

Queensland Race Walking Club Inc.

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



## HEEL & TOE

January 16<sup>th</sup> 2020

### Getting Back on Track

Track racing gets underway in 2020 this weekend. On Saturday morning Qld Masters kick off the year with an 80am race at QSAC. Their website has the event list as a 2km but don't know if it is a typo and it should read 3km. Queensland Athletics have a Shield Meet at QSAC on Saturday evening with a combined start 3,000/5,000 metre race starting at 8.35pm. On Sunday morning Gold Coast Masters are at the Runaway Bay track with the 3,000 metres starting at 8.00am. There is also a number of Little Athletics carnivals and meets on this weekend.

### Australian 20km Race Walking Championship

Entries close: **Monday January 27<sup>th</sup>**

**Sunday February 9<sup>th</sup> War Memorial Drive, Adelaide SA**

#### **Draft Timetable as at 08.01.20**

7:00am Australian 20km Race Walking Championships & Nomination Trial  
8:00am Oceania Under 20 10km Race Walking Championships  
8:00am Invitational Under 18 5km Race Walk

**Entry:** \$30.00 per event

<https://www.athletics.com.au/events/58510/>

## RESULTS RESULTS RESULTS

**Training Camp 10,000 metres Melbourne University Track  
Sunday 12<sup>th</sup>**

#### **Women**

1. Anežka Drahotová 1995 CZE 44:34.5  
2. Alana Barber 1987 NZL 44:57.2  
3. Jemima Montag 1998 AUS 45:05.9  
4. **Katie Hayward 2000 AUS 45:14.3**  
5. Brigita Virbalyte 1985 LTU 46:51.5  
6. Simone McInnes 1991 AUS 47:06.3  
7. Alanna Peart 2003 AUS 50:49.8  
Rebecca Henderson 2001 AUS DNS

## Men

1. Perseus Karlstrom 1990 SWE 38:50.9
2. Evan Dunfee 1990 CAN 40:09.3
3. Isamu Fujisawa 1987 JAP 40:10.6
4. Rhydian Cowley 1991 AUS 40:54.7
5. Quentin Rew 1984 NZL 41:04.0
6. Marius Ziukas 1985 LTU 41:07.5
7. Ryosuke Kondo 1997 JPN 41:09.2
8. Carlos Mercenario Arso 2000 MEX 41:28.9
9. Kyle Swan 1999 AUS 41:35.7
10. Toru Yamamoto 1990 JPN 42:29.5
11. Tadas Suskevicius 1985 LTU 44:27.1
12. Mitchell Baker 2001 AUS 45:09.3
13. Corey Dickson 2002 AUS 45:12.5
14. Will Thompson 2002 AUS 45:31.8
15. Remo Karlstrom 1998 SWE 46:34.7
16. Tim Fraser 2000 AUS 47:45.0



*Katie and Jemima battle it out in the 10,000 metres in Melbourne*

## Dusk till Dawn Run/Walk Event 2020

**Saturday 8th February 6pm**

**Caboolture Historical Village Beerburum Rd Caboolture.**

The course is a 500m graded decomposed granite oval shaped loop through the village. This is a great fun event for solo & relay runners & walkers.

### Distances/Events

Solo:

21.1km

42.2km

50km

100km

6 hour

12 hour

Junior 10km (9 to 15 years old only)

Relay:

6 hour

12 hour

Entries & Information - [www.geoffsrns.com](http://www.geoffsrns.com)

## **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](mailto:peter.bennett@live.com) if you wish to be on the club list.

## **Position Vacant: Uniform Officer**

Looking ahead to the road season we are looking for a Uniform Officer. Duties include bringing them along to club meets, keeping an inventory of sizes and what needs re-ordering and forwarding payments received onto the club Treasurer. Other club members are available to order the stock and pick up from the manufacturer. Please give it some thought and if you are interested please put your hand up when the season kicks off.



## **ONLY 12 WEEKS TO GO 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.

## **Pan Pacific Masters Games November 6-15<sup>th</sup> 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**

## Queensland Athletics 2019/20 Registration

- Queensland Athletics registrations are due from October 1<sup>st</sup>. 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>

## Coming Up

January 18<sup>th</sup> Qld Athletics SAC 3,000/5,000 metres 8.35pm  
January 18<sup>th</sup> Qld Masters SAC 2km 8.00am  
January 19<sup>th</sup> Gold Coast Masters Runaway Bay 3,000 metres 8.00am  
January 25<sup>th</sup> Qld Masters SAC 5,000 metres 8.00am  
February 1<sup>st</sup> Qld Masters SAC 3,000 metres 8.00am  
February 2<sup>nd</sup> Gold Coast Masters Runaway Bay 5,000 metres 8.00am  
February 9<sup>th</sup> Australian 20km Road Walk Championships, Adelaide  
February 12<sup>th</sup> Qld Masters SAC 5,000 metres 7pm Wednesday night  
February 16<sup>th</sup> Gold Coast Masters Runaway Bay 3,000 metres 8.00am  
February 22<sup>nd</sup> Qld Masters SAC 1,500 metres 9am  
February 22<sup>nd</sup> Qld Athletics SAC 3,000/5,000 metres  
February 29<sup>th</sup> Qld Masters SAC 3,000 metres Championship 8.10am  
March 1<sup>st</sup> Gold Coast Masters Runaway Bay 5,000 metres 8.00am  
March 4<sup>th</sup> Qld Masters SAC 10,000 metre Walk Championship Wednesday night  
March 11<sup>th</sup> Qld Masters SAC TBA Wednesday night  
March 13-15<sup>th</sup> Qld LA's State Championships QSAC  
March 15<sup>th</sup> Gold Coast Masters Runaway Bay 3,000 metres 8.00am  
March 21<sup>st</sup> Qld Masters SAC TBA  
March 21-29<sup>th</sup> Australian Open and Junior Track Championships, Sydney

## Looking further ahead

March 29<sup>th</sup> QMA Gold Coast Championships Runaway Bay Sunday  
April 10<sup>th</sup> Australian Masters Championships 1,500 metres QSAC  
April 11<sup>th</sup> Australian Masters Championships 5,000 metres QSAC  
April 12<sup>th</sup> Australian Masters Championships 10km Road Walk West End  
April 18-19<sup>th</sup> Australian Little Athletics Track Championships, Canberra  
May 2-3<sup>rd</sup> IAAF World Race Walking Team Championships, Minsk, Belarus  
June 5<sup>th</sup> Qld Masters State Championships Townsville  
June 7<sup>th</sup> LBG Federation Meet Mt Stromlo Canberra  
July 17-20<sup>th</sup> World U20 Track Championships, Nairobi, Kenya  
July 24<sup>th</sup>-Aug 9<sup>th</sup> Olympic Games, Tokyo, Japan  
July 20<sup>th</sup>-Aug 1<sup>st</sup> World Masters Track Championships, Toronto, Canada  
August 30<sup>th</sup> Australian Masters 20km Championships Adelaide  
November 15<sup>th</sup> 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](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)

## 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](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.

**QRWC race entries** [qrwc1955@icloud.com](mailto: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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>