

Queensland Race Walking Club Inc.

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



HEEL & TOE

March 3rd 2022

Record breaking 5,000 metres by Clara Smith

Congratulations to Clara Smith on her huge PB and second placing in the Victorian Track Championships in the 5,000 metres last weekend. Clara finished in the super fast time of 21:30.86 that, subject to ratification, will make Clara the fastest Queensland women ever over the distance and the holder of the Queensland Open 5,000 metres resident record.

Clara wasted no time after the race in catching a plane to Oman with the Australian walking team where she will contest the 20km tomorrow.

2022 World Athletics Race Walking Championships

Muscat, Oman, March 4-5th

Schedule (Local Times)

March 4th

8.00am W 10km

9.10am M 10km

2.00pm W 20km

March 5th

7.00am M 35km

7.00am W 35km

4.00pm M 20km

Queensland Athletics Championships State Athletics, QSAC, Brisbane

All the best to race walkers competing in the QA T&F Championships at QSAC. There should be some good competitive races with the fields bolstered by interstate athletes.

Race Walk Entry List

Saturday 5th 8.30am

Women 3000 Metre Race Walk Under 14

1 Clarke, Makenna 13 RED

2 Pickvance-Yee, Destinee 13 CAN

3 Cosgrave, Ella 12 BOR

4 Barron, Maya 13 QRWC

Women 3000 Metre Race Walk Under 15

1 Sharpe, Milly 14 GLD

2 Bray, Katie 14 ASR

3 Presland, Skye 14 QRWC

4 Davey, Caterina 14 QRWC

Women 3000 Metre Race Walk Under 16

1 Williams, Lyla 15 Qrun

2 Teahen, Rebecca 15 TWH

3 Newberry, Brooke 15 NSW

4 Goulding, Lily 15 QRWC

5 Morris, Taylah 15 QRWC

Men 3,000 Metre Race Walk Under 14

1 Tilton, Noah 13 QRWC

Men 3,000 Metre Race Walk Under 15

1 Dale, Kai 14 QRWC

Men 3,000 Metre Race Walk Under 16

1 Toyne, Owen 15 ACT

2 Housden, Bailey 15 QRWC

3 Wheeley, Roel 15 RED

Saturday 5th 8.30am

Women 5,000 Metre Race Walk Under 17

1 Heap, Ashanti 16 GCA

2 Lawson, Piper 16 RED

3 Chadwick, Phoebe 16 QRWC

4 Housden, Lily 16 QRWC

Women 5,000 Metre Race Walk Under 18

1 Anderson, Jayda 17 GCA

2 Millard, Summer 17 QA

3 Clarke, Anika 17 RED

4 Bergh, Mia 17 GCV

5 Fisher, Torryn 17 RED

6 Brady, Korey 17 QRWC

Men 5,000 Metre Race Walk Under 17

1 McCure, Sam 16 QRWC

2 Bradley, Alex 16 QRWC

Men 5,000 Metre Race Walk Under 18

1 Wasson, Seth 17 CRR

2 Norton, Kai 17 QA

Sunday 6th 8.00am

Women 10,000 Metre Race Walk Under 20

1 Novinetz, Camryn 19 IPS

2 Bolton, Hannah 19 NSW

Women 10,000 Metre Race Walk Open

1 Hayward, Katie 22 GCA

2 Gannon, Brenda 48 QMA

3 Clarke, Anika 17 RED

4 Millard, Summer 17 QA

5 Williams, Lyla 15 Qrun

6 Housden, Lily 16 QRWC

7 McRoberts, Jasmine-Rose 20 QA

8 Bergh, Mia 17 GCV

9 Chadwick, Phoebe 16 QRWC

Men 10,000 Metre Race Walk Under 20

1 McCure, Sam 16 QRWC

Men 10,000 Metre Race Walk Open

1 Baker, Mitchell 21 ACT

2 Fraser, Tim 22 ACT

3 McGinniskin, Jack 20 NSW

4 Richardson, Dylan 22 NSW

5 Jimenez Solis, Ignacio 57 QMA

6 Housden, Bailey 15 QRWC

7 Norton, Kai 17 QA

8 Wasson, Seth 17 CRR

9 McCure, Sam 16 QRWC

RESULTS RESULTS RESULTS

Victorian T&F Championships

Open Women 5,000 metres

- 1 Jemima Montag (MUU) 20:17.35
- 2 Clara Smith (QLD) 21:30.86
- 3 Rebecca Henderson (MEN) 21:42.44
- 4 Kelly Ruddick (BHA) 22:47.17
- 5 Char Hay (KNA) 24:52.14
- 6 Jemma Peart (BYC) 25:36.22
- 7 Kaitlyn Siviour (WES) 26:04.16
- 8 Emily Smith (KNA) 26:20.21



Sam McCure winning the NSW Championship U17 5,000metres

Photo taken by Natasha Wong

2022 NSW Junior Championships

Sydney Olympic Park Athletic Centre

Men 5000 Metre Race Walk U17

- 1 Mccure, Sam 15 Queensland 23:40.05
- 2 Bell, Darcy 16 Asics Wests 24:37.90
- 3 Platt, Grady 16 Adamstown Ne 25:03.98

Women 3000 Metre Race Walk U14

- 1 Mitchell, Maisie 13 Asics Wests 15:28.60
- 2 Hearnden, Emma 13 Macquarie Hu 16:11.61
- 3 Pinches, Stella 13 Adamstown Ne 16:38.16
- 4 Flahey, Natasha 13 Grafton Athl 17:02.21
- 5 Hoskins, Emma 12 Hills Distri 17:17.46
- 6 Horne, Lily 12 Asics Wests 17:20.21
- 7 Ashby, Caetlin 13 Gosford Litt 17:33.73
- 8 Loring, Jessica 13 Parramatta C 17:36.73
- 9 Webb, Matilda 13 Winston Hill 17:37.60
- 10 Cochrane, Imogen 13 Asics Wests 17:56.75
- 11 Maxwell, Madeleine 13 Macquarie Hu 18:27.04

Queensland Masters Athletics

Wednesday March 2nd

1,500 Metre Race Walk

- Kirwin, Roslyn W33 10:50.92 (10:50.93 51.77%)
Craswell, Jodie W54 9:14.13 (8:11.80 68.53%)
Woodward, Erika W55 8:13.29 (6:59.30 80.37%)
McKinven, Noela W79 13:15.39 (8:56.02 62.87%)

2,000 Metre Race Walk

Woodward, Erika W55 11:45.00

Age Graded Times & Percentages in Brackets



*Happy race walkers after the recent 3,000 metre QMA Championships
Photo courtesy of Irene Davey*

**AUSTRALIAN MASTERS ATHLETICS
CHAMPIONSHIPS 2022**



**Brisbane, Queensland
1 April to 4 April 2022**

[National Masters Events Calendar](#) | [Qld Masters Athletics](#) | [QMA](#)

ENTRIES CLOSING

Registration final closing date for receipt of entries will be **7th March** 2022. Admin fee will be \$110 plus \$20 per event.

Friday April 1st

1,500m Walk

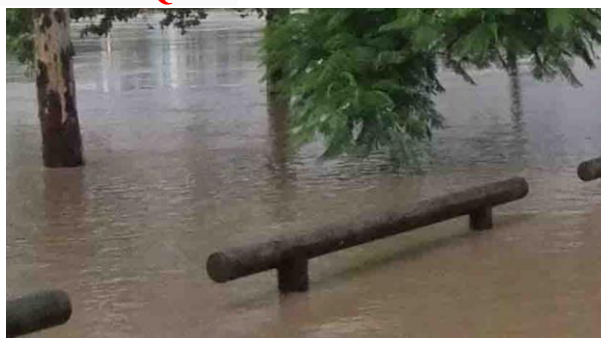
Saturday 2nd April 2nd

5,000m Walk

Sunday April 3rd

10km Road Walk **QSAC ***

***Note the change of venue for the road walks from Riverside Drive, West End to part of the ring road around QSAC**



The former West End walks venue on Monday, there is a good reason it is called Riverside Drive.

Call for Volunteers

Please let Noela (noelarrhoda@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. I understanding planning is already underway for the traditional post race morning tea to which all volunteers are invited .

QMA Nominations for the AMA Awards

AMA annual awards are presented at the AMA Championship Awards Function which is held on the evening of the third day of competition. This will be on 3rd April at the Championships in Brisbane. This year there are 13 categories, an increase of two on previous years. Queensland Masters Athletics has nominated **Iggy Jimenez** in the Walks Category Iggy has re written Queensland Masters Walk records over the 2021. Iggy set seven different walks records over six different distances, two of them occurring in the 10km Road Walk where he took over 30 seconds off the previous record. Iggy reduced the 1500m record by 4 seconds, the 3000m track walk by 8 seconds, the 5000m by 13 seconds and the 20km walk by 3 minutes. Congratulation to Iggy and all the best for the Nationals .

QMA GOLD COAST MASTERS T&F CHAMPIONSHIPS **March 19th SAC, Brisbane**

Entries close 8.00pm on Saturday 12th March

All QMA Members and all athletes are invited to compete in the 2022 QMA Gold Coast Masters Track & Field Championships which are being held at the State Athletics Facility, Nathan, Brisbane.

7.30am 5,000m Walk

10.45am 1,500 Metre Walk

Gold Coast Administration Fee \$20.00 and \$7.00 per event

2022 QRWC Road Walk Season

Looking at the start of the road walk season we are going to have a lot of difficulty finding suitable venues as most of our regular venues will have been impacted by flooding (Kalinga Park, Logan River Parklands, North Lakes, Mudgeeraba and even Morningside need to be checked out). Even Morningside would have been impacted . If you live close to any of our regular venues, could you please check on them in the coming days and weeks to see if they will be available for use. We have already been advised that the Logan River Parklands have been underwater for a week and this park was closed to the public for many months after the last big floods. Of course, we are always open to suggestions of new venues you may have found and deemed suitable to our requirements.

If we are able to start the season on time it will be after the Masters Nationals making the date of Sign On Day /AGM April 10th . We have some dates but can't confirm any venues as yet .

Draft dates only – all the be confirmed

April	1 0	QRWC Sign On Meet /AGM
	1 7	Easter Sunday
	2 4	QRWC Handicap Meet 1
May	1	QRWC Handicap Meet 2

	8	Mother's Day
	1 5	Gold Coast Championships
	2 2	QRWC Handicap Meet 4
	2 9	QRWC Handicap Meet 5
June	5	QRWC Handicap Meet 6
	1 2	LBG Federation Meet Canberra

Queensland Little Athletics 2022 State Championships



Date 11th - 13th March 2022

Venue Queensland Sport & Athletics Centre (QSAC), Nathan, Brisbane.



55th Race Walking Australia LBG Carnival Canberra June 12th

AA have scheduled their 35km Championships a few weeks before the Canberra Carnival where they missed the opportunity to incorporate the 35km race into the LBG programme.

2022 Track Race Walks

Wednesday March 9th SAC

8.20pm 3,000m walk

March 19th

Gold Coast Masters Championships

State Athletics Centre, Brisbane

7.30am 5,000m Walk

10.45am 1,500 Metre Walk

Entries close 8.00pm on Saturday 12th March

March 26th Saturday SAC

8.00 2000m Walk

2022 AA Championship dates

Australian Track & Field Championships

Date: Saturday 26th March - Sunday 3rd April

Location: Sydney Olympic Park Athletics Centre

Nominations: Must be submitted through your State Association.

Event contact: competitions@athletics.org.au

Covid Restrictions: Athletics Australia advises all attendees to book refundable flights and accommodation where possible.

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/>