

Queensland Race Walking Club Inc.

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



HEEL & TOE

January 30th 2020

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

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

QMA Brisbane Saturday January 18th

2,000 Metre Race Walk

Stuckey, Jennifer 14:05.52
Bennett, Peter 10:57.99
McKinven, Noela 16:22.71

QMA Gold Coast Sunday January 19th

3000 Metre Race Walk

Nyle Sunderland 18:16.32 (16:12.99 71.43%)

QMA Brisbane Saturday January 25th

5,000 Metre Race Walk

Jimenez, Ignacio 28:31.65 (24:59.24 71.88%)
Bennett, Peter 29:20.65 (23:29.58 76.45%)
McKinven, Noela 43:38.22 (28:17.14 69.94%)

Age Graded Times & Percentages in Brackets

Training Camp Melbourne

10,000m Track Walk Men

1. Rhydian Cowley 04/01/1991 AUS 39:30.8
2. Perseus Karlstrom 02/05/1990 SWE 39:49.1
3. Evan Dunfee 28/09/1990 CAN 39:50.5
4. Marius Ziukas 29/06/1985 LTU 40:10.3
5. Isamu Fujisawa 12/10/1987 JAP 41:29.5
6. Kyle Swan 28/03/1999 AUS 42:19.3
7. Ryosuke Kondo 25/12/1997 JPN 43:16.6
8. Quentin Rew 16/07/1984 NZL 44:08.0
9. Tadas Suskevicius 22/05/1985 LTU 44:33.8
10. Carlos Mercenario Arsos 26/07/2000 MEX 44:40.2
11. Mitchell Baker 06/07/2001 AUS 44:40.7
12. Will Thompson 18/11/2002 AUS 44:52.7
13. Toru Yamamoto 12/07/1990 JPN 46:01.0
14. Remo Karlstrom 13/04/1988 SWE 46:44.4
15. Corey Dickson 19/07/2002 AUS 48:25.5
16. Tim Fraser 22/02/2000 AUS 50:01.0

10,000m Track Walk Women

1. Jemima Montag 15/02/1998 AUS 44:58.5
2. Alana Barber 08/07/1987 NZL 46:04.5
3. **Katie Hayward 23/07/2000 AUS 46:15.0**
4. Simone McInnes 27/11/1991 AUS 47:28.7
5. Rebecca Henderson 04/07/2001 AUS 47:43.6
6. Brigita Virbalyte 01/02/1985 LTU 50:25.0

Australian 20km Race Walking Championship

Sunday February 9th 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

Queensland Athletics Championships

Saturday March 7th

- 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 8th

- 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 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.geoffsms.com

This Week

This Saturday, February 1st, Qld Masters are at QSAC with 3,000 metres starting at 8.00am
Gold Coast Masters are at Runaway Bay on Sunday morning with a 5,000 metres walk starting at 8.00am



ONLY 10 WEEKS TO GO
REGISTRATIONS NOW OPEN

Countdown

6 weeks to 1st closing date

8 weeks to 2nd extended closing date

10 weeks to competition

<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 6-15th 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 1st Qld Masters SAC 3,000 metres 8.00am
February 2nd Gold Coast Masters Runaway Bay 5,000 metres 8.00am
February 9th Australian 20km Road Walk Championships, Adelaide
February 12th Qld Masters SAC 5,000 metres 7pm Wednesday night
February 16th Gold Coast Masters Runaway Bay 3,000 metres 8.00am
February 22nd Qld Masters SAC 1,500 metres 9am
February 22nd Qld Athletics SAC 3,000/5,000 metres
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 Date & Venue TBC
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/>