

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 66 years in the making.



HEEL & TOE

March 4th 2021

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| <p>Australian Track & Field Championships (Open and Underage) Sydney Olympic Park Athletics Centre April 12-19th</p> |
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April 13th

Women U14 3,000 metres

Men U14 3,000 metres

U15 3,000 metres

U16 3,000 metres

April 14th

Women U15 3,000 metres

U16 3,000 metres

Thursday April 15th

Women U20 10,000 metres

Open 10,000 metres

Friday April 16th

Men U20 10,000 metres

Open 10,000 metres

Saturday April 17th

Women U17 5,000 metres

U18 5,000 metres

Men U17 5,000 metres

U18 5,000 metres

Note changes to original draft: A decision has now been made to combine the Under-20 and Open 10,000m Race Walking events.

The women's open and under-20 10,000m Race Walk will now take place on Thursday 15th April (the original date for the Open event). The men's open and under-20 10,000m Race Walk will now take place on Friday 16th April (the original date for the Open event).

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| <p>Queensland Athletics State T&F Championships 2021 March 11-14th</p> |
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QA have announced that entries are now open for the Queensland Athletics State Championships; U14 to Open to be held 11th to 14th March on the Main track at QSAC.

Saturday March 13th

8:30am 3,000m Walk Finals U14/U15/U16 Female

8:30am 3,000m Walk Finals U14/U15/U16 Male

8:55am 5,000m Walk Finals U17/U18 Female

8:55am 5,000m Walk Finals U17/U18 Male

Sunday March 14th

8.00am 10,000m Walk Final U20/Open Female

10,000m Walk Final U20/Open Male

General Public entry:

\$5.00 adult / \$3.00 concession per day

\$10.00 adult / \$6.00 concession for the 4 day pass

Coaches, Parents & Spectators must purchase entry tickets for the State Championship

Results Results Results

QMA February 24th QSAC

3,000m Walk

1. Gannon, Brenda W46 16:37.43 75.33%
2. Hamann, Charlotte W19 17:44.43
3. Kirwin, Roslyn W32 22:01.37 52.60%
4. McKinven, Noela W78 26:21.83 66.55%

Dusk to Dawn 2021

Toogoolawah Showgrounds February 27-28th

12 Hour Peter Bennett 85.811km

SunCoast Nordic Sport Regional Championships, Deception Bay

Girls U9 700m Race Walk

- 1 Robinson, Tahlia Glasshouse 4:57.98
- 2 Rankine, Harper Caloundra 4:58.82
- 3 Bryce, Gemma Caloundra 5:02.58
- 4 Perl, Madison University 5:20.95
- 5 Rogers, Abby Gympie 5:35.93
- 6 Pallentine, Lyla Glasshouse 5:55.96
- 7 Hermus, Eliana Noosa 5:57.90
- 8 Trent, Arya Deception Bay 7:02.34
- Schindler, Makayla Caloundra DQ

Girls U10 1100m Race Walk

- 1 Ellwood, Lani Gympie 6:37.25
- 2 Procter, Ella Caloundra 6:39.81
- 3 Rielly, Charlotte Caloundra 7:02.83
- 4 Waterman, Kiara Deception Bay 7:03.16
- 5 Stewart, Sian Caloundra 7:35.74
- 6 Whitehouse, Poppy Maroochy 8:06.79
- 7 Harrison, Skye Deception Bay 8:29.46
- 8 Helander, Layla Deception Bay 8:33.88
- 9 Campbell, Charli Noosa 8:35.20
- 10 Wasson, Estella Caboolture 8:47.38
- 11 Trent, Katelyn Deception Bay 9:00.59
- 12 Campbell, Tayla Maroochy 9:22.44
- 13 Harknett, Kyla University 10:29.48
- Lovini, Abigail Wamuran DQ
- Quirke, Ebony Maroochy DQ

Girls U11 1100m Race Walk

- 1 Rutten, Olivia Deception Bay 7:36.15
- 2 Bird, Ruby Deception Bay 7:45.23
- 3 Bryce, Emily Caloundra 7:58.67
- 4 Lavell, Michaela Caboolture 8:38.87
- Kelly, Eliza Deception Bay DQ

Girls U12 1500m Race Walk

- 1 Stewart, Mia Caloundra 9:09.45
- 2 Ellwood, Tayah Gympie 10:35.82

3 Bow, Hayden Caboolture 11:12.05
4 Waters, Mikayla Bribie Dist 11:14.79
--- Swan, Tahnee University NT
--- Heap, Mikayla Deception Bay DQ

Girls U13 1500m Race Walk

1 Tudor, Anna Noosa 9:11.94
2 Wasson, Ava Caboolture 10:10.26
3 Groth, Tianna Maroochy 10:23.40
4 Wallin, Jasmine Bribie Dist 11:45.13
--- Kwarcianyi, Grace Glasshouse DQ
--- Mitchell, Maya University DQ
--- Mason, Tori Gympie DQ

Girls U14 1500m Race Walk

1 Sassella, Charlotte Bli Bli 12:19.54
2 King, Maddison Deception Bay 13:22.60

Girls U15 1500m Race Walk

1 Grummett, Zahli Maroochy 9:32.52
2 Helander, Kya Deception Bay 10:18.17
3 Smulders, Schyler Deception Bay 10:21.33
4 Hilton, Ebonie Caboolture 10:27.41

Girls U16 1500m Race Walk

1 Millard, Summer Deception Bay 8:24.64

Girls U17 1500m Race Walk

1 Ofield, Mackenzie Caloundra 8:48.51
2 Marris, Ali Deception Bay 11:06.72

Boys U9 700m Race Walk

1 O'Neill, Leylan Caloundra 4:59.59
2 Brand, Kade Deception Bay 6:43.89

Boys U10 1100m Race Walk

1 Pfister, Hugh Nambour 7:33.91
2 Clark, Hudson Caloundra 8:07.87
3 Swan, Levi University 8:14.36
4 Curtis, Ethan Deception Bay 8:56.59
5 Smith, Hayden University 9:07.01

Boys U11 1100m Race Walk

1 Melinz, Eli University 7:59.36
2 Hermus, Linden Noosa 8:35.69
--- Bird, Jacob Deception Bay DQ

Boys U12 1500m Race Walk

1 Mernin, Tye Wamuran 14:33.04

Boys U13 1500m Race Walk

1 Curtis, Jayden Deception Bay 10:37.31
2 White, Micah Deception Bay 10:55.54
3 Helander, Eden Deception Bay 11:46.72
4 Knight, Harrison Deception Bay 12:37.07

Boys U14 1500m Race Walk

1 Smith, Cooper University 9:00.16
2 Lavell, Nicholas Caboolture 10:50.47

Boys U16 1500m Race Walk

1 Wasson, Seth Caboolture 7:32.20

COMING UP – Track & Road Walks

March 6th QMA State Championships QSAC 8.00am 5,000 metre walk
7th QMA State Championships QSAC 2.40pm 1500 metre Walk
March 11-14th QA State Age & Open Track Championships
March 27th AA 50km Championships / AA 20km Championships Vic
April 12-21st AA Track & Field Championships Sydney

~~April 23-24th Australian Little Athletics Championships Vie~~ **Cancelled**

This Week

Queensland Masters Athletics Track Championships

Saturday March 6th QMA State Championships QSAC 8.00am 5,000 metre walk

Sunday March 7th QMA State Championships QSAC 2.40pm 1500 metre Walk

TAKE NOTE:

Competition will now be on the SAF TRACK on both days.

ENTRY to the SAF is through the car park gate for both days

SPECTATORS need to either log in via the website before attending or scan the QR code at the gate on entry to register their attendance.

Competing athletes are already registered and do not need to scan the QR code.

BIB NUMBERS: **Athletes MUST wear their bib numbers.** (if you have mislaid or forgotten yours, report to the tent near the control room for a temporary replacement)

CHECK IN is not required for track events.

Track athletes report to the start area for your event at least 5 minutes before the scheduled start time.

Covid Safety Rules – remember to wash hands, cover coughs and sneezes, keep your distance.

These safety rules have also resulted in some restrictions for QMA as follows

There will be NO catering provided on either day so bring your own food, drinks, seating and shade.

The GRANDSTAND is out of bounds

MEDALS: Track athletes to collect their medals no sooner than 15 minutes after conclusion of all age groups in that particular event from the tent near the control room

PARKING: There is limited parking on the Sunday in the car park nearest to the track due to other events. Allow extra time to find a more distant parking spot

There will be insufficient medals this weekend, especially silver medals. Those who miss out will have them posted out once supplies arrive.

PAN PACIFIC MASTERS GAMES SET FOR 2021 RETURN



Entries opening Tuesday March 16th

The Queensland Race Walking Club has been appointed to deliver the 10km road walks at the 2021 Pan Pacific Masters Games.

The walks will take place on Sunday November 14th at the Luke Harrop Cycling Circuit at Runaway Bay

Racewalking Queensland Management Committee 2020/21

As elected AGM November 21st

Congratulations to the newly elected Management Committee that will take us through until the 2021 AGM scheduled for April.

President: S. Pearson

Vice President. P Bennett

Secretary: N. McKinven

Treasurer R Hamann

Committee: I. Jimenez, S. Langley, T. Norton, J Stuckey

Patrons: Patrick & Maxine Sela

Registrar: T Norton

Uniforms: J Stuckey

Newsletter Editor: P. Bennett

Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

QA Membership Details South Qld 2020/21 Season

Base Membership - \$12 plus club fee

During the pandemic we are offering pay-as-you-go membership:

All Shield meets - \$25 per meet

All State Championships* - \$30 per event

Eligible for in-stadium** state teams & national teams - \$100 fee

Eligible for all out of stadia*** state teams & national teams

Club Coach, Officials & Volunteers - \$0

If you need clarification on any aspect of membership and benefits please email

info@qldathletics.org.au

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

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>

Racewalking Queensland

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

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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>

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/>