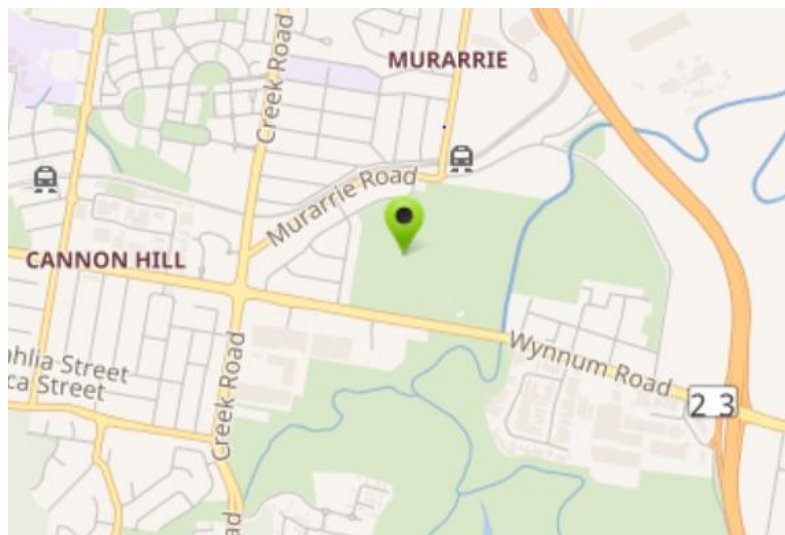
C Grade 3km (U14/U16)

D Grade 2km (U12/14)

E Grade 2km (U12/14)

F Grade 1km (U8/U10)

See message in the headline story about sending email to [tara.norton@bigpond.com](mailto:tara.norton@bigpond.com) if you will be competing on Sunday



Enter from Wynnum Road Murarrie

## **August 18th 2019 QRWC Club Championships**

### **Logan River Parklands**

#### **Programme**

8.00am Open & Masters 10km  
    Under 20 M & W 8km  
    Under 18 M & W 6km  
8.30am Under 10 M & W 0.75km  
    Under 12 M & W 1.5km  
    Under 14 M & W 2km  
    Under 16 M & 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.
- Club Championship Entry Fee \$8

#### **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

## **August 25th QRWC Track Championships**

### **University of Qld St Lucia**

#### **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  
Under 10 Girls 1,000 metres Lyla Williams 2016 5.22.27

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



### ENTRIES NOW OPEN ONLINE

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

*“Let's see some more Queenslanders on the entry list” say Club Captains Iggy and Jasmine.*

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



### Race Walk Programme from September 1<sup>st</sup>

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

## DATE CLAIMER

**Sunday, September 15th**

### QRWC End of Season Relays/BBQ/Trophy Day Kalinga Park

Get your relay team together now for the 4 x 1km handicap relay. Mums & Dads dust off those walking shoes it is your turn to show off your walking prowess. As this is a handicap event you don't need to be fast just willing to have a go and give it your best. Your kids will just love giving you helpful advice!

**10.00am.** 4 x 1,000 metres Handicap Relay (Bill Cook Trophy)

**11.00am** Bbq lunch and then have a presentation of all trophies and medals for the season.

- Iggy & Gladys have again graciously invited us back to their home this year for the lunch and the presentation of trophies.
- Trophies and medals will be presented for the club road and track championships, handicap placings in each grade and for the relay.
- At our Presentation day, we always hold a series of raffle days to add to the fun. Please bring along and donations of prizes for these raffles.
- We would also like to ask if you could please bring along a plate to share for dessert.

**Cost of the BBQ:** \$ 10 per head or \$ 25 per family. Soft drinks and light beer will be on sale.



### 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, judges and other officials; Members, including life members; Member associations and each of its members, including life members; Parents, guardians, and spectators.

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

Last week we looked at the code of conduct for coaches. This week we look at the code for athletes, volunteers and officials.

### **OFFICIAL/VOLUNTEERS CODE OF CONDUCT**

"Official/Volunteer" means a person who either:

Has been nominated for selection to, or selected as a member of any team nominated or selected by Queensland Athletics, Athletics Australia, the AOC, or the Australian Commonwealth Games Association other than as an Athlete; or

Administers, manages, coaches, officiates, assists or is otherwise involved in the sport of athletics other than as an Athlete and includes section managers, assistant section managers,

technical official, volunteer, chiropractors, coaches, massage therapists, medical practitioners, nutritionists, physiotherapists, psychologists and the like at all levels of the sport;

In addition to the Company's General Code of Conduct, you must meet the following requirements in regard to your conduct during any activity held by or under the sanction or auspices of Athletics Australia, Queensland Athletics or an affiliated club and in your role as an Official/Volunteer of Athletics Australia, Queensland Athletics or an affiliated club:

1. Resolve conflicts fairly and promptly through established procedures;
2. Place the safety and welfare of the participants above all else;
3. Maintain strict impartiality;
4. Be aware of your legal responsibilities;
5. Accept responsibility for all actions taken;
6. Avoid any situation which may lead to a conflict of interest;
7. Be courteous, respectful and open to discussion and interaction; and
8. Value the individual in sport.

### **ATHLETE CODE OF CONDUCT**

In addition to the Queensland Athletics General Code of Conduct, you must meet the following requirements in regard to your conduct during any activity associated either directly or indirectly with your involvement in the sport of athletics (including, but not restricted to, the activities of training, competing, travelling to and from training and competition and team membership) whether or not such activity is held or sanctioned by the Athletics Australia, Queensland Athletics or an affiliated club or venue, and including your role as a participant:

1. Respect the rights, dignity and worth of fellow athletes, coaches and officials;
2. Do not accept inappropriate behaviour from others;
3. Respect the talent, potential and development of fellow athletes and competitors;
4. Care for and respect the equipment provided to you as part of your program;
5. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements;
6. At all times maintain an appropriate relationship with your coach;
7. Maintain high personal behaviour standards at all times;
8. Abide by the rules and respect the decision of the officials, making all appeals through the formal process and respecting the final decision;
9. Be honest in your attitude and preparation to training;
10. Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.

### **Still to Come**

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/>