

**Queensland Race Walking Club Inc.**

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



## **HEEL & TOE**

**January 23<sup>rd</sup> 2020**

## **Australia Day Weekend Walks**



### **Redlands Carnival**

**Sunday January 26<sup>th</sup>**

Sheldon College

The Redlands Carnival will be held at Sheldon College located on Taylor Road.

**Enquiries;** [info@redlandsathletics.org.au](mailto:info@redlandsathletics.org.au)

Walks

8.00am

U9 700m

U10/11 1,100m

U12-17 1,500m

### **Masters Athletics**

This Saturday, January 25<sup>th</sup> Qld Masters Athletics are back at QSAC with a 5,000 metre race starting at 8.00am. Entry fee \$10.

## **RESULTS RESULTS RESULTS**

### **New Zealand South Island Colgate Games**

**January 17<sup>th</sup> Christchurch**

**Girls 2000 Meter Race Walk Grade 14**

1 Summer Millard	14 Queensland	10:27.22
2 Payten Hogan	14 Queensland	12:27.52
3 Torryn Fisher	14 Queensland	12:40.41
4 Kirsty McCarthy Dempsey	14 Selwyn	13:04.02
5 Sophia Le	14 HCYU	14:40.38
6 Ella Hou	14 HCYU	14:42.77

Well done to three Qld walkers in the Qld Little Athletics Development tour of New Zealand taking the first three placings at the South Island Colgate Games

## **QA Sally Pearson Shield**

### **January 18<sup>th</sup> QSAC**

Some very close races and good times recoded at the first QA track meet of the year with walks on the programme. Only have a month to wait until the next meet with walks. QA really offer value for money!! There still has been no progress on getting the “New” QA website working adequately. The website they have has set the sport back 15 years. They really have been sold a lemon probably by the same person who tries to sell the Sydney Harbour Bridge to the gullible.

#### **Women 5000 Metre Race Walk Under 20**

1 Hannigan, Caitlin 18 UNQ 24:28.23

#### **Women 5000 Metre Race Walk Under 18**

1 Novinetz, Camryn 17 Ipswich 24:34.57

2 Hill, Gabriella 17 GCV 31:00.06

#### **Women 5000 Metre Race Walk Under 17**

1 Ofield, Mackenzie 16 USC 29:43.78

2 Milosevic, Vivian 16 QA 32:39.07

#### **Women 5000 Metre Race Walk Under 16**

1 Anderson, Jayda 15 GC Central 24:59.16

#### **Men 3000 Metre Race Walk Under 16**

1 Norton, Kai 15 QRWC 16:53.06

#### **Men 3000 Metre Race Walk Under 15**

1 Bannister, Jack 14 USC 16:53.74

#### **Women 3000 Metre Race Walk Under 20**

1 McRoberts, Jasmine-Rose 18 QRWC 18:19.92

#### **Women 3000 Metre Race Walk Under 16**

1 Clarke, Anika 15 Redlands 15:48.42

2 Bergh, Mia 15 GCV 17:57.49

3 Brady, Korey 15 QRWC 18:17.05

#### **Women 3000 Metre Race Walk Under 15**

1 Norton, Amber 14 QRWC 15:46.44

#### **Women 3000 Metre Race Walk Under 14**

1 Gee, Tamika 13 QRWC 15:49.87

2 Williams, Lyla 13 GCV 16:16.71

## **Qld Masters Athletics**

### **Saturday January 18<sup>th</sup>**

2,000 Metres

No official results as yet but all three entrants set new Qld Best Performances in their age groups: Peter Bennett M60, Noela McKinven W75, Jenny Stuckey W50. Noela broke her own record and Jenny was elated at setting her first Qld age best and winning valuable family bragging rights.

## **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/>

## Queensland Athletics Championships

### Saturday March 7<sup>th</sup>

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

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

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

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

### Sunday March 8<sup>th</sup>

08:00am 10,000m Walk U20/Open Female

08:00am 10,000m Walk U20/Open Male

## 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

## Dusk till Dawn Run/Walk Event 2020

### Saturday 8th February 6pm

#### Caboolture Historical Village Beerburrum 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.geoffsrsns.com](http://www.geoffsrsns.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.



Toronto WMA Championships start on 20 July 2020

<https://wmatoronto2020.com/>

**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 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 7<sup>th</sup> QA State Championships SAC Age Walks from 9.00am  
March 8<sup>th</sup> QA State Championships SAC 10,000 metres U20/Open 8.00am  
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  
March 29<sup>th</sup> QMA Gold Coast Championships Runaway Bay Sunday

## Looking further ahead

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/>