

Queensland Race Walking Club Inc.

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



HEEL & TOE

February 20th 2020

Queensland Athletics T&F Championships March 5-7th QSAC

Normal entries have closed for the Queensland Athletics Track Championships but you still may be able to lodge a Late Entry for an additional fee.

Draft Walks Timetable

Saturday March 7th

09:00am 3,000m U14/U15/U16 Female

09:20am 3,000m U14/U15/U16 Male

09:40am 5,000m U17/U18 Female

09:40am 5,000m U17/U18 Male

Sunday March 8th

8.00am 10,000m Walk U20/Open Female

8.00am 10,000m Walk U20/Open Male

QRWC 2020 Winter Road Walk Season

The 2020 Winter Road Walk season will kick off on **Sunday April 5th** with a **Sign on Day and Annual General Meeting** at Kalinga Park, Clayfield.

A formal notification of the Annual General Meeting will be released shortly as will the call for nominations for members to be elected to the Management Committee or to be appointed to a number of other important volunteer roles within the club. All positions within the club will become vacant and up for election.

Draft Sign-On Day /AGM Schedule

Sunday April 5th Kalinga Park

8.00am 5km

8.30am 3km

9.00am 2km / 1km

9.15am AGM

Sunday April 19th Logan River Parklands Beenleigh

Age Races & Handicap #1

8.00am A Grade 10km (Open/U20)

B Grade 5km (U16/U18/U20)

C Grade 3km (U14/U16)

D Grade 2km (U12/U14)

E Grade.5km (U10/U12)

F Grade 1km (U6/U8/U10)

A draft schedule of meets up until the Canberra LBG Carnival on June 7th has been added to the calendar of events below.

RESULTS RESULTS RESULTS

Little Athletics Met West Regional Championships

Girls U9 700m Race Walk

- 1 Renton, Zoe Toowong Harriers 4:59.93
- 2 Froget Penaranda, Barbara Toowong Harriers 5:01.40
- 3 Shields, Ebony Ipswich 5:27.80
- 4 Kennedy, Chloe Centenary 5:30.04

Girls U10 1100m Race Walk

- 1 Pearce, Emmelia Ipswich 7:36.90
- 2 Beckers, Tahnee Ipswich 7:59.87
- 3 Bell, Zara Toowong Harriers 8:34.79

Girls U11 1100m Race Walk

- 1 Sheehan, Emma Toowong Harriers 7:36.20
- 2 Fisher, Emma Centenary 8:14.85
- 3 Goulding, Lucie Ipswich 8:37.55
- Webster, Hannah Toowong Harriers DNF

Girls U12 1500m Race Walk

- 1 Mathewson, Riley Ipswich 10:35.21
- 2 Long, Scarlett Ipswich 11:21.15

Girls U13 1500m Race Walk

- 1 Teahen, Rebecca Toowong Harriers 8:36.43
- 2 Goulding, Lily Ipswich 9:15.86
- 3 Stewart, Kamara Ipswich 9:44.20
- 4 Scott, Sophie Toowong Harriers 10:20.84

Girls U15 1500m Race Walk

- 1 McNamara, Rachael Rosewood 11:00.77
- 2 Jager, Brealla Centenary 11:09.73
- 3 Little, Danielle Ipswich 12:07.60

Girls U16 1500m Race Walk

- 1 Egberts, Eboni Ipswich 10:25.60

Girls U17 1500m Race Walk

- 1 Novinetz, Camryn Ipswich 6:41.78 **RCBP**
- 2 Grieve, Hayley Rosewood 10:16.20

Boys U9 700m Race Walk

- 1 Mathewson, Conor Ipswich 4:03.30
- 2 Reid, Colten Ipswich 4:41.77
- 3 Robinson, Ravi Toowong Harriers 4:42.96
- Robinson, Jai Toowong Harriers DQ
- Harrison, Archie Toowong Harriers DQ

Boys U10 1100m Race Walk

- 1 Hoyling, Angus Toowong Harriers 7:32.93

Boys U11 1100m Race Walk

- 1 Stewart, Mitchell Ipswich 7:20.39
- 2 Anderson, Lucas Toowong Harriers 7:31.73

Boys U12 1500m Race Walk

- 1 Cohen, Harry Toowong Harriers 10:19.46

Boys U13 1500m Race Walk

- 1 Parkinson, Owen Toowong Harriers 10:29.53
- 2 Sheehan, Liam Toowong Harriers 11:12.48

--- Grotowski, Leon Toowong Harriers DQ

Boys U14 1500m Race Walk

1 Riese, Jonathan Toowong Harriers 9:37.55

This Week

This Saturday at Qld Masters on the track at QSAC there is a 1,500 metres at the later starting time of **9am**.

Then on Saturday night at the Qld Athletics club meet also at QSAC a combined 3,000/5,000 metres starts at 8.45pm.

AUSTRALIAN TRACK & FIELD CHAMPIONSHIPS 2020

Sydney Olympic Park Athletic Centre

Sunday 22nd March

12.10pm U16 Men 3,000m Walk

U15 Men 3,000m Walk

3.45pm U16 Women 3,000m Walk

U15 Women 3000m Walk

Monday 23rd March

9.20am U18 Women 5,000m Walk

U17 Women 5,000m Walk

Tuesday 24th March

9.30am U18 Men 5,000m Walk

U17 Men 5,000m Walk

Thursday 26th March

9.00am U14 Women 3,000m Walk

9.30am U14 Men 3,000m Walk

Friday 27th March

9.00am Open Women 10,000m Walk

U20 Women 10,000m Walk

Sunday 29th March

9.30am Open Men 10,000m Walk

U20 Men 10,000m Walk



**ONLY 7 WEEKS TO GO
REGISTRATIONS NOW OPEN**

EARLY BIRD ENTRIES CLOSE MARCH 12th

LATE BIRD ENTRIES CLOSE MARCH 26th LATE FEE \$50

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

Note: DEADLINE For ordering QMA uniforms to guarantee delivery in time for the Nationals is **THIS WEEK - 20 FEBRUARY**

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.



Toronto WMA Championships start on 20 July 2020

<https://wmatoronto2020.com/>

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

PLAY IT, LIVE IT, LOVE IT!

ENTRIES NOW OPEN

<https://entermastersgames.com>

**The QRWC is the host club for the Games 10km road walk at the
Luke Harrop Cycle Circuit at Runaway Bay**

Coming Up

February 22nd Qld Masters SAC 1,500 metres 9am
February 22nd Qld Athletics SAC 3,000/5,000 metres 8.45pm
February 29th Qld Masters SAC 3,000 metres Championship 8.10am
March 1st Gold Coast Masters Runaway Bay 5,000 metres 8.00am
March 4th Qld Masters SAC 10,000 metre Walk Championship Wednesday night
March 7th QA State Championships SAC Age Walks from 9.00am
March 8th QA State Championships SAC 10,000 metres U20/Open 8.00am
March 11th Qld Masters SAC TBA Wednesday night
March 13-15th Qld LA's State Championships QSAC
March 15th Gold Coast Masters Runaway Bay 3,000 metres 8.00am
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

Looking further ahead

April 5th QRWC Sign On Day Kalinga Park 8.00am
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
April 19th QRWC Handicap Meet Beenleigh Logan River Parklands 8.00am

April 26th QRWC Handicap Meet Date & Venue TBC
May 2-3rd IAAF World Race Walking Team Championships, Minsk, Belarus
May 3rd QRWC Handicap Meet Date & Venue TBC
May 17th QRWC Handicap Meet Date & Venue TBC
May 24th QRWC Handicap Meet Date & Venue TBC
May 31st Gold Coast RW Championships Mudgeeraba
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

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>

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.

Calling all First Aiders

The club will require a list of qualified (up to date) First Aiders or medical practitioners before the start on the winter road walk season. Please let me know at peter.bennett@live.com if you wish to be on the club list.

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.

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>

Play by the Rules

Lots of good resources and on-line training here.

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

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/>