

Queensland Race Walking Club Inc.

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



HEEL & TOE

January 9th 2020

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

Entry: \$30.00 per event

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

Entries close: **Monday January 27th**



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.geoffsms.com

RIP Keith Knox

Many of our older members were shocked and saddened to learn of the passing of respected New South Wales walker Keith Knox. Keith competed for many years in the annual 20 miles in Canberra and our senior members had some stirring battles with Keith. Caleb Maybir recalls many district club athletics meets in Sydney in which he raced with Keith. In 1981 Keith represented Australia in the Lugano Cup (now the Race Walking World Cup). He won numerous NSW road walk championships and medals in Australian championships. The funeral service for Keith was held on Wednesday.

Down memory lane

In 1978 when Keith Knox was competing for Gosford (then a Federation race walking club) and a young Dave Smith was starting to make his mark on the race walking scene. Some of the competitors will be well known to some member including Keith Heness from the Sunshine Coast and shoe shop man / Glasshouse Ultra race director Bruce Cook.

LBG Carnival, Canberra 1978

20 Miles Walk

1. Willi Sawall VIC 2:30:45
2. Tim Erickson VIC 2:36:47
3. David Smith VIC 2:38:28
4. Robin Whyte ACT 2:46:01
5. John Sheard VIC 2:46:33
6. John Smith NSW 2:46:51
7. Bruce Cook VIC 2:51:29
8. Clarrie Jack VIC 2:51:55
9. Terry O'Neill VIC 2:52:36
10. Stuart Cooper VIC 2:53:34
11. Keith Knox GOS 2:54:58
12. Greg Sockhill QLD 2:54:59
13. Ian Jack VIC 2:55:17
14. Jeff Phillips GOS 2:58:13
15. Joe Anderson VIC 2:59:51
16. Bob Mee ACT 3:01:52
17. F Sawyer GOS 3:03:52

18. Ken Hall VIC 3:04:33
19. Bruce Dudon VIC 3:04:45
20. Claude Martin VIC 3:07:41
21. Greg O'Neill SA 3:08:48
22. Duncan Knox VIC 3:10:45
23. Peter Waddell ACT 3:11:25
24. Jim Bannan VIC 3:12:57
25. Stan Malbut SA 3:13:17
26. Harry Jones VIC 3:19:25
27. Tom Daintry VIC 3:20:11
28. Paul Dorsett NSW 3:20:44
29. Brendan Hyde GOS 3:23:22
30. Keith Heness NSW 3:27:26
31. Paul Francis SA 3:29:03
32. Phil Hollis SA 3:30:26
33. Ron Crawford NSW 3:32:34
34. Shirley Brasher (F) VIC 3:47:36
35. Bill Larson SA 3:52:31
36. Elaine McFarlane (F) SA 3:52:31

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.

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.



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.



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

**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 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
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/>