

Queensland Race Walking Club Inc.

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



HEEL & TOE

December 24th 2019



*On Behalf of the Management Committee of the club I would like to wish all club members and their families a very **Merry Christmas** and a safe and prosperous New Year.*

2019 has been another marvellous year for our great club with our talented, committed and hardworking athletes excelling at all levels of the sport. Our captains Jasmine-Rose McRoberts and Ignacio Jimenez are to be thanked for their efforts during the year. All of our athletes successes could not have been achieved without the tremendous dedication of our coaches, our volunteers and parents. Their commitment to the club is immense. I want to express our gratitude to them and their families for the sacrifices they have made in 2019. A big thank you to all our athletes for the wonderful performances they have delivered during the year. You are all amazing and we are very proud to have you all as members of our club.

'Tis the season of goodwill to all ... not just some

Christmas time should be a time of good cheer, happiness and hope for the New Year. This Christmas spare a thought for those doing it tough because of recent disasters, loved ones who have passed away, jobs lost or though loneliness. It is important to help those less fortunate during Christmas as it embodies the Christmas spirit. Invite neighbors over for some Christmas cheer or go and door knock residents living alone to wish them a Merry Christmas, to check on their welfare or ask if you can assist in any way. A smile and a cheerful greeting costs nothing but can make a world of difference to someone.

A very Merry Christmas and a rewarding 2020 to all QRWC members and their families. See you all in the New Year and we will do it all again!



*Andrew Ludwig Memorial 3,000 metres winners
Iggy & Noela with QMA Vice President Stan Perkins*

RESULTS RESULTS RESULTS

Our regular visitor from the Isle of Man was the only competitor in the 3,00 metres at the Gold Coast Masters meet last Sunday. Welcome back to Australia Michael. Note that Gold Coast Masters competitions are moving from Griffith Uni to the track at Runaway bay from the New Year.

Gold Coast Regional Masters

Sunday December 15th Griffith University

3,000 Meter Race Walk

Michael George M54 17:53.43 (15:37.65 67.34%)

Noela McKinven and Iggy Jimenez were the winners of the Andrew Ludwig memorial 3,000 metre walk in hot and humid conditions at QSAC in Saturday morning. Roslyn Kirwan was having her first competitive walk in 8 years and was happy with her performance. Jenny Stuckey was hoping to break 23 minutes but smashed through 22 minutes on her way to a big pb.

Queensland Masters Athletics

Saturday December 21st QSAC

3,000 Metre Race Walk – Andrew Ludwig Memorial

Kirwin, Roslyn W30 24:25.00 (24:25.01 47.44%)

Jimenez, Ignacio M54 14:09.00 (12:21.61 85.14%)

Stuckey, Jennifer W54 21:38.00 (19:11.98 60.33%)

Bennett, Peter M64 16:59.00 (13:33.17 77.65%)

McKinven, Noela W77 24:53.00 (16:25.68 70.51%)

Age Graded Times & Percentages Brackets



REGISTRATIONS NOW OPEN

<http://www.brisbane2020nationals.com.au/register/>

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

QMA CALLING FOR VOLUNTEERS BRISBANE 2020

QMA is hosting the Australian Masters Athletics Championships at Easter 10-13 April 2020. The road walking events will be held at West End by the QRWC on Easter Monday. Volunteer helpers are needed to assist with the smooth running of this event. (There will be a separate call for qualified Officials).

If interested please email me at peter.bennett@live.com and include your polo shirt size.



Annual Walks Day

January 12th, 2020

Join us for our annual Walks day, jointly hosted with Race Walking Queensland. This is a great opportunity to gain valuable feedback from Judges and also a great chance to register an official time prior to Regional Championships. All athletes from U/9 to U/17 are encouraged to participate.

Where: Brian Johnston Athletics Track, Currumburra Road, Ashmore

Cost: \$5 on the day, no prior nominations required

Time: 8:30am (Registration) – 9am Start

Events: 700m Walk – U/9

1100m Walk – U/10 & U/11

1500m Walk – U/12 – U/17

Ashmore Little Athletics, Currumburra Rd, Ashmore

ashmorelittleathletics@gmail.com

Athlete Funding Opportunities

Emerging Athlete Pathways aims to foster the development of young athletes and support elite athlete pathways by providing financial assistance to help alleviate the costs associated with attending championship events. The subsidy provides financial assistance through three event tiers and supports attendance at specific state, national and international events.

- Successful applicants may receive up to \$200 for state, \$400 for national and \$600 for International events every two years.
- Athletes can apply under each category.
- Applications are for reimbursement AFTER travelling to the event.
- Claim must be completed within six months of travelling.

www.qld.gov.au/recreation/sports/funding/athletes/emerging-athlete-pathways/

Local Sporting Champions is a Sport Australia (Federal Government) program providing financial support to young sportspeople aged 12-18 years. If successful, applicants will receive between \$500 and \$750 towards the cost of attending state, national or international sporting competitions recognised by the Sport Australia.

www.sportaus.gov.au/grants_and_funding/local_sporting_champions

Pan Pacific Masters Games November 6-15th 2020 Gold Coast

PLAY IT, LIVE IT, LOVE IT!

ENTRIES NOW OPEN

<https://entermastersgames.com>

QRWC is the host club for the Pan Pacs 10km road walk

Queensland Athletics 2019/20 Registration

- Queensland Athletics registrations are due from October 1st. All athletes wishing to compete during the track season must register on line. For information regarding registering with Queensland Athletics, visit
- <http://www.qldathletics.org.au/Membership/Membership-Information>
- To renew your QA registration as a member of QRWC go to
- <https://www.revolutionise.com.au/qldracewalkingclub/registration>
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- Current financial club memberships are due to expire 31st March 2020. Click on the required Existing QRWC member option if you paid your club membership during the winter road walk season. If you are not a financial member of the QRWC you are required to select the option that includes club membership. All club officials, coaches, volunteers and Committee Members should register. This is a \$ 0 options and ensures that you are covered by insurance.
- **QA / QRWC Registration Fees Structure**
- QA Base Membership / Existing QRWC member \$ 12
- QA Platinum Membership / Existing QRWC member \$ 232
- QA Young Athlete Platinum / Existing QRWC member \$ 182
- QA Seniors Athlete Platinum / Existing QRWC member \$182
- Club Coach, Officials, Volunteers / Existing QRWC member \$ 0

Coaching

If you are looking for coach or would like to be part of a training squad there are a number of qualified coaches in the club: Dave Smith, Steve Langley, Noela McKinven, Shane Pearson, Robyn Wales. 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>

Looking ahead to 2020

January 18th Qld Athletics SAC 3,000/5,000 metres

January 18th Qld Masters SAC TBA

January 19th Gold Coast Masters Runaway Bay

January 25th Qld Masters SAC TBA
February 1st Qld Masters SAC TBA
February 2nd Gold Coast Masters Runaway Bay
February 9th Australian 20km Road Walk Championships, Adelaide
February 12th Qld Masters SAC TBA Wednesday night
February 16th Gold Coast Masters Runaway Bay
February 22nd Qld Masters SAC TBA
February 22nd Qld Athletics SAC 3,000/5,000 metres
February 29th Qld Masters SAC TBA
March 1st Gold Coast Masters Runaway Bay
March 4th Qld Masters SAC 10,000 metre Walk Championship Wednesday night
March 11th Qld Masters SAC TBA Wednesday night
March 15th Gold Coast Masters Runaway Bay
March 21st Qld Masters SAC TBA
March 21-29th Australian Open and Junior Track Championships, Sydney
March 29th QMA Gold Coast Championships Runaway Bay Sunday
April 10th Australian Masters Championships 1,500 metres QSAC
April 11th Australian Masters Championships 5,000 metres QSAC
April 12th Australian Masters Championships 10km Road Walk West End
April 18-19th Australian Little Athletics Track Championships, Canberra
May 2-3rd IAAF World Race Walking Team Championships, Minsk, Belarus
June 5th Qld Masters State Championships Townsville
June 7th LBG Federation Meet Mt Stromlo Canberra
July 17-20th World U20 Track Championships, Nairobi, Kenya
July 24th-Aug 9th Olympic Games, Tokyo, Japan
July 20th-Aug 1st World Masters Track Championships, Toronto, Canada
August 30th Australian Masters 20km Championships Adelaide
November 15th Pan Pacific Masters Games 10km Road Walk Runaway Bay Gold Coast

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
Trophy Officer: N. McKinven
Newsletter Editor: P. Bennett
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

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

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>

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.

Play by the Rules

Lots of good resources and on-line training here.

<https://www.playbytherules.net.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.

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 qrwc1955@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/>