

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 67 years in the making.



HEEL & TOE

March 24th 2022



Athletics Australia Track Championships Sydney Olympic Park Athletics Centre

Saturday 26th March - Sunday 3rd April

All the very best for our large contingent of walkers, coaches, family and friends when have travelled to Sydney for the National Track & Field Championships beginning this weekend. We know you will all do us proud and be great ambassadors for Queensland and we will follow your results with great interest.

Walk Programme

Saturday 26th

5.20pm U15/U16 3,000 metres Women

5.45pm U14 3,000 metres Men

Sunday 27th

10.30am U14 3,000 metres Women

12.45pm U15/U16 3,000 metres Men

Wednesday 30th

6.10pm 10,000 metres U20/Open Women

7.30pm 10,000 metres U20/Open Men

Thursday 31st

2.20pm U17/U18 5,000 Women

Friday 1st April

3.00pm U17/U18 5,000 Men



Entry Lists and Seeded Times

Women 10000 Metres Race Walk Open

1 Montag, Jemima 98 VIC 42:39.20

2 Hayward, Katie 00 QLD 44:30.00

3 Henderson, Rebecca 01 VIC 45:21.80

4 Smith, Clara 98 QLD 45:36.00

5 Ruddick, Kelly 73 VIC 48:40.00
6 Mison, Hannah 01 NSW 50:59.00
7 Peart, Jemma 01 VIC 55:05.00
8 Parker, Hannah 02 NSW 56:07.40
9 Bell, Bridget 02 NSW 57:04.00
10 Samanna, Claire 91 VIC 57:39.6

Women 10000 Metres Race Walk U20

1 Sandery, Olivia 03 SA 45:24.10
2 Peart, Alanna 03 VIC 48:18.00
3 Pitcher, Allannah 03 NSW 49:17.00
4 Hay, Char 03 VIC 51:02.00
5 McMillen, Elizabeth 04 NSW 52:11.00
6 Boughton, Milly 06 NSW 52:18.00
7 Blanch, Emma 03 NSW 52:27.00
8 Bolton, Hannah 03 NSW 52:31.00
9 Novinetz, Camryn 03 QLD 53:57.00
10 Clarke, Anika 05 QLD 57:58.00
11 Millard, Summer 05 QLD 59:49.00

Women 5000 Metres Race Walk U18

1 Laytham, Tara 05 NSW 26.50
2 Cetta, Tiana 05 SA 10:12.30
3 Griffin, Alexandra 05 WA 23:56.00
4 Anderson, Jayda 05 QLD 24:38.00
5 Pitcher, Sienna 07 NSW 24:50.00
6 Woods, Zoe 07 NSW 25:24.00
7 Pashutina, Ariana 07 VIC 27:34.00
8 Bergh, Mia 05 QLD 27:36.70
9 Cassilles, Ciara 07 NSW 27:43.70
10 Lamb, Chloe 07 NSW 28:10.70
11 Thomas, Emma 05 NSW 28:57.80
12 Hickson, Alannah 05 NSW 29:09.20
13 Farrell, Isabella 05 NSW 29:12.80
14 Fisher, Torryn 05 QLD 29:37.50
15 Roberts, Darcey 07 ACT 30:00.00
16 Millard, Summer 05 QLD 30:22.00
17 Sivaraj, Summer 07 NSW 31:20.30
18 Nilon, Isabelle 05 NSW 34:52.00

Women 5000 Metres Race Walk U17

1 Boughton, Milly 06 NSW 23:37.00
2 Nash, Maddison 06 VIC 25:54.27
3 Beck, Grace 08 NSW 26:32.00
4 Roberts, Chelsea 06 NSW 27:03.80
5 Heap, Ashanti 06 QLD 27:26.90
6 Munroe, Ella 06 NSW 28:09.00
7 Smith, Emily 06 VIC 28:17.00
8 Lawson, Piper 06 QLD 29:16.20
9 Sharpe, Milly 08 QLD 29:16.30
10 Byatt, Laelia 06 NSW 29:38.90
11 Pinches, Aiva 06 NSW 30:13.10
12 Krklinski, Chloe 06 NSW 31:00.00
13 Norden, Lilah 07 NSW 31:09.80
14 Chadwick, Phoebe 06 QLD 31:32.50
15 Grocott, Julia 06 ACT 31:48.76
16 Housden, Lily 06 QLD 32:45.60

Women 3000 Metres Race Walk U16

1 Pitcher, Sienna 07 NSW 14:21.00

2 Roberts, Darcey 07 ACT 14:37.00
3 Woods, Zoe 07 NSW 14:45.90
4 Williams, Lyla 07 NSW 14:55.20
5 Cassilles, Ciara 07 NSW 15:18.70
6 Pashutina, Ariana 07 VIC 15:35.00
7 Teahen, Rebecca 07 QLD 15:41.00
8 Lynch, Emily 07 SA 16:05.00
9 Newberry, Brooke 07 NSW 16:08.20
10 Sivaraj, Summer 07 NSW 16:13.30
11 De Ruvo, Katie 07 SA 16:21.00
12 Lamb, Chloe 07 NSW 16:21.40
13 Gourlay, Matilda 07 SA 16:52.40
14 Towler, Brooklyn 07 VIC 17:08.00
15 Goulding, Lily 07 QLD 18:51.00
16 Morris, Taylah 07 QLD 21:38.20

Women 3000 Metres Race Walk U15

1 Beck, Grace 08 NSW 15:01.00
2 Mcgregor, Madeleine 08 VIC 15:53.00
3 Bogaers, Kaytee 08 WA 15:56.00
4 Platt, Madeline 08 NSW 16:06.70
5 Legrand, Angelina 08 SA 16:14.00
6 Sharpe, Milly 08 QLD 16:16.80
7 Flahey, Natasha 09 NSW 16:45.60
8 Bray, Katie 08 QLD 18:19.00
9 Bevis, Leila 08 WA 18:23.90
10 Corvalan Sotomayor, Laura 08 NSW 18:46.70

Women 3000 Metres Race Walk U14

1 Mitchell, Maisie 09 NSW 15:28.60
2 Webb, Matilda 09 NSW 15:58.50
3 Loring, Jessica 09 NSW 16:08.50
4 Hearnden, Emma 09 NSW 16:11.60
5 Curtis, Isabelle 09 WA 16:31.70
6 Pinches, Stella 09 NSW 16:38.20
7 Flahey, Natasha 09 NSW 16:45.60
8 Pickvance-Yee, Destinee 09 QLD 16:53.60
9 Clarke, Makenna 09 QLD 17:06.00
10 Morgan, Mietta 09 VIC 17:11.00
11 Hoskins, Emma 10 NSW 17:17.50
12 Horne, Lily 10 NSW 17:20.20
13 Cosgrave, Ella 10 QLD 17:25.90
14 Borsic, Katica 09 WA 17:59.60
15 Ryan, Jillian 10 ACT 18:30.41
16 Macdonell, Charlotte 09 VIC 19:03.00

Men 10000 Metres Race Walk Open

1 Tingay, Declan 99 WA 39:01.00
2 Swan, Kyle 99 VIC 39:22.00
3 Cowley, Rhydian 91 VIC 40:28.10
4 Rew, Quentin 84 NZL 40:35.20
5 Thompson, Will 02 VIC 41:00.30
6 Baker, Mitchell 01 ACT 41:30.80
7 Jones, Tyler 98 NSW 41:39.00
8 Gibbons, Carl 96 NSW 42:30.00
9 Fraser, Tim 00 ACT 42:31.00
10 Camilleri, Tristan 01 SA 43:45.00
11 Richardson, Dylan 00 NSW 44:13.50
12 Young, Gwyllym 02 ACT 45:20.00

13 Reid, Benjamin 01 WA 45:49.40
14 Kozica, Jason 87 VIC 46:57.27
15 Bruniges, Mathew 01 SA 48:00.00
16 McGinniskin, Jack 02 NSW 49:21.40

Men 10000 Metres Race Walk U20

1 Pyda, Raven 04 NSW 50.60
2 Saunder, Fraser 04 VIC 46:04.00
3 Whatman, Riley 03 NSW 56:58.10

Men 5000 Metres Race Walk U18

1 Bottle, Will 05 TAS 22:46.20
2 Toyne, Owen 07 ACT 22:59.50
3 Coughlan, Riley 07 VIC 23:50.00
4 Ronan, John 07 WA 23:50.10
5 Morgan, Eden 05 VIC 24:10.00
6 Robson, Jack 05 NSW 24:35.40
7 Morgan, Oliver 07 TAS 24:45.00
8 Wasson, Seth 05 QLD 24:50.00
9 Housden, Bailey 07 QLD 25:33.00
10 Ashby, Myles 07 NSW 27:23.80
11 Pospischil, Brendan 05 NSW 28:26.20

Men 5000 Metres Race Walk U17

1 Wakim, Marcus 06 VIC 21:53.00
2 Clarkson, Kodi 08 ACT 22:57.22
3 McCure, Sam 06 QLD 23:40.10
4 Bell, Darcy 06 NSW 24:38.10
5 Lindsay, Samuel 08 TAS 24:39.80
6 Peart, Scott 06 VIC 24:47.00
7 Platt, Grady 06 NSW 25:04.00
8 Bradley, Alex 06 QLD 26:00.80
9 Allabush, Dylan 08 NSW 27:50.90
10 Matters, Zachary 06 VIC 27:55.25

Men 3000 Metres Race Walk U16

1 Beacroft, Isaac 07 NSW 12:40.00
2 Toyne, Owen 07 ACT 12:48.10
3 Ronan, John 07 WA 13:28.10
4 Coughlan, Riley 07 VIC 13:40.00
5 Housden, Bailey 07 QLD 13:56.50
6 Morgan, Oliver 07 TAS 14:40.00
7 Ashby, Myles 07 NSW 14:57.60
8 Rech, Cooper 07 SA 15:47.10
9 Byatt, Joel 07 NSW 15:48.90
10 Spamer, Brodie 07 NSW 16:03.60

Men 3000 Metres Race Walk U15

1 Clarkson, Kodi 08 ACT 13:07.22
2 Richards, Sebastian 08 SA 14:17.00
3 Lindsay, Samuel 08 TAS 14:35.00
4 Allabush, Dylan 08 NSW 15:45.30
5 Dale, Kai 08 QLD 16:01.60
6 Sinnett, Alexander 08 NSW 16:14.30
7 Robson, Kane 08 NSW 18:20.70

Men 3000 Metres Race Walk U14

1 Baldy, Damian 10 VIC 15:49.41
2 Pashutin, Daniel 09 VIC 16:08.00
3 Braendle, Alexander 10 NSW 17:03.80
4 Horton, Jaxson 09 NSW 17:29.80
5 Gordon, Harry 09 WA 18:13.00

6 Tilton, Noah 09 QLD 20:40.80

Old Little Athletics 2022 State Team ALA Championships Melbourne April 23-24th

Congratulations to club members Makenna Clarke and Natasha Flahey on their selection to compete in the 1,500 metres walk at the Little A's Nationals in Melbourne next month. Xavier Blair and Noah Tilton are the Qld representatives the boys 1,500 walk.

AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS 2022



Brisbane, Queensland
1 April to 4 April 2022

Walk Programme

Friday April 1st

4.30pm W30+ 1,500m Walk

M80+ 1,500m Walk

4.50pm M30 -79 1,500m Walk

Saturday April 2nd

8.00am W30+ 5,000m Walk

M75+ 5,000m Walk

8.50am M30-74 5,000 Walk

Sunday April 3rd

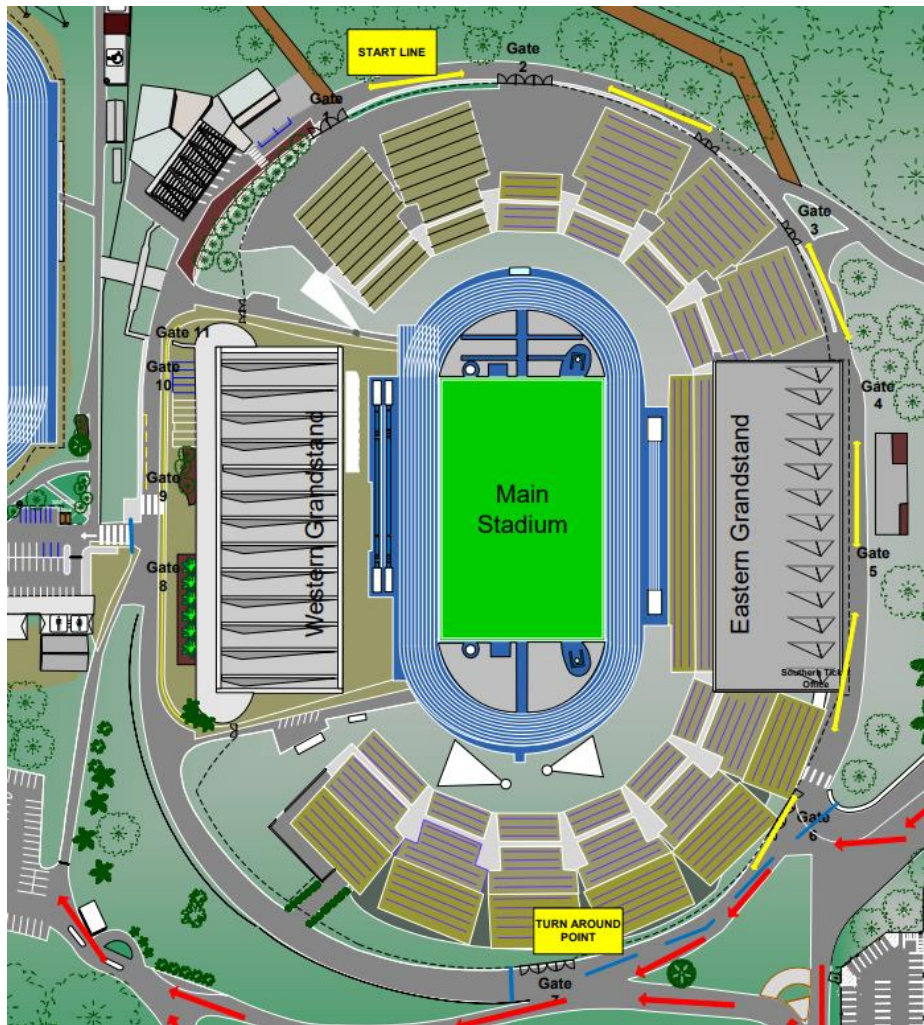
7.00am W30+ 10km Road Walk

M30+ 10km Road Walk

Call for Volunteers

Thank you to those wonderful members who have indicated that they will be able to help with the running of the road walk competition. We really appreciate your support and giving up your Sunday morning to help run this event. Please let Noela (noelarhoda@gmail.com) or myself know if you and/or members of your family will be available to help out at the Masters Road Walks on Sunday April 3rd at QSAC. Expressions of interest in judging positions should be made to Greg Ison at QA. We require volunteers for lap scoring, timekeeping, water stations, runner/cyclist for collecting judges' cards and general setting up the course and packing up afterwards.





1km race loop (indicated approx. by the yellow lines) is a World Athletics Certified Measured Course around the ring road at QSAC.

When and where can I pick up my competition numbers?

The registration desk will open from 1.00pm on Thursday 31st March inside the ground level of the Main Stadium at QSAC, where competitors can pick up their athletes' handbook, competition numbers etc.

Opening hours for the desk will be as follows:

Thursday	1.00pm to 6.00pm
Friday	7.00am to 3.30pm
Saturday	7.00am to 3.00pm
Sunday	7.00am to 1.00pm
Monday	7.00am to 11.00am

RESULTS RESULTS RESULTS

**QMA Gold Coast Masters Championships
March 19th SAC**

1,500 Meter Race Walk

- 1 Kirwin, Roslyn W33 Qld Masters 11:24.73 (11:24.74 49.22%)
- 1 Craswell, Jodie W54 Qld Masters 9:35.88 (8:31.10 65.94%)
- 2 Dale, Joy W50 Qld Masters 9:36.38 (8:31.54 65.88%)
- 1 Woodward, Erika W55 Qld Masters 8:38.16 (7:20.44 76.51%)
- 1 McKinven, Noela W79 Qld Masters 13:12.24 (8:53.90 63.12%)
- 1 Jimenez Solis, Ignacio M56 Qld Masters 7:01.38 (5:51.65 87.87%)

1 Sela, Patrick M82 Qld Masters 12:32.64 7:49.20 65.86%

5,000 Meter Race Walk

1 Kirwin, Roslyn W33 Qld Masters 42:37.36 (42:37.37 46.42%)

1 Gannon, Brenda W47 Qld Masters 29:23.23 (27:10.99 72.78%)

1 Dale, Joy W50 Qld Masters 40:21.90 (35:47.26 55.28%)

1 Woodward, Erika W55 Qld Masters 30:46.60 (26:00.57 76.06%)

1 McKinven, Noela W79 Qld Masters 43:10.64 (27:59.26 70.69%)

1 Jimenez Solis, Ignacio M56 Qld Masters 24:02.98 (20:10.67 89.01%)

1 Sela, Patrick M82 Qld Masters 41:55.08 (26:10.42 68.62%)

Age Graded Times & Percentages in Brackets

QRWC 2022 WINTER ROAD WALKING SEASON (APRIL to SEPTEMBER 2022)

With the start of our winter road walking season not too far away, now is the time to start thinking about membership options for the upcoming winter season.

The QRWC membership year runs from 1 October to 30 September the following year.

Memberships can be taken out or renewed at any time during this period. You don't have to wait until the start of the winter road walking season in April to join QRWC or renew your membership. All memberships taken out on or after 1 October 2021 will be valid until 30 September 2022 and will cover the 2022 winter road walking season.

When looking at QRWC membership options, there are basically two types:

1. Standalone QRWC membership -or-
2. Combining QRWC membership with a Queensland Athletics (QA) membership.

Standalone QRWC Membership

QRWC membership covers all QRWC race days as well as QRWC championships. Note: race fees are in addition to membership fees. There are two membership options: student (\$15) and non-student (\$25). This level of membership would be suitable for athletes wishing to compete at QRWC races only, or athletes wishing to attend QA events who are already a member of another QA club (refer to the following for details about QA events).

Combined QRWC/QA Membership

QA conducts a number of events throughout the year, including approximately 4 or 5 racewalking events held over the summer months as well as the QA Qld Road Walking Championships (usually held in July each year). In order to compete at these events, QA requires athletes to take out membership with QA and also be a member of a club that is affiliated with QA - QRWC is one such club.

QA memberships become due on 1 October each year and are valid until 30 September the following year. The QRWC membership year is aligned with the QA membership year which means that athletes wishing to compete at QA events can obtain a combined QA/QRWC membership in or after October each year, which covers the QA summer season events (October to March) and the Qld Road Walking Championships in July. This combined membership also includes the QRWC winter road walking season (ie. the traditional Sunday morning races held from April to September). This allows members wishing to compete in both QA and QRWC events, to take out membership for both organisations in one transaction. In fact, we already have a number of QRWC members who have renewed their QRWC membership for the 2022 winter season and have been competing at QA events over the summer months. Given that this membership extends until September 30 this year, they will also be covered for the Qld Road Walking Championships in July (approx.) and QRWC races held in the winter months.

QA has a 3 different membership levels (platinum, gold and base). QA membership fees are in addition to QRWC membership fees (as above).

Further information about QA memberships can be found at:
<https://cdn.revolutionise.com.au/site/qqmoo3oyiea1blrd.pdf>

If you would like more information regarding membership options, please contact Jenny at qrwcregistrar@gmail.com

Sign-On Day /AGM Schedule

Sunday April 10th Venue TBC

No points races

8.00am 5km

8.30am 3km

9.00am 2km / 1km

9.30am AGM

Age Races & Handicap #1

Sunday April 24th Venue TBC

8.00am A Grade 10km

8.15am E Grade 1km / F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km / D Grade 2km

Updated Draft dates only – all the be confirmed – all venues still to be finalised. Note that the Logan River Parklands and Kalinga Park will not be able to be used for road walk in the coming months.

Looking ahead it has been announced the Australian Road walk Championships / 2nd Federation Carnival will be held in Melbourne on September 11th .

The QA Road Walk Championships will be held on Saturday August 6th on the ring road at QSAC.

MONTH		DATE	EVENT
March		27	AA Track Championships - Walks
April		3	AMA National Road Walk C'Ship
April		10	QRWC Sign On Meet /AGM
		17	Easter Sunday
		24	QRWC Handicap Meet 1
May		1	QRWC Handicap Meet 2
		8	Mother's Day
		15	Gold Coast Championships
		22	QRWC Handicap Meet 4
		29	QRWC Handicap Meet 5
June		5	QRWC Handicap Meet 6
		12	LBG Federation Meet
		19	QRWC Handicap Meet 7
		26	QRWC Handicap Meet 8
July		3	Gold Coast Marathon
		10	RWA Postal Challenge
		17	QRWC Track Championships
		24	
		31	QRWC Handicap Meet 9
August	Saturday	6	QA Road Walk Championships
		14	QRWC Handicap Meet 10
		21	QRWC Club Championships
		28	
September		4	Father's Day
		11	AA/Federation Championships
		18	
		25	
November		13	Pan Pacific Masters Games

QRWC Handicap Meets and Points

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Starting points are awarded for starting the event.

Completed points are awarded for finishing the race distance.

The Best Season Performance. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be

awarded a maximum of 115 points. To maximise your points for the season it is recommended that an athlete stays in the same grade for the season.

Canberra Federation Carnival

Sunday June 12th Mt Stromlo

The annual Carnival is held each June in Canberra and brings together race walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the Australia Federation of Race Walking Clubs (Race Walking Australia) and has a strong team emphasis. The carnival is now in its 55th year and involves over 300 walkers of all ages. This is a chance for EVERY member of the club to represent your State. There are individual, team and handicap medals and trophies to be won in all age groups. For those who are not race walkers there are non judged races over distances of 5,10 or 20 miles. There is a race for every member of the family. So now is the time to start looking at accommodation and flights.

2022 AA 35km Race Walking Championships

Oceania & Australian 35km Race Walking Championships

Date: Sunday 15th May

Location: Fawkner Park, Melbourne, Victoria

Entries: Entries will open on the 14th February and close on Thursday 28th April at 5.00pm AEDT

Event contact - competitions@athletics.org.au

Draft Timetable as of 21.12.2021

7:00am Oceania & Australian 35km Race Walk Championships

7:00am Invitational Open Men and Women 20km Race Walk

8:30am Invitational Under 20 Men & Women 10km Race Walk

8:30am Invitational Under 18 Men & Women 5km Race Walk

World Events 2022

World University Games

Chengdu, China June 26th July 7th

2022 World Athletics Championships

Eugene, USA

The World Athletics Championships will be held in Eugene, USA from 15-24 July, 2022. the World Championships will feature 20km and 35km race walking events for men and women in Oregon.

2022 Commonwealth Games

Birmingham

Commonwealth Games Walks

Automatic Qualifier: Men 39:30.00 / Women 44:30.00

Saturday August 6th

Women's 10,000m Walk Final

Sunday August 7th

Men's 10,000m Walk Final

2022 U20 World Athletics Championships

Cali, Columbia August 2-7th 2022



Entries Open next Tuesday



Lets try again (for the third year in a row) to conduct the Pan Pacific Masters Games on the Gold Coast!!

The Games were scheduled for 2020 then 2021 and cancelled on both occasions because of COVID.

Entries open on **Tuesday March 1st 2022** for the 12th Pan Pacific Masters Games from 4 – 13 November 2022 on the Gold Coast. There are 3,000 metres and 5,000 metre track races scheduled and a 10km road walk.

Have you Registered for the Track Season?



Qld Racewalking Club is excited to announce that we have opened up our registration portal to members who wish to register with QRWC with a view to representing QRWC at QA meets in the coming year.

Our membership year will now commence in October each year to align with Qld Athletics' (QA) membership year. This will allow athletes wishing to compete at QA events representing QRWC, to take out a combined QRWC/QA membership in or after October each year. Once registered, athletes can represent QRWC at the various QA competitions held throughout the year, including the QA Road Walking Championships, QA Shield Meets and Qld Athletics Championships. Please note that QA offers 3 levels of membership. More information can be found below or at

<https://cdn.revolutionise.com.au/site/qqmoo3oyiea1blrd.pdf>

Of course, for those athletes not wishing to compete at or represent QRWC at QA events, QRWC will retain the current membership options whereby only the QRWC club fee (ie. \$15 Student/\$25 Non-Student) will apply. This membership can be taken out at any time prior to the start of the QRWC winter season in April 2022.

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2022 and will cover the traditional QRWC winter racewalking season.

Please do not hesitate to contact QRWC Registrar Jenny Stuckey qrwcregistrar@gmail.com if you have any questions about the membership options or registration/renewal process.

Racewalking Queensland Management Committee 2021/22

President: P Bennett **Secretary/Treasurer:** N. McKinven
Vice President. I Jimenez
Committee: J Stuckey, S McCure, J-R McRoberts, S Pearson, D Millard, K Martin
Patrons: Patrick & Maxine Sela
Registrar: J Stuckey / C Chadwick
Equipment J McRoberts
Uniforms: J Stuckey
Publicity / Media C Chadwick
Newsletter Editor: P. Bennett
Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

Race Walk Coaching

If you are looking for coach or would like to be part of a training squad here are the qualified coaches in the club:

Noela McKinven Walks Level 4
Robyn Wales Walks Level 3
Shane Pearson Walks Level 3
Steve Langley Walks Level 2
Jasmine-Rose McRoberts Level 2 Club coach
Argenis Guevara Level 1

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>

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.

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/>