

Queensland Race Walking Club Inc.

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



HEEL & TOE

February 27th 2020

Track Championship Season Race Walks

The 2019/20 track season is getting to the pointy end now (albeit with meagre opportunities for race walkers to compete) with championships for Qld Masters, Qld Athletics and Qld Little Athletics coming up over the next few weeks. Qld Masters start with their 3,000 metre track championships being held this Saturday morning at QSAC. Then on Wednesday night (March 4th) Masters are at QSAC for their 10,000 metre Walk Championship.

The QA State Championships are on Saturday week (March 7th) for the Age Walks and on the Sunday (March 8th) for the U20/Open 10,000 metres championships.

Qld LA's conduct their State Championships at QSAC from March 13-15th. A week later all the action moves to Sydney for the Australian Open and Junior Track Championships (March 21-29th). The month finishes with the QMA Gold Coast Championships Runaway Bay on Sunday March 29th. Then it is into April, and the winter road walks begins which will take us through to September. No rest for the wicked.

Queensland Athletics Championships – Walks

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)

Note: An updated draft schedule of meets up until the Canberra LBG Carnival on June 7th has been added to the calendar of events below. More events will be added as dates (and venues) are confirmed)

- The Qld Athletics Road Walk Championships will be held on Sunday July 26th (tentatively at Ipswich) .
- The Australian Winter Road Walk Championships / AFRWC Carnival will now be conducted in Melbourne on August 30th. Tasmania was in the rotation of States for 2020 but have withdrawn from hosting this carnival this year.

RESULTS RESULTS RESULTS

QA Garry Brown Shield

Saturday January 22nd QSAC

Women 3,000 Metre Race Walk

1 Williams, Lyla 07 GCV 15:12.53
2 Gee, Tamika 07 QRWC 15:54.70
3 Bergh, Mia 05 GCV 16:26.43
4 Millard, Summer 05 QRWC 16:28.61
5 Brady, Korey 05 QRWC 18:15.06
6 Hingst, Olivia 07 QRWC 19:04.41
7 Chadwick, Phoebe 06 QRW C19:58.01
-- Clarke, Anika 05 RED DNF
-- Goulding, Lily 07 QRWC DQ WA 230

Women 5,000 Metre Race Walk

1 Novinetz, Camryn 03 IPS 23:51.96
2 Hannigan, Caitlin 02 UNQ 24:49.21
3 Sullivan, Bridget 04 QRWC 27:49.28
4 Hamann, Sophie Charlotte 01 QUT 28:00.43
5 Vickers, Larissa 03 QRWC 29:12.69

Men 3000 Metre Race Walk

1 McCure, Sam 06 GCV 15:38.95
2 Callaghan, Myles 07 RED 16:05.73

Men 5000 Metre Race Walk

1 Spanner, Jye 04 KPL 27:23.63
2 Whatman, Riley 03 NSW 28:41.89

Little Athletics South Coast Regional Championships

Girls U9 700m Race Walk

1 Cameron, Eleicea Mudgeeraba 4:56.20
2 Martin, Aila Tweed 5:07.42

Girls U10 1,100m Race Walk

1 Cosgrave, Ella Ashmore 6:27.66
2 Teasel, Ashlee Helensvale 7:06.81
3 Braithwaite, Zahna Tweed 7:16.12

- 4 Papalii, Oriana-Rose Gold Coast 7:42.33
5 Murray, Tia Helensvale 7:51.69

Girls U11 1,100m Race Walk

- 1 Flahey, Natasha Tweed 6:06.14
2 Hill, Ivy Gold Coast 6:49.47
3 Pickvance-Yee, Destinee Ormeau 7:26.63
4 Mehta, Hannah Mudgeeraba 8:35.24

Girls U12 1,500m Race Walk

- 1 Heap, Aliesha Gold Coast 10:49.30
2 Jaekel, Tara Mudgeeraba 10:57.40
3 Barkworth, Taylor Tweed 10:58.55

Girls U13 1,500m Race Walk

- 1 Williams, Lyla Tweed 7:40.96

Girls U14 1,500m Race Walk

- 1 Heap, Ashanti Gold Coast 7:16.25
2 Madden, Lacey Tweed 9:37.34
3 Schofield, Scarlett Ashmore 9:38.19

Girls U15 1,500m Race Walk

- 1 Bergh, Mia Ashmore 8:15.50
2 Hogan, Payten Tweed 8:46.56
3 Hill, Cassandra Tweed 10:26.35

Girls U16 1,500m Race Walk

- 1 Milosevic, Vivian Gold Coast 8:23.59
2 Teasdale, Skye Tweed 11:51.20

Girls U17 1,500m Race Walk

- 1 Hill, Gabriella Tweed 8:30.68
2 Schofield, Amelia Ashmore 9:21.10

Boys U9 700m Race Walk

- 1 Morrison, Miles Mudgeeraba 4:55.51

Boys U10 1,100m Race Walk

- 1 Cacciola, Cruz Gold Coast 7:23.23
2 Ngauamo, Lennox Ashmore 7:38.63
3 Foster, Daniel Gold Coast 7:45.90
--- Soi, Arth Soi Helensvale DQ

Boys U11 1,100m Race Walk

- 1 Tilton, Noah Tweed 6:26.53
2 Grainger, Hugo Tweed 6:31.42
3 Roberts, Oliver Ashmore 6:40.94
4 Bricknell-Hewitt, Korbyn Mudgeeraba 6:42.09
5 Gisik, Oliver Gold Coast 8:06.25
--- Norton, Ky Ashmore DQ

Boys U12 1,500m Race Walk

- 1 Teasel, Bailey Helensvale 8:31.37
2 Dale, Kai Ormeau 11:20.71

Boys U13 1,500m Race Walk

- 1 Capps, Charlie Gold Coast 8:47.34
--- Challis, James Tweed DQ

Boys U14 1,500m Race Walk

- 1 McCure, Sam Ashmore 7:56.40
2 Jenkins, Bailey Ormeau 11:24.83

Boys U16 1,500m Race Walk

- 1 McCure, Lachlan Ashmore 7:36.50
2 Dale, Kaden Ormeau 10:45.47

Boys U17 1,500m Race Walk

1 Hammans, Matthew Gold Coast 9:45.44

Old Masters Athletics QSAC

Saturday February 22nd

1,500 Metre Race Walk

Kirwin, Roslyn 10:41.68 (10:41.69 52.52%)

Woygeszui-Suuba, Yolanta 11:52.02 (11:25.32 49.17%)

Bennett, Peter 8:03.62 (6:24.97 80.27%)

McKinven, Noela 12:26.04 (8:22.76 67.03%)

(Age Graded Times & Percentages in Brackets)

This Week

QMA 3,000 metre Walk Championships Saturday February 29th 8.00am

NOTE: **Competition will be on the Main Track**

There is a Little Athletics event (Combined event championships) taking place on the SAF track which will impact on parking.

Please allow time to park further away if necessary and walk up to the track.

The deadline for entries for the Championship events is 7.30 am. Championship fee of \$7 is payable (in addition to the \$10 Ground Fee). Bring a lap scorer if you can .

Old Masters 10,000 metre Walk Championships are being held on Wednesday March 4th at QSAC starting at 7.30pm

Gold Coast Masters are at Runaway Bay this Sunday morning with a 5,000 metres starting at 8.00am

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.

**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 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
July 26th QA Road Walk Championships Venue TBC
August 30th AA Winter Road Walk Championships / AFRWC Carnival Melbourne TBC
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>
-
- 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/>