

Queensland Race Walking Club Inc.

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



HEEL & TOE

January 1st 2020



Happy New Year! Let health and happiness follow you and your family during the year to come. To all our athletes; don't look back, look forward. What is done is done, and as you look back to the year that was learn from all your experiences (good and not so good), set new goals and strive for an even better 2020.

There is another big year coming up in the race walking world with a number of major events on the national and international stage. The first big event for the year is the Australian 20km Road Walk Championships in Adelaide on February 9th. This will also serve as the selection trials for the open men and women's 20km walk & junior 10km teams for the IAAF World Race Walking Team Championships in Minsk, Belarus in May. 20km walkers will have the added incentive of striving for an Olympic qualifier in this IAAF recognised event.

In March we should be well represented at the Australian Open and Junior Track Championships in Sydney. In April the Australian Masters Championships will be held in Brisbane with the club hosting the 10km Road Walk at West End on Easters Sunday. Still in the April the Australian Little Athletics Track Championships will be conducted in Canberra.

One of the big events for the year will be from May 2-3rd when the IAAF World Race Walking Team Championships are held in Minsk, Belarus. QRWC will be looking to have two or more representatives at these Championships. Read the history and results from previous Championships at <https://www.worldathletics.org/competitions/world-athletics-race-walking-team-championshi/history>

Then in the July the World U20 Track Championships will be held in Nairobi, Kenya. The challenges are certainly there for our talented juniors.

This is followed by the ultimate event for elite race walkers – the **Olympic Games**. These will be held from July 24th-Aug 9th in Tokyo, Japan with the race walking events now rescheduled to be held 800 kilometres north in the city of Sapporo. Once again, the QRWC is looking to be proudly represented at this pinnacle of the sport.



For Masters walkers July also means that the World Masters Track Championships will be hosted in Toronto, Canada

And all that does not even include all the various State Championships for track and road at QA , Little Athletics or Masters or all the other National Championships . Then there is the annual LBG Federation Meet in June at Mt Stromlo Forest Park in Canberra. In November the Pan Pacific Masters Games will be held on the Gold Coast with the QRWC the host organisation for the 10km Road Walk at Runaway Bay.

And we have not even mentioned the QRWC Winter Road Walk season that runs from April to September with a host of weekly Handicap meets and a number of Championship events. I am sure there are plenty of other race walking opportunities we have not listed here but these should be a good incentive to start your training and planning for the year (and to check your wallet!) Stay tuned and have a great year.



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>

**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 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>

Coming Up

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 13-15th Qld LA's State Championships QSAC
 March 15th Gold Coast Masters Runaway Bay
 March 21st Qld Masters SAC TBA
 March 21-29th Australian Open and Junior Track Championships, Sydney

Looking further ahead

March 29th QMA Gold Coast Championships Runaway Bay Sunday
 April 10th Australian Masters Championships 1,500 metres QSAC
 April 11^h 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/>