

Queensland Race Walking Club Inc.

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



HEEL & TOE

December 17th 2021

ONE WEEK TO GO - SANTA DOES RACE WALKING



RESULTS RESULTS RESULTS

2021 NSW All-Schools Championships

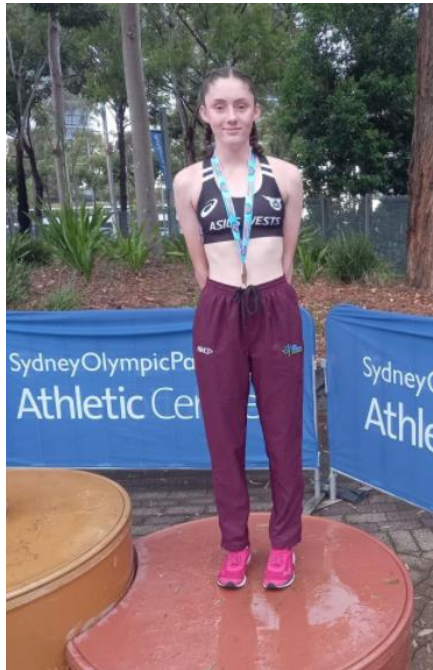
Congratulation to club members Lyla Williams and Natasha Flahey who put in excellent performances at the NSW All Schools on Thursday, December 9th. Lyla was 3rd across the line in the 12,13,14 &15 years girls combined 3,000 metres making it a big field of 27 starters. Lyla won the bronze medal in the 14 yrs race with a pb time of 14.55. Natasha was 4th in the 12 yrs race also with a pb in a time of 16. 45. Well done girls.

Girls 3000 Meter Race Walk 12 Years

- 1 Webb, Matilda 12 Northmead Capa High School 15:58.47
- 2 Loring, Jessica 12 Invitational 16:08.54
- 3 Mitchell, Maisie 12 Colo High School 16:09.92
- 4 Flahey, Natasha 12 Lindisfarne Anglican Grammar S 16:45.57
- 5 Pinches, Stella 12 Lambton High School 16:52.21
- 6 Ashby, Caetlin 12 Invitational 17:53.89
- 7 Cochrane, Imogen 12 Bridigine College St Ives 18:27.10
- 8 Maxwell, Madeleine 12 Invitational 18:57.16

Girls 3000 Meter Race Walk 14 Years

- 1 Pitcher, Sienna 14 Terrigal High School 14:21.16
- 2 Woods, Zoe 14 Abbotsleigh 14:45.53
- 3 Williams, Lyla 14 Lindisfarne Anglican Grammar S 14:55.19
- 4 Cassilles, Ciara 14 Westfields Sports High School 15:18.68
- 5 Torrens, Samantha 14 Catherine McAuley Westmead 16:50.81
- 6 Newberry, Brooke 14 O'Connor Catholic College 16:53.96
- 7 Norden, Lilah 14 Shellharbour Anglican College 17:11.45
- 8 Sivaraj, Summer 14 Abbotsleigh 17:36.60
- 9 Bektas, Jessey 14 The Hills Sports High School 17:41.62



Lyla with her bronze medal

QMA Wednesday December 15th

Junior 5,000 Metre Race Walk

Millard, Summer W16 29:30.27 (29:30.28 67.05%)

Junior 3,000 Metre Race Walk

Fisher, Torryn W16 18:10.37 (18:10.38 63.74%)

Masters 3,000 Metre Race

McKinven, Noela W79 26:48.55 (17:41.97 65.44%)

Bennett, Peter M66 20:02.52 (15:10.91 69.32%)

Age Graded Times & Percentages in Brackets

2022 Track Race Walks

Saturday 8th January

8.00am 2,000m Walk

Saturday 15th January

8.00am 3,000m Walk

Saturday 22nd January

8.10am 2,000m Walk

9.40am 1,500m Walk

Saturday 29th January

8.00am 5,000m Walk

Saturday 19th February Saturday

QMA 3,000m Walk Championships

QA Shield Meets

Saturday January 29th

3/5km

Saturday February 19th

3/5km

QA State Championships

March 3-6th

COVID Regulations for Queensland Athletics Competitions at QSAC

QA has received confirmation that proof of vaccination status will not be required to attend Queensland Athletics Shield Meets, or the Combined Events Championships, held at QSAC after the 17/12/21.

QA will send out a notification if there is any change to this status in the future,

AUSTRALIAN MASTERS ATHLETICS
CHAMPIONSHIPS 2022



Brisbane, Queensland
1 April to 4 April 2022

Draft Program

Friday April 1st

1,500m Walk

Saturday 2nd April 2nd

5,000m Walk

Sunday April 3rd

10km Road Walk Davies Park, Riverside Drive, West End (preferred venue)

Registration Opens 3rd January 2022

Registration for the 2022 Championships will not open until 3rd January 2022, and the final closing date for receipt of entries will be 7th March 2022. At this stage the intent is to maintain the 2020 entry fees, which are \$60 'early-bird' admin fee for those who register by 21st February 2022, else the admin fee will be \$110. In addition, entry fees will be \$20 per event.

World Events 2022

Good to see such a high level of transparency by AA in relation to selection standards and qualifying period for major events in 2022!!! Just over 10 weeks until the World Athletics Race Walking Championships and AA have released zero details on qualification & selection.

AA "Athletics Australia High Performance through the National Event Group Leads and State Performance Advisors will provide individual support for coaches and athletes in identifying their targeted competition for 2022. All coaches and athletes are encouraged to contact their National Event Group Lead or State Performance Advisor to initiate conversations around their international competition calendar."

2022 World Athletics Race Walking Championships

Muscat, Oman, March 4-5th

Selection Standards - TBD

Selection Window - TBD

Selection Trials - TBD

World University Games

Chengdu, China June 26th July 7th

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

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 2-7th 2022

Have you Registered for the Track Season?



Qld Racewalking Club is excited to announce that we have opened up our registration portal to members who wish to register with QRWC with a view to representing QRWC at QA meets in the coming year.

Our membership year will now commence in October each year to align with Qld Athletics' (QA) membership year. This will allow athletes wishing to compete at QA events representing QRWC, to take out a combined QRWC/QA membership in or after October each year. Once registered, athletes can represent QRWC at the various QA competitions held throughout the year, including the QA Road Walking Championships, QA Shield Meets and Qld Athletics Championships. Please note that QA offers 3 levels of membership. More information can be found below or at

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

Of course, for those athletes not wishing to compete at or represent QRWC at QA events, QRWC will retain the current membership options whereby only the QRWC club fee (ie. \$15 Student/\$25 Non-Student) will apply. This membership can be taken out at any time prior to the start of the QRWC winter season in April 2022.

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2022 and will cover the traditional QRWC winter racewalking season.

Please do not hesitate to contact QRWC Registrar Jenny Stuckey qrwc REGISTRAR@gmail.com if you have any questions about the membership options or registration/renewal process.

QRWC is a Queensland Athletics - associated track and field club.

"Queensland Athletics has no intention of changing the recognition and registration of the Queensland Race Walking Club and any such rumours are completely unfounded." QA CEO David Gynther

Racewalking Queensland Management Committee 2021/22

President: P Bennett

Secretary/Treasurer: N. McKinven

Vice President. I Jimenez

Committee: J Stuckey, S McCure, J-R McRoberts, S Pearson, D Millard, K Martin

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

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

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.

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/>