

Queensland Race Walking Club Inc.

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



HEEL & TOE

March 5th 2020

Queensland Athletics Track Championships Race Walks March 7-8th

All the best to the race walkers taking part in the Queensland Athletics State Championships this weekend. Age races are on Saturday (March 7th) and on the Sunday (March 8th) will be the U20/Open 10,000 metres championships. These Championships lead into the Nationals in Sydney on March 21-29th.

Queensland Athletics Championships – Walks

Saturday March 7th

09:00am 3,000m U14/U15/U16 Female

09:20am 3,000m U14/U15/U16 Male

09:40am 5,000m U17/U18 Female

09:40am 5,000m U17/U18 Male

Sunday March 8th

8.00am 10,000m Walk U20/Open Female

8.00am 10,000m Walk U20/Open Male

Girls 3000 Metre Race Walk Under 14

1 Williams, Lyla 07 GCV

2 Gee, Tamika 07 QRW

3 Hingst, Olivia 07 QRW

4 Olivia, Hingst 07 GFR

5 Goulding, Lily 07 QRW

Girls 3,000 Metre Race Walk Under 15

1 Heap, Ashanti 06 GCC

2 Norton, Amber 06 QRW

3 Chadwick, Phoebe 06 QA

Girls 3,000 Metre Race Walk Under 16

1 Anderson, Jayda 05 GCC

2 Clarke, Anika 05 RED

3 Millard, Summer 05 QRW

4 Brady, Korey 05 QRW

5 Porter, Sophie 05 QRW

Boys 3,000 Metre Race Walk Under 14

1 Callaghan, Myles 07 RED

Boys 3,000 Metre Race Walk Under 15

1 McCure, Sam 06 GCV

2 Bannister, Jack 06 QRW

Boys 3,000 Metre Race Walk Under 16

1 Norton, Kai 05 QRW

Girls 5,000 Metre Race Walk Under 17

1 Sullivan, Bridget 04 QRW

2 Milosevic, Vivian 04 QA

Girls 5,000 Metre Race Walk Under 18

1 Novinetz, Camryn 03 IPS

2 Hill, Gabriella 03 GCV

3 Vickers, Larissa 03 QRW

Boys 5,000 Metre Race Walk Under 17

1 McCure, Lachlan 04 GCV

2 Spanner, Jye 04 KPL

Sunday March 3rd

8.00am

Girls 10,000 Metre Race Walk Under 20

1 Hannigan, Caitlin 02 UNQ

2 Blackwell, Anna 01 TAS

3 Hamann, Sophie Charlotte 01 QUT

4 Hill, Gabriella 03 GCV

Boys 10,000 Metre Race Walk Under 20

1 Lyttle, Jayden 01 INT

Men 10000 Metre Race Walk Open

1 Lyttle, Jayden 01 INT

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.

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.

RESULTS RESULTS RESULTS

Apologies to our Club Captain Jasmine Rose in inadvertently omitting her result from the QA 5,000 metres last week.

Here is the full result of the Women's 5,000 metres

Women 5000 Metre Race Walk

1 Novinetz, Camryn 03 IPS 23:51.96
2 Hannigan, Caitlin 02 UNQ 24:49.21
3 Sullivan, Bridget 04 QRW 27:49.28
4 Hamann, Sophie Charlotte 01 QUT 28:00.43
5 Vickers, Larissa 03 QRW 29:12.69
6 McRoberts, Jasmine-Rose 02 QRW 31:06.08

Qld Masters Athletics QSAC

Saturday February 29th

3,000 Meter Race Walk State Championships

Kirwin, Roslyn 23:14.44 (23:14.45 49.84%)
Stuckey, Jennifer 20:53.99 (17:43.64 65.34%)
Bennett, Peter 16:56.11 (13:30.86 77.87%)
Wojcieszuk-Szuba, Yolanta 23:20.39 (17:44.86 65.27%)
McKinven, Noela 25:10.92 (16:37.51 69.67%)
Sela, Patrick 23:40.89 (14:46.21 71.25%)

QMA Saturday January 25th

5000 Metre Race Walk

Jimenez, Ignacio 28:31.65 24:59.24 71.88%

Bennett, Peter 29:20.65 23:29.58 76.45%
McKinven, Noela 43:38.22 28:17.14 69.94%
(Age Graded Times & Percentages in Brackets)

The Qld Masters 10,000 metres track Championships took place at QSAC on a very humid Wednesday night. Official results are still to be released. Yolanta walked her first 10km in 20 years and Roslyn her first in 8 years in well done ladies for toughing it out. Noela, Patrick and Peter also went the distance to claim age group gold medals.



Peter, Jenny, Roslyn & Noela QMA 3,000 metre Championship winners

This Week

The QA State Championships are on at QSAC this weekend. Age Walks on Saturday from 9.00am and the 10,000 metres U20/Open are on Sunday at 8.00am
Masters are back on track on Wednesday night at QSAC with a 5,000 metres starting at 7pm.

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

**7 days to closing date.
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.

**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 7th QA State Championships SAC Age Walks from 9.00am

March 8th QA State Championships SAC 10,000 metres U20/Open 8.00am

March 11th Qld Masters SAC 5,000 metres 7pm Wednesday night

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 TBA
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

aces 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/>