

Queensland Race Walking Club Inc.
Building on a fine tradition of race walking, 62 years in the making.



HEEL & TOE

March 22nd 2018

Australian Junior Championships Automatic Qualifier to World Juniors for Katie Hayward

Katie Hayward headlined a very strong team performance by Queensland race walkers at the Australian Junior Championships in Sydney.

Katie underlined her claim to Queensland's best ever female race walker when she won the U20 10,000. Katie's pb winning time of 45:48.45 was a meet record and earned her automatic qualification for the IAAF U20 World Championships (July 10-15th Finland). Katie also broke her own U20 State record and bettered the QA Open record time of 46.05 set back in 1996 by Jenny Jones.

From the AA report "Queensland's Katie Hayward led home the women's field in a new meet-record time of 45:48.45, over three minutes ahead of her nearest rival, Phillipa Huse (Vic). "It was a 4sec PB, so it was nice to know that I'm still getting good times," said Hayward who also earned automatic qualification for the U20 world championships with her win."

On the first day of the championships, Nelson McCutcheon got Queensland off to a winning start by taking out the U17 5,000 metres in a time of 23:04.38. Ryan Stewart, was 12th in the same race in 29:41.10.

The U18 girls 5,000 metres saw heartbreak for Caitlin Hannigan who was disqualified after crossing the line in first place. Milla Rowbotham was 6th in 29:41.01 with Charlotte Hamann enjoying her late call up to the team coming home in 8th position.

Sam McCure got among the medals in the U14 3,000 metres taking the bronze medal with a time of 15:50.43. Queensland was well represented in the girls U14 3,000 metres headed by a wonderful effort by Jayda Anderson who took out the silver medal in a time of 15:07.66. Just out of the medals was Anika Clarke coming in 4th in 15:54.70 Scarlett Schofield was 11th (18:37.28) and Quinella Jade Dagan 13th in 24:40.70.

The U15 women 3,000 metres saw a great effort by Bridie Sullivan to win the bronze medal in 15:25.91 with Mackenzie Ofield 5th in 16:43.95. A very fine effort by Gabriella Hill saw her finish just miss a medal in a fast time of 14:37.98 followed in by Camryn Novinetz in 14:48.95 for 5th place and Amelia Schofield 10th in 16:57.74.

A great effort by every Queensland walker at the Nationals. We are all very proud of you.

RESULTS RESULTS RESULTS

2018 Australian Junior Championships

Sydney Olympic Park Athletics Centre 14/03/2018 to 18/03/2018

Men 5,000 Metre Race Walk Under 17

1	McCutcheon, Nelson	02 QLD	23:04.38	IAAF 230.7c
2	McGinniskin, Jack	02 NSW	23:22.47	
3	Cross, Joe	02 SA	23:44.47	
4	Young, Gwyllym	02 ACT	23:45.30	
5	Anderton, Cooper	02 WA	24:16.71	
6	Thompson, Will	02 VIC	24:22.26	
7	Dickson, Corey	02 VIC	24:39.44	
8	Blaskett, Hayden	02 NSW	25:32.05	
9	Attwell, Jake	02 NSW	26:07.26	
10	Djordjevic, Nikolaj	02 VIC	26:41.38	
11	Campbell, Bayley	02 TAS	27:14.63	
12	Stewart, Ryan	02 QLD	29:41.10	

Men 5,000 Metre Race Walk Under 18

1	Tebbutt, Oscar	01 NSW	22:08.63	
2	Baker, Mitchell	01 ACT	22:26.99	
3	Camilleri, Tristan	01 SA	23:36.88	
4	Reid, Benjamin	01 WA	24:49.47	
5	Bruniges, Mathew	01 SA	27:32.10	
6	Millard, Thomas	01 WA	28:43.39	

Women 5,000 Metre Race Walk Under 17

1	Blanch, Emma	03 NSW	25:11.99	
2	Peart, Alanna	03 VIC	25:30.74	
3	Bolton, Hannah	03 NSW	26:10.23	
4	Hay, Charlotte	03 VIC	26:52.40	
5	Manning, Hannah	02 ACT	28:09.34	
6	Brennan, Elise	02 NSW	30:00.55	
7	Johnston, Lily	02 NSW	30:04.32	
8	Bell, Bridget	02 NSW	30:38.19	
9	O'Mahony, Kathleen	02 VIC	30:49.98	

10 Robertson, Brittany	02 NSW	31:11.44
11 Upton, Chloe	02 SA	31:49.64
-- Pitcher, Allanah	03 NSW	DNF
-- Parker, Hannah	02 NSW	DQ IAAF 230.7a

Women 5,000 Metre Race Walk Under 18

1 Henderson, Rebecca	01 VIC	24:15.70
2 Peart, Jemma	01 VIC	26:10.76
3 Mison, Hannah	01 NSW	27:32.29
4 Pengilley, Teegan	01 NSW	28:12.55
5 Lee, Janaya	01 NSW	29:19.53
6 Rowbotham, Milla	01 QLD	29:41.01
7 Walker, Amy	01 NSW	29:48.01
8 Hamann, Charlotte	01 QLD	32:11.80
-- Blackwell, Anna	01 TAS	DNF
-- Hannigan, Caitlin	02 QLD	DQ IAAF 230.7a

Men 3,000 Metre Race Walk Under 14

1 Wilks, Toby	05 SA	14:01.22M
2 Walter, Samuel	05 NSW	15:50.42
3 McCure, Sam	06 QLD	15:50.43
4 Imbriano, Joel	06 VIC	17:06.22
5 O'Rourke, Liam	05 VIC	18:10.56
6 Weickhardt, Sebastian	06 VIC	19:17.05
-- Santo, Oliver	05 NSW	DQ IAAF 230.7a

Women 3,000 Metre Race Walk Under 14

1 Griffin, Alexandra	05 WA	14:38.58
2 Anderson, Jayda	05 QLD	15:07.66
3 Dunne, Izabella	05 NSW	15:26.62
4 Clarke, Anika	05 QLD	15:54.70
5 Thomas, Emma	05 NSW	16:10.38
6 Upton, Kitarni	05 SA	16:30.52
7 Boughton, Milly	06 NSW	16:45.38
8 Hickson, Alannah	05 NSW	17:11.57
9 Pelham, Eliza	05 SA	17:13.72
10 Pusonjic, Elli	06 SA	17:52.32
11 Schofield, Scarlett	06 QLD	18:37.28
12 Lawrence, Lataya	06 WA	19:14.21
-- Holmes, Keeley	05 NSW	DQ IAAF 230.7a

Women 10,000 Metre Race Walk Under 20

1 Hayward, Katie	00 QLD	45:48.45M
2 Huse, Phillipa	99 VIC	48:52.25
3 Cross, Anna	99 SA	49:43.73

4 Henderson, Rebecca	01 VIC	51:22.35
5 Randall, Alice	00 TAS	53:51.39
6 Blackwell, Anna	01 TAS	54:58.95
7 Goodhew, Chelsea	99 NSW	55:00.70
8 O'Neill, Molly	00 NSW	56:02.40
9 Cross, Bethany	00 SA	56:38.88
10 McDonald, Jasmyn	99 NSW	56:57.10
11 Davison, Mackayla	00 VIC	58:50.15
12 Noonan, Emily	00 VIC	1:04:56.51

Men 10,000 Metre Race Walk Under 20

1 Tingay, Declan	99 WA	42:33.15W
2 Swan, Kyle	99 VIC	43:57.10
3 Tebbutt, Oscar	01 NSW	45:32.22
4 Baker, Mitchell	01 ACT	45:47.83
5 Frew, Connor	00 ACT	46:20.86
6 Richardson, Dylan	00 NSW	47:00.00
7 McGinniskin, Jack	02 NSW	48:19.59
8 Reid, Benjamin	01 WA	49:50.75
9 Thomson, Ryan	00 NSW	49:56.48
10 Dickson, Corey	02 VIC	50:22.19
11 Barendregt, Travis	00 NSW	54:52.51
12 Millard, Thomas	01 WA	56:45.86
-- Bedford, Kyle	00 NSW	DNF
-- Fraser, Timothy	00 ACT	DQ IAAF 230.7a

Men 3,000 Metre Race Walk Under 15

1 Saunder, Fraser	04 VIC	15:17.01
2 Pyda, Raven	04 NSW	17:04.21
3 Tebbutt, Archie	04 NSW	17:18.15
4 Costin, Owen	04 VIC	18:54.26

Men 3,000 Metre Race Walk Under 16

1 Kemp, Joel	03 NSW	13:58.82
2 Robertson, William	03 TAS	14:17.90
3 Beveridge, Heath	03 VIC	15:13.27
4 Leerberg, Martin	03 NSW	15:42.33
5 Davis, George	03 NSW	16:41.30
6 Walter, James	03 NSW	16:41.56

Women 3,000 Metre Race Walk Under 15

1 Griffin, Alexandra	05 WA	14:21.35
2 McMillen, Elizabeth	04 NSW	15:01.88
3 Sullivan, Bridget	04 QLD	15:25.91
4 Burns, Laura	04 ACT	15:54.43

5 Ofield, Mackenzie	04 QLD	16:43.95
6 McLoughlin, Chloe	04 NSW	16:48.31
7 Thomson, Jada	04 NSW	17:35.64
8 Gray, Maddison	04 WA	17:42.08
9 Wilks, Mia	04 SA	17:44.95
-- Gray, Maddison	04 SA	DNS

Women 3,000 Metre Race Walk Under 16

1 Blanch, Emma	03 NSW	13:55.36
2 Peart, Alanna	03 VIC	13:58.54
3 Upton, Victoria	03 SA	14:29.10
4 Hill, Gabriella	03 QLD	14:37.98
5 Novinetz, Camryn	03 QLD	14:48.95
6 Hay, Charlotte	03 VIC	14:59.62
7 Bolton, Hannah	03 NSW	14:59.89
8 Sandery, Olivia	03 SA	15:11.06
9 Dagher, Sophia	03 NSW	16:27.20
10 Schofield, Amelia	03 QLD	16:57.74
-- Pitcher, Allanah	03 NSW	DNF

Old Masters Athletics QSAC Saturday March 17th

3,000 Meter Race Walk

Mark Carlile M44 21:05.84 (19:59.39 52.65%)
 Ignacio Jimenez M52 14:09.80 (12:22.31 85.06%)
 Peter Bennett M62 16:07.19 (12:51.82 81.81%)
 Patrick Sela M78 23:19.85 (15:38.46 67.28%)

(Age Graded Times & Percentages in Brackets)

Little Athletics State Championships

The walk events at the Queensland Little Athletics Championships will be conducted this Friday at QSAC. All the best to our young walkers taking part and we hope many of our members can make it out to the track to show their support.

Walks Programme

3:30pm

Girls Under 11 1100m Walk Finals
 Boys Under 11 1100m Walk Finals

3:55pm

Girls Under 10 1100m Walk Finals
 Boys Under 10 1100m Walk Finals

4:20pm

Girls Under 9 700m Walk Finals
 Boys Under 9 700m Walk Finals

6:35pm

Girls Under 13 1500m Walk Finals

Boys Under 13 1500m Walk Finals

7:00pm

Girls Under 12 1500m Walk Finals

Boys Under 12 1500m Walk Finals

7:25pm

Girls Under 14 1500m Walk Finals

Boys Under 14 1500m Walk Finals

7:40pm

Girls Under 15 1500m Walk Finals

Boys Under 15 1500m Walk Finals

Girls Under 16 1500m Walk Finals

Boys Under 16 1500m Walk Finals

Girls Under 17 1500m Walk Finals

Boys Under 17 1500m Walk Finals

This Week

A reminder to master's walkers to get your entry in for the QMA State Championships. The 5,000 metres will be conducted on Saturday April 21st

On-line entries are now open or put in a paper entry at the next Masters meet. Entries close April 11th. Entry Fees: Admin fee \$20 plus \$7 per event. Enter online at

<http://www.qldmastersathletics.org.au/>

QRWC Winter Road Walk Season / AGM Sunday April 22nd

The 2018 Winter Road Walk season kicks off on **Sunday April 22nd** with a Sign on Day and Annual General Meeting at the Logan River Parklands, Beenleigh.

The **Annual General Meeting** of the club will be held after the races conclude at **9.15am**. This is the opportunity for members to put their hand up to be elected to the Management Committee or to be appointed to a number of other important volunteer roles within the club.

Please download a nomination form from the QRWC Website: www.qrwc.com.au

Please return your signed nomination form to the Returning Officer, Mr. Andrew Wearne by April 8th.

Games Race Walk Sport Rehearsal

In another big opportunity for the club and our members the QRWC have been invited to provide six of our junior athletes to participate in a Sport Rehearsal of the Race Walks at GC2018 at Currumbin on Saturday April 7th .

This will be a very exciting day for our juniors and a wonderful experience. The rehearsal is a formal process to ensure key functional areas of sport competition, sport presentation, medal ceremonies, results technology, broadcast, press, medical and security operations are tested prior to competition delivery.

Athletes will simulate a race walk meet from start and finish. The IAAF Technical Delegate, Athletics Road Events Manager and Athletics Road Events Technical Operations Manager - Venue will all observe proceedings. During the rehearsal the athletes will undertake roles like: arrival onsite, introductions, start line procedures, race finish and medal ceremonies. They will use/walk through relevant zones such as athlete lounge, warm up area, field of play and post finish mixed zones.

The participants will get to see all the Games walk competitors during their own familiarization tour of the venue on the Saturday. Have a great time guys.

“HAVE A GO” Activation CG2018 Currumbin Walks

Race Walking Queensland will be conducting a “HAVE A GO” Activation at the 2018 Gold Coast Commonwealth Games walk events on the Currumbin beachfront on Sunday April 8th. This is a GOLDOC sanctioned event and are honoured to have been given this unique opportunity to showcase race walking and our club.

The pergola at the southern end of the course and you will not miss us with all our colourful signage (including Games mascot Borobi) and backdrops. There will be lots of opportunities for selfies or to pin on a mock Games race bib. Not only will the bibs make a great souvenir they can also be used to collect autographs or display a message of support to your favourite Games athlete.

Our mission is to give spectators an overview of the rules, the technique and the opportunities that exist in the sport. Newcomers to the sport will have the chance to walk a on section of road (Pacific Parade) with guidance from our coaches and athletes.

There are three sessions for the Have a Go activation but the pergola will be manned throughout the morning to provide information on race walking and the activities of the club. Our snappily dressed Activation Team will be keen to talk about getting started in

race walking and the opportunities (Have a Go polo shirts, black shorts and white shoes) within the sport.

Session 1 6.20am - 6.50am (**Men's 20km race start 7.00am**)

Session 2 8.35am - 9.05am (**Women's 20km race start 9.15am**)

Session 3 12.00pm - 12.30pm

Each session will have a couple of our junior walkers demonstrating race walking technique with senior club members on hand to explain how to race walk and encourage members of the public to "Have a Go" (we will have a coned off section of the road for this purpose). As time is short they will not strictly be coaching sessions. It is just to provide an overview of the rules and the basic technique. The emphasis is on showing that the sport is for all ages and abilities and is about having fun and getting fit.

To local walkers, come along and support the club and your fellow team members. Bring along your friends especially those who are interested in having a go at race walking. To all overseas and interstate members of the race walking community please drop by and say "hello" and get to meet our happy crew. They will only be too happy to have a chat and answer any questions you may have. The pergola will also make an ideal "meet up" point for families and friends.

Commonwealth Games Road Walks

Post-Race Get Together

Currumbin Beach Vikings Surf Lifesaving Club

Sunday, April 8th will be an exciting morning with the Commonwealth Games 20km walks being held along the Currumbin beach front. *Race Walking Queensland* would like to invite all our members and their families as well as members of the race walking "family" from around Australia and around the world to meet up and come together at the Surf Club at the conclusion of the races.

Getting to the GC2018 road walks
Pacific Parade Currumbin Sunday April 8th
PLEASE TAKE NOTE

Bus

Bus routes, including 700, 760, 767 and 768 will run frequently during the Games and can take you close to the venue. Allow at least 15 minutes to walk to the

venue from the nearest bus stop.

700 bus service will connect you to Currumbin Beachfront. This service will run every 15 minutes, 24 hours a day from 4 – 15 April.

- Get off at the Currumbin Wildlife Sanctuary stop. It is a short walk from here to the race venue on Pacific Parade.
- Games Volunteers can get off at the Gold Coast Highway at Currumbin Hill stop and walk down the hill along Duringan Street toward the volunteer check in area.

Train

Catch the train to Varsity Lakes station and from there you can take a local bus **760**. The heavy rail network will operate 24 hours a day between 5 and 15 April.

G:link

Walk or catch a bus to the G:link light rail, then get off at Broadbeach South Station and take the **700** bus service which will take you within walking distance of the venue. The G:link will operate 24 hours a day between 5 and 15 April.

Route GC2018

During the Games, Route GC2018 will travel between Helensvale and Nerang stations, connecting key transport interchanges and GC2018 venues along the route including Labrador, Southport, Surfers Paradise and Broadbeach, where the **700 bus service will connect you to Currumbin Beachfront. This service will run every 15 minutes, 24 hours a day from 4 – 15 April.**

Parking

Parking at or near GC2018 venues will not be an option. Please note that parking restrictions will be in place on the Gold Coast during the Games, especially in proximity to venues.

Taxi or Rideshare

Taxi or passenger drop off and pick up options are available near the venue.

Note: There are no cycle storage facilities at the Currumbin Beachfront venue.

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 10th

This annual Carnival is held each June in Canberra and brings together races walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the AFRWC and has a strong team emphasis. The carnival is over 50 years of age and involves over 300 walkers of all ages. This is a chance for EVERY member of the club to represent your State.

UNIFORMS

The wearing of a club uniform is compulsory at Federation carnivals and failure to do so can result in disqualification. We do not carry a large stock of uniforms so if you are planning on going to Canberra start thinking about ordering a uniform. Contact Noela at noelrhoda@gmail.com

Canberra Programme – There is an event for everyone

1. Open 20 Miles 8.00am
2. Fitness 20 Miles 8.00am
3. Men & Women ACTA 30km C/Ship 8.00am
4. Open & Vet Women 10 Miles 8.00am
5. Open & Vet Men 10 Miles 8.00am
6. Fitness 10 Miles 8.00am
7. Fitness 5 Miles 9.00am
8. Men 10,000 Metres 10.30am
9. Men U20 ACTA 10km C/Ship 10.30am
10. Women U20 10,000 Metres 10.30am
11. Open (over 20 years) 10km 10.30am
12. Boys U10 1,000 Metres 11.40am
13. Girls U10 1,000 Metres 11.40am
14. Boys U12 2,000 Metres 11.50am
15. Girls U12 2,000 Metres 11.50am
16. Boys U14 2,000 Metres 12.10pm
17. Girls U14 2,000 Metres 12.30pm
18. Boys U16 3,000 Metres 12.50pm
19. Girls U16 3,000 Metres 1.15pm
20. Boys U18 5,000 Metres 1.40pm
21. Girls U18 5,000 Metres 1.40pm
22. Women's Open 5,000 Metres 2.20pm

Events 1, 4, 8, 12-22 are Racewalking Australia individual and team events.

Events 4 & 5 incorporate Racewalking Australia Masters men's & women's individual competition only

Play by the Rules online training

Play by the Rules is online training for everyone involved in sport and recreation organisations, including: coaches, administrators, officials, players, parents and spectators. It offers free courses on some of the most important topics in sport, including: child protection, harassment and discrimination and complaint handling.

The QRWC recommends that our volunteers and parents familiarize themselves with the Play by the Rules and the on-line courses offered. These are applicable to all sports and recreational activities. By taking these courses you will upgrade your knowledge and skills, which will help to create safer, fairer and more inclusive environments for all people involved in our sport.

Anyone undertaking AA coaching courses at Levels 1 & 2 will need to do some of these modules as a course pre-requisite. To access the courses and to find out more on what other resources are available go to; <https://www.playbytherules.net.au/>

Child Protection

This is a free, interactive online training course suitable for coaches, administrators, officials, players, parents and spectators. Main areas covered;

- what child abuse is
- your rights and responsibilities under child protection laws
- how the laws apply to sporting organisations, clubs, their employees and volunteers
- when, where and how to report incidents
- how to establish a welcoming and inclusive environment at your club or organisation.

Complaint Handling

The course is aimed at administrators, coaches, officials and anyone with an interest in the welfare of sports club members. The modules are:

1. Introduction
2. Complaint Resolution Procedure
3. Member Protection and the Law
4. Listening and Responding Effectively (Communication Skills)
5. Meeting with a Contact (Complaint Handling – The Starting Point)
6. Ethical and Practical Considerations
7. Nipping it in the Bud (Early Intervention Strategies)
- 8.

Harassment and discrimination

The course provides information to help you understand:

- what harassment and discrimination is
- your rights and responsibilities under equal opportunity and laws
- how the laws apply to sporting organisations, clubs, their employees and volunteers
when, where and how to report incidents
- how to establish a welcoming and inclusive environment at your club or organisation.

Get Covered!

QA Registration for Volunteers: The club encourages all club volunteers, officials, committee members and coaches to register with Queensland Athletics through their Free member option. This membership is valid up until 30th September 2018 and includes coverage for Personal Accident Insurance under the [National Insurance Program](#).

Go to the QA website membership page and register as a QRWC volunteer.

<http://www.qldathletics.org.au/Membership/Membership-Information>

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.

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.



ENTRIES ARE NOW OPEN

The QRWC is the host organisation for Athletics - Road Race Walks for the 2018 Pan Pacific Masters Games. The road walks will take place on the Luke Harrop Criterium Circuit next to the Sports Super Centre at Runaway Bay on Sunday November 11th 2018.

Every entry in the 10km road walk will benefit the club so please spread the word amongst your Masters friends.

<https://mastersgames.com.au/ppmg/sports/athletics-road-race-walk/>

Racewalking Queensland Management Committee 2017/18

President: S Pearson

Secretary: N. McKinven

Vice President: P. Bennett

Treasurer: J. Heylen

Committee: I Jimenez, A Wearne, R Wales, R Hamann, J Pickles, S Langley

Patron: Patrick & Maxine Sela **Registrar:** A Wearne, S Wearne

Delegates to QA: R Wales, S Pearson

Equipment Officers: N McKinven, I Jimenez, P Bennett, S Pearson

Handicapper: N McKinven

Trophy Officer: N McKinven

Results: N McKinven

Canteen Convenor: G Jimenez

Publicity Officer: J Pickles

Blue Card Co-ordinator: J Haig

Coming Up

April 8th Commonwealth Games 20km Road Walks Currumbin
April 11th **Wednesday** QMA 10,000 metres SAF 7.00pm
April 14th QMA 3,000 metres SAF 8.15 am
April 21st QMA Track & Field Championships SAF 5,000 metres TBA
April 22nd QRWC Sign On Day / Handicap Meet Beenleigh
April 26-29 AMA Track & Field Championships Perth WA
April 28-29th Australian Little A's Championships Gold Coast
May 5-6th World Race Walking Team Championships Taicang, China
May 6th QRWC Handicap Meet Kalinga Park 7.30am
May 20th QRWC Handicap Meet Beenleigh
May 27th QRWC Handicap Meet Morningside 7.30am

Looking Further Ahead

June 3rd Gold Coast Road Walk Championships Mudgeeraba 8.00am
June 10th LBG Federation Carnival Mt Stromlo Canberra
June 17th QRWC Handicap Meet TBC
June 24th QRWC Handicap Meet Davies Park 8.00am
July 8th QRWC Handicap Meet TBC
July 10-15th IAAF World Juniors Track Championships Finland
July 15th QRWC Handicap Meet TBC
July 22nd RWA Postal Challenge Beenleigh 8.00am
July 29th QRWC Handicap Meet TBC
August 5th QA Road Walk Championships / QMA Short Walk C/Ships **TBA**
August 12th QRWC Track Championships UQ St Lucia 8.00am
August 19th QRWC Club Championships Kalinga Park 8.00am
August 26th AA/Federation Road Walk Championships Sunshine Coast **TBA**
September 1-16th World Masters Athletics Championships Malaga, Spain
September 2nd QMA Long RW C/Ships / QRWC Invite meet / 20km Murarrie
September 16th Relay/Trophy/BBQ Day Kalinga Park 10.00am
November 11th PPMG 10km Road Walk Runaway Bay 7.00am

Racewalking Queensland

(Trading at the Queensland Race Walking Club Inc. ABN 59065512712)

All club memberships become due on April 1st.

QRWC Annual Subscriptions 2018/19

Registration Fees

Family \$40

Students & Officials \$15

Others \$25

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

A great way to save money and not have to worry about paying race fees every week is to invest in a QRWC “Season Ticket”. This enables the athlete to compete in up to 15 club meets a season (10 x handicaps, club road championships, club track championships, Postal Challenge, Invite Meet & relay day). This does not cover QA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet.

QRWC Website: www.qrwc.com.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.

qrwcregistrar@outlook.com Club membership enquiries and information

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/>