

Queensland Race Walking Club Inc.

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



HEEL & TOE

March 12th 2020

New 2020 Walk Champions *Queensland Athletics Track Championships*

Well done to all the race walkers that participated and performed so well at the QA State Track Championships at QSAC last weekend. A big congratulations to all our new 2020 State track champions; Caitlin, Charlotte, Camryn, Bridget, Anika, Ashanti, Tamika, Jye, Kai, Jack and Myles. This weekend it the turn of the walkers in Little Athletics to compete in their State Championships.

RESULTS RESULTS RESULTS

Queensland Athletics Championships

QSAC Saturday/Sunday March 14-15th

Girls 10000 Metre Race Walk Under 20

- 1 Hannigan, Caitlin 02 UNQ 49:49.66
 - 2 Novinetz, Camryn 03 IPS 50:33.87
 - 3 Blackwell, Anna 01 Tasmania 53:04.31
 - 4 Hamann, Sophie Charlotte 01 Qut Athletics Club 1:04:08.91
- Hill, Gabriella 03 GCV DQ

Women 10000 Metre Race Walk Open

- 1 Hamann, Sophie Charlotte 01 Qut Athletics Club 1:04:08.91

Girls 5000 Metre Race Walk Under 18

- 1 Novinetz, Camryn 03 IPS 25:02.74
- Vickers, Larissa 03 QRWC DNF
-- Hill, Gabriella 03 GCV DQ

Girls 5000 Metre Race Walk Under 17

- 1 Sullivan, Bridget 04 QRWC 28:59.11
- 2 Milosevic, Vivian 04 QA 31:33.72

Girls 3000 Metre Race Walk Under 16

- 1 Clarke, Anika 05 Redlands Athletics 15:59.12
 - 2 Millard, Summer 05 QRWC 16:28.38
 - 3 Bergh, Mia 05 GCV 19:16.81
- Anderson, Jayda 05 Gold Coast Central DQ

Girls 3000 Metre Race Walk Under 15

- 1 Heap, Ashanti 06 Gold Coast Central 15:46.99

2 Norton, Amber 06 QRWC 15:58.09
3 Chadwick, Phoebe 06 QA 18:45.35

Girls 3000 Metre Race Walk Under 14

1 Gee, Tamika 07 QRWC 15:21.65
2 Williams, Lyla 07 GCV 17:16.43
3 Goulding, Lily 07 QRWC 18:53.12
4 Hingst, Olivia 07 QRWC 19:10.61

Boys 10000 Metre Race Walk Under 20

-- Lyttle, Jayden 01 Intraining DQ

Boys 5000 Metre Race Walk Under 17

1 Spanner, Jye 04 Keppel Coast 27:34.32

Boys 3000 Metre Race Walk Under 16

1 Norton, Kai 05 QRWC 15:41.28

Boys 3000 Metre Race Walk Under 15

1 Bannister, Jack 06 QRWC 18:22.15
-- McCure, Sam 06 GCV DQ

Boys 3000 Metre Race Walk Under 14

1 Callaghan, Myles 07 Redlands Athletics 16:04.87

Men 10000 Metre Race Walk Open

-- Lyttle, Jayden 01 Intraining DQ

Gold Coast Masters Athletics

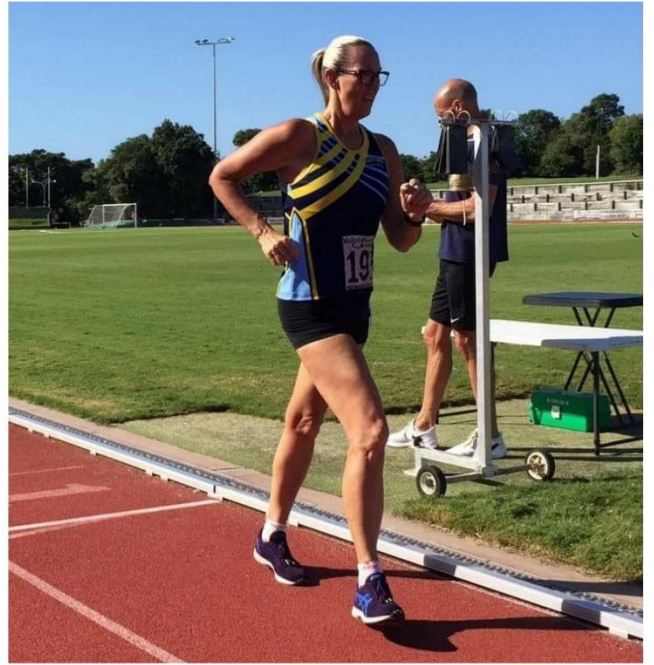
March 1st Runaway Bay track

5,000 metres

Patrick Sela 40.54
Nyle Sunderland 31.58
Paul Lindenberg 31.18

3,000 metres

Debbie Lindenberg 23.04



From the top Left to Right: Patrick, Nyle, Debbie, Paul at Runway Bay Masters Athletics

Queensland Little Athletics State Championships QSAC Friday March 13th

All the best to the young walkers taking part in the Queensland Little Athletics State Championships at QSAC on Friday.

Girls Under 9 700 Meter Race Walk

- | | |
|----------------------|----------------|
| 1 McCoombes, Jada | West Bundaberg |
| 2 Ellwood, Lani | Gympie |
| 3 Kratzmann, Keilani | Redlands |
| 4 Martin, Aila | Tweed |
| 5 Whitehouse, Poppy | Nambour |

6	Wasson, Estella	Caboolture
7	Renton, Zoe	Toowong Harriers
8	Froget Penaranda, Barbara	Toowong Harriers
9	Cameron, Eleicea	Mudgeeraba
10	Elliott, Annabelle	Noosa
11	Thornton, Ruby	Biloela
12	Yates, Grace	Mt Gravatt
13	Shields, Ebony	Ipswich
14	Kennedy, Chloe	Centenary
15	Botha, Arabella	Strathpine
16	Hodgson, Indie	Bargara
17	Kable, Zoe	Strathpine
18	Birch, Ulani	Granite Belt
19	Fraser, Kate	Sunnybank
20	Barry, Violet	Arana

Girls Under 10 1100 Meter Race Walk

1	Cosgrave, Ella	Ashmore
2	Fisher, Siaan	Redlands
3	Teasel, Ashlee	Helensvale
4	Braithwaite, Zahna	Tweed
5	Miller, Imogen	Strathpine
6	Bell, Ruby	Gracemere
7	Zirbel, Mikayla	Highfields
8	Bird, Ruby	Deception Bay
9	Rogers, Elana	Gympie
10	Athousis, Georgina	Sunnybank
11	Moore-Kirkland, Bethany	Warwick
12	Pearce, Emmelia	Ipswich
13	Clifford, Summer	Ross River
14	Papalii, Oriana-Rose	Gold Coast
15	Rutten, Olivia	Deception Bay
16	Lucas, Rihanna	Redlands
17	Beckers, Tahnee	Ipswich
18	Navybox, Jasmine	Granite Belt
19	McDonald, Mikaela	Arana
20	Anderson, Pippa	Redlands
21	Bishop, Layla	Strathpine
22	Kororiko, Felicity	Biloela
23	McDonald, Madison	Maroochy
24	Bell, Zara	Toowong Harriers

Girls Under 11 1100 Meter Race Walk

1	Flahey, Natasha	Tweed
2	Clarke, Makenna	Redlands
3	Hill, Ivy	Gold Coast
4	Johnson, Amy	Toowoomba
5	Kororiko, Awhena	Biloela
6	Kruck, Sienna	Algester
7	Pickvance-Yee, Destinee	Ormeau
8	Mackay, Phoenix	Algester
9	Toplis, Olivia	Arana
10	Sheehan, Emma	Toowong Harriers
11	McIntyre, Rhianna	Gympie
12	Pietsch, Lily	Toowoomba
13	Graske-Borst, Rhianna	The Gap
14	Fisher, Emma	Centenary
15	Bow, Hayden	Caboolture

16 Kriel, Mia	Redcliffe
17 Mehta, Hannah	Mudgeeraba
18 Goulding, Lucie	Ipswich
19 Goodwin, Alannah	Townsville Cent

Girls Under 12 1500 Meter Race Walk

1 Sharpe, Milly	Gladstone
2 Gale, Shantel	Strathpine
3 Eketone, Taisha	Redcliffe
4 Tudor, Anna	Noosa
5 Mangan, Millie	Redlands
6 Navybox, Gemma	Granite Belt
7 Wasson, Ava	Caboolture
8 Strydom, Zayley	Caloundra
9 O'Dea, Erin	Granite Belt
10 Austin, Natalie	Algester
11 Pinna, Madeleine	Bracken Ridge
12 Blatchly, Mikaylee	Laidley
13 Mathewson, Riley	Ipswich
14 Groth, Tianna	Maroochy
15 Smalley, Stephanie	Ross River
16 Heap, Aliasha	Gold Coast
17 Jaekel, Tara	Mudgeeraba
18 Barkworth, Taylor	Tweed
19 Long, Scarlett	Ipswich

Girls Under 13 1500 Meter Race Walk

1 Gee, Tamika	Algester
2 Williams, Lyla	Tweed
3 Teahen, Rebecca	Toowong Harriers
4 Goulding, Lily	Ipswich
5 Bridge, Tahni	Springwood
6 Stewart, Kamara	Ipswich
7 Chopping, Marlee	Nth Rockhampton
8 Lucas, Hayley	Redlands
9 McDonald, Abbie	Strathpine
10 Scott, Sophie	Toowong Harriers
11 Kopittke, Tiana	Algester
12 Smallwood, Shakina	Biloela

Girls Under 14 1500 Meter Race Walk

1 Heap, Ashanti	Gold Coast
2 Norton, Amber	Arana
3 Lourigan, Daniella	Maryborough
4 Chadwick, Phoebe	Bracken Ridge
5 Grummett, Zahli	Maroochy
6 Madden, Lacey	Tweed
7 Schofield, Scarlett	Ashmore
8 Lawson, Piper	Redlands
9 Thompson, Kiah	Caloundra

Girls Under 15 1500 Meter Race Walk

1 Clarke, Anika	Redlands
2 Bergh, Mia	Ashmore
3 Millard, Summer	Nanango
4 Brady, Korey	Aspley
5 Hogan, Payten	Tweed
6 Sentance, Charlotte	Arana
7 Porter, Sophie	Aspley
8 Fisher, Torryn	Redlands

9 Heath, Lauren Algester

Girls Under 16 1500 Meter Race Walk

1 Ofield, Mackenzie Caloundra

2 Milosevic, Vivian Gold Coast

Girls Under 17 1500 Meter Race Walk

1 Novinetz, Camryn Ipswich

2 Bow, Elliot Caboolture

3 Hill, Gabriella Tweed

4 Schofield, Amelia Ashmore

Boys Under 9 700 Meter Race Walk

1 Mathewson, Conor Ipswich

2 Bauer, Jaxon Springwood

3 Robertson, Payten Mt Gravatt

4 Sibenaler, Hunter Algester

5 Shea, Dominic Balmoral

6 Reid, Colten Ipswich

7 Robinson, Ravi Toowong Harriers

8 Pfister, Hugh Nambour

9 Swan, Levi University

10 Morrison, Miles Mudgeeraba

11 Clifford, Harley Ross River

12 Colquhoun, Logan Gracemere

13 Smith, Hayden University

14 O'Dea, Liam Granite Belt

15 Curtis, Ethan Deception Bay

16 Fay, Noah Cassowary Coast

Boys Under 10 1100 Meter Race Walk

1 Miller, Brock Strathpine

2 Amorsen, Ned Strathpine

3 Bingham, Lochie Sunnybank

4 Cacciola, Cruz Gold Coast

5 Hoyling, Angus Toowong Harriers

6 Ngauamo, Lennox Ashmore

7 Foster, Daniel Gold Coast

8 Smrechnik, Cooper Laidley

9 Hermus, Linden Noosa

10 Bird, Jacob Deception Bay

11 Melinz, Eli Noosa

12 Mickelborough, Noah Highfields

Boys Under 11 1100 Meter Race Walk

1 Callaghan, Flynn Redlands

2 Tilton, Noah Tweed

3 Grainger, Hugo Tweed

4 Roberts, Oliver Ashmore

5 Bricknell-Hewitt, Korbyn Mudgeeraba

6 Kororiko, Tama Biloela

7 Kopittke, Joshua Algester

8 Gee, Blake Algester

9 Eassie, Ryan Algester

10 Blair, Xavier Bundaberg

11 Stewart, Mitchell Ipswich

12 McDonald, Dylan Strathpine

13 Anderson, Lucas Toowong Harriers

14 McDonald, Zayne Nambour

15 Zirbel, Blake Highfields

16 Gratton, Ethan City North

17 Jenner, Joshua Granite Belt

18 Whitehouse, Oliver Nambour

Boys Under 12 1500 Meter Race Walk

1 Teasel, Bailey Helensvale

2 Cohen, Harry Toowong Harriers

3 Lucas, Jaydon Redlands

4 Epitropakis, Zackary Algester

5 Curtis, Jayden Deception Bay

6 Ellis, Ryan Maryborough

7 Dale, Kai Ormeau

8 Burke, Noah Toowoomba

9 Hermiston, Harvey Redlands

Boys Under 13 1500 Meter Race Walk

1 Housden, Bailey Arana

2 Callaghan, Myles Redlands

3 Smith, Cooper University

4 Capps, Charlie Gold Coast

5 Cosford, Sam Springwood

6 Higham, Tristan Strathpine

7 Hall, Grant Strathpine

8 Parkinson, Owen Toowong Harriers

9 Goodwin, Fred The Gap

10 Sheehan, Liam Toowong Harriers

11 Lavell, Nicholas Caboolture

12 Jenner, Zachary Granite Belt

Boys Under 14 1500 Meter Race Walk

1 McCure, Sam Ashmore

2 Bradley, Alex Highfields

3 Riese, Jonathan Toowong Harriers

Boys Under 15 1500 Meter Race Walk

1 Norton, Kai Arana

2 Wasson, Seth Caboolture

Boys Under 15 1500 Meter Race Walk

1 Norton, Kai Arana

2 Wasson, Seth Caboolture

Boys Under 17 1500 Meter Race Walk

1 Zirbel, Joshua Highfields

2 Hammans, Matthew Gold Coast

Gold Coast Masters Sunday March 15th

There is a 3,000 metres walk starting at 8.00am at the Runaway Bay track this Sunday

QRWC 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.

AGM Formal Notification

A formal notification of the Annual General Meeting will now be sent out (in a separate email) as well as 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. Nomination due in by March 22nd.

QUEENSLAND RACE WALKING CLUB INC

Known as RACEWALKING QUEENSLAND

Notice is hereby given that the Annual General Meeting of the Queensland Race Walking Club Inc. will be held at Kalinga Park on Sunday, 5th April, commencing at 9.15am.

The Business of the meeting will be:

The Receiving and Confirmation of the minutes of the 2019 Annual General Meeting

The Receiving of the Management Committee Report for 2019

The Receiving and Adoption of the Statement of Income and Expenditure, Assets and Liabilities for the financial year

The election of the Officers and other members of the Management Committee

The appointment of a Patron

The appointment of a Registrar

The appointment of an Equipment Officer

The appointment of a Canteen Convenor

The appointment of a Newsletter Producer

The appointment of a Handicapper/Results Person

The appointment of a Publicity Officer

Any appropriate General Business

NOMINATIONS are invited for the following positions for 2020

*President *Vice President *Secretary *Treasurer

Registrar Equipment Officer/s Canteen Convenor

Newsletter Producer Handicapper/Results Publicity Officer

*Not less than one (1) nor more than six (6) other committee members with the number to be decided at the Annual General Meeting.

Draft Sign-On Day /AGM Schedule

Sunday April 5th Kalinga Park

8.00am 5km

8.30am 3km

9.00am 2km / 1km

9.15am AGM

Sunday April 19th Logan River Parklands Beenleigh

Age Races & Handicap #1

8.00am A Grade 10km (Open/U20)

B Grade 5km (U16/U18/U20)

C Grade 3km (U14/U16)

D Grade 2km (U12/U14)

E Grade.5km (U10/U12)

F Grade 1km (U6/U8/U10)

Note: An updated draft schedule of meets up until the Canberra LBG Carnival on June 7th has been added to the calendar of events below. More events will be added as dates (and venues) are confirmed)

- The Qld Athletics Road Walk Championships will be held on Sunday July 26th

Murarrie

- The Australian Winter Road Walk Championships / AFRWC Carnival will now be conducted in Melbourne on August 30th. Tasmania was in the rotation of States for 2020 but have withdrawn from hosting this carnival this year.

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



**ONLY 6 WEEKS TO GO
REGISTRATIONS NOW OPEN**

EARLY BIRD ENTRIES CLOSE MARCH 12th

23.59 TONIGHT

Don't miss out!

ENTER NOW!

LATE BIRD ENTRIES CLOSE MARCH 26th LATE FEE \$50

<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.

Australian Masters Awards

Congratulations to Iggy on being selected as a finalist for the 2019 Australian Masters Awards in the Walks category. What else?

The winners will be announced at the National Championships Social/Awards Function on Sunday evening April 12th.

Walks Finalists

Heather Lee, W90, NSW
Colin Heywood, M65, NT
Ignacio Jimenez, M50, QLD
George White, M70, SA
Heather Carr, W65, VIC
Andrew Duncan, M50, WA

QRWC Call for Volunteers

Old Masters Athletics is holding the Australian Masters Athletics Championships over Easter April 10-13th in Brisbane.

The QRWC is hosting the 10km Road Walk. The road walk is being conducted on a certified 1km loop at Riverside Drive, Davies Park, West End (Jane Street end).

A Council permit has been issued to allow us access along Riverside Drive from the rowing sheds at the Jane Street end to just past the turnaround at Kurilpa Street.

The Start / Finish area is near the gas stripping tower (where a club race was held in 2018).

The race is on **Sunday April 12th** (Easter Sunday) and will start at 8am. We will need volunteers from 6.30am through to about 10.30am to allow time for presentations and to clear the road and pack up .

Even if you can only spare an hour or two during that time it would be greatly appreciated (This event is the week after the club Sign On Day and AGM on April 5th.)

We are seeking help from our QRWC members and your families and friends to assist with the safe and smooth running of this event. The more helpers we can get the easier the workload and the more enjoyable it becomes for everyone. The safety of the athletes and officials on the road during the race is our priority and we require your help to assist in this regard.

There are plenty of ways you can help in one or more of these roles:

Race Announcer

Check-In Desk

Starter

Timekeepers / Finish Marshall

Results Posting

Judges Runner

Lap Scoring - (5-6 needed)

Drink Station - (3-4 needed)

Refreshments - post race (cutting up and serving fruit, handing out bottles of water etc)

Presentations

Course Marshall - (6-8 needed)

Safety Officer

Course Set Up / Pack Up - There will be 100-200 witches hats and cones to place on the course and streets leading onto Riverside Drive.

Thank you for your help and co-operation.

Please indicate your availability by email to peter.bennett@live.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

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 3,000 metres 8.00am
March 21-29th Australian Open and Junior Track Championships, Sydney
March 29th QMA Gold Coast Championships Runaway Bay Sunday
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 Beenleigh Logan River Parklands 8.00am
April 26th QRWC Handicap Meet Date & Venue TBC

Looking further ahead

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
July 26th QA Road Walk Championships Venue Murarrie
August 30th AA Winter Road Walk Championships / AFRWC Carnival Melbourne TBC
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>
-
- 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/>