

Queensland Race Walking Club Inc.

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



HEEL & TOE

May 6th 2021

13th Gold Coast Road Walk Championships Sunday May 16th

The venue is the Mudgeeraba Little Athletics Club ground at Woodlawn Park, Swanton Drive.

These Championships are open to all race walkers from all clubs and associations. You do not have to be a member of the QRWC to participate.

Programme

8.00am Open M/W 10km *

8.05am U10 M/W 1km

U8 M/W .5km

8.15am U20 M/W 5km

Invitation M/W 5km Non-Championship

U18 M/W 5km

8.45am U16 M/W 3km

U14 M/W 2km

U12 M/W 2km

*10 km walkers use the 2km loop.

1/2/3/5km walkers use the 1km loop.

U8 walkers use a 500 metre loop (250 metres out and back).

All races start and finish in the car park.

Gold Coast Championships Important Information

1. All races are Age on the Day (i.e. Age as at May 16th)
2. Only one race per person
3. Records and medals will only be awarded to those who walk in their correct age group.
4. Athletes can walk out of their age groups but won't qualify for records or medals.
5. Entry is via RevSport portal. Non-Members can enter on the day. Entry fee is \$5 for all
6. Medals will be presented at the conclusion of the meet.

Thank you to the Gold Coast Victory Athletics Club and the Mudgeeraba Little Athletics Club for their support in making these Championships possible.

To Enter go to:

<https://www.revolutionise.com.au/qldracewalkingclub/home/>

If you experience any problems lodging your entry, please contact the Registrar at :

qrwcregistrar@gmail.com

Gold Coast Road Walk Championship Records

Open 10km Men: B Dewar 44.12 2012
Open 10km Women: J. Pickles 52.40 2018
U20 5km Men: L. McCutcheon 21.14 2017
U20 5km Women: J. Pickles 25:04 2013
U18 5km Men: J. Osborne 21:30 2011
U18 5km Women: K. Hayward 22.39 2018
U16 3km Men: N. McCutcheon 13.20 2017
U16 3km Women: K Hayward 13:26 2015
U14 2km Men: B. Housden 9.03 2020
U14 2km Girls: J. Anderson 9.18 2019
U12 2km Boys: K Hayward 10:04 2016
U12 2km Girls: J. Anderson 9.50 2017
U10 1km Boys: K Hayward 5:09 2014
U10 1km Girls: L. Williams 5.18 2017
U8 .50km Boys: K Hayward 2:30 2012
U8 .50km Girls M. Clarke 3.12 2017

Uniforms

Do you have a club uniform? Are you planning on competing in Canberra in June?
Remember that uniforms are **compulsory** at the Canberra Federation Carnival.
To enquire about club uniforms please contact Jenny at qrwcregistrar@gmail.com or go to our Shop on the QRWC RevSport portal.

RESULTS RESULTS RESULTS

May 2nd

Handicap #3

Logan River Parklands, Beenleigh

A Grade 10km

Men: (1) Iggy Jimenez 54.12 (2) Argenis Guevara 1.02.30 (3) Peter Bennett 1.05.45.
Women: (1) Brenda Gannon 1.00.57 (2) Jasmine-Rose McRoberts 1.09.22 (3) Jenny Stuckey 1.11.09 (4) Noela McKinven 1.27.02.

B Grade 5km

Men: (1) Sam McCure 25.06 (2) Patrick Sela 42.04.
Women: (1) Lyla Williams 27.28 (2) Anika Clarke 28.40 (3) Tamika Gee 28.44 (4) Mia Bergh 29.02 (5) Nyle Sunderland 31.24 (6) Torryn Fisher 33.27 (7) Sophie Porter 35.06

C Grade 3km

Men: (1) Bailey Housden 15.28 (2) Kai Dale 19.32 (3) Blake Gee 19.53.
Women: (1) Makenna Clarke 17.12 (2) Destinee Pickvance-Yee (3) Skye Presland 19.51 (4) Lily Housden 20.55 (5) Siaan Fisher 21.02 (6) Isabella Gee 21.17 (7) Lily Goulding 22.04

D Grade

Men: (1) Korbyn Bricknell-Hewitt 13.08.
Women: (1) Natasha Flahey 11.15 (2) Maya Barron 12.32.

F Grade 1km

Women: (1) Katya Martin 5.14 (2) Kiara Waterman 6.29 (3) Freya Williams 6.59 (4) Tully Fisher 7.27.

A brief summation on the Beenleigh races from a judge's viewpoint especially to help our junior walkers

By Rodney Clarke

Thank you to all our walkers for Sunday's events...having only the one judge does make it more difficult to have athletes correctly assessed across the entire course so the responsibility moves from the judge to the athlete to maintain form and correct technique. It also presents a

unique situation that I am sure many athletes may not be aware of. Did you know, and not wanting to place any negativity into the subject matter but with only the one judge means only one red card will equal a disqualification. I therefore encourage all our walkers to ensure correct technique is always used.

I would also like to remind all athletes, judges are there for one reason, that is to judge what they see before them in accordance to the rules. It is not the judge that makes the decision to award a caution or a red card but the athlete. Yes, our sport has subjectivity but if we as a club can be supportive of each other we can help establish a respectful environment for all and build the quality of walkers in our club.

To the events on the day....it was very pleasing to see many walkers compete with very sound technique. Every athlete once into their rhythm moved past my position without any issue whatsoever which is so encouraging and pleasing.

Racewalking is an endurance event, no doubt your coaches have told you this before and I'm sure they will tell you this again. Only on a couple of occasions did I observe athletes who made the decision to move quickly from the start and compromise their event. It would be awful to see an athlete awarded a red card so early in the race especially if there is only the one judge. It means their entire race is for nothing. Please at the start of your race control your speed, manage your technique and avoid that red card...smart racing with good technique wins events not just being the fastest.

Rodney

AA not sending a team to the World Under 20 Championships

Athletics Australia has announced that it will not send a team to the World Under 20 Championships in Nairobi, Kenya this August, and will instead provide selected athletes with international competition experience at home in Australia.

The decision to withdraw the team from the World Under 20 Championships was made this week in consultation with parents and guardians of athletes, and comes after a detailed review of many factors identified by Athletics Australia and the Australian Government. Some of these factors include the heightened risk of terrorism throughout Kenya, the impacts of COVID-19 and quarantine rules surrounding under age athletes, as well as insurance implications when travelling to Kenya.

Athletics Australia Chief Executive Officer Peter Bromley said the decision was one that was not made lightly, but was a decision that was made with the health and wellbeing of athletes, staff and coaches front of mind. “We’ve seen outstanding performances from our junior athletes over the summer season, with so many athletes proving themselves worthy of selection for their first Australian representative team, however we believe there are too many risks associated with travelling to Kenya,” he said. “We understand the importance of competition and team environment opportunities for our junior athletes and with this in mind, Athletics Australia will still recognise the achievements of these athletes and provide them with an alternative solution to compete after selection.” “We will select a team based on our current selection policy, and these athletes will compete against athletes from the Oceania region as an Australian team. This is still a really exciting opportunity for these athletes, and one that we will make as special as possible as they get their first taste of what it means to be an Australian representative.”

Athletics Australia will announce the representative team in the following weeks, and is currently working with Athletics New Zealand and Oceania Athletics on two different competition opportunities, with a camp to provide a team environment experience. Athletes will also be provided with Australian Team uniform to recognise their achievements leading up to their selection.

This Week
Sunday May 9th
At Your Place



The QRWC COVID Safe Plan

A reminder to everyone to wash their hands regularly, use hand sanitizer and to socially distance.

Any officials, coaches, parents, spectators or anyone accompanying a competitor and not walking, will also have to register. If you feel unwell, have any symptoms of a cold or flu – stay at home and get tested. This includes our all volunteers, officials, competitors and spectators.

Please do not congregate in groups before or after your race.

Follow any QRWC signs or other COVID safety markings. These are here for your safety and to ensure we are complying with our COVID-Safe Plan.

Draft only for the first half of the season. Note that the AA Winter Road walk Championships are tentatively scheduled for September 12th in Victoria.

April	11	QRWC Sign-On-Meet /AGM	Beenleigh
	13-17	AA Track Championships – Walks	Sydney
	18	QRWC Handicap Meet 1	North Lakes 8.00am
<i>Saturday</i>	24	QRWC Handicap Meet 2	Kalinga Park 7.30am
	25	ANZAC Day	No club competition
May	2	QRWC Handicap Meet 3	Beenleigh 8.00am
	9	Mother's Day	No club competition
	16	Gold Coast Championships	Mudgeeraba 8.00am
	23	QRWC Handicap Meet 4	Morningside 7.30am
	30	QRWC Handicap Meet 5	TBA
June	6	QRWC Handicap Meet 6	TBA
	13	LBG Federation Meet	Mt Stromlo Canberra
	20	QRWC Handicap Meet 7	TBA
	27	QRWC Handicap Meet 8	TBA
July	4	Gold Coast Marathon	Southport
	11	RWA Postal Challenge	Beenleigh
	18	QRWC Track Championships	UQ St Lucia 8.00am
<i>Saturday</i>	24	QA Road Walk Championships	Ipswich
August	1	QRWC Handicap Meet 9	TBA
	8	QRWC Handicap Meet 10	TBA
	15	QRWC Club Championships	Beenleigh
	22	?	
	29	?	
September	12	AA/Federation Championships	Melbourne TBC

Olympic Games News

Half Marathon Test event takes place

Mao Ichiyama won the women's section of the Sapporo Challenge Half Marathon with a personal best time on Wednesday, beating out fellow Japan Olympic team members Honami Maeda and Ayuko Suzuki. A test event for this summer's Tokyo Games, the race took place in cool and windy conditions on a shortened version of the Olympic course. Organizers scaled down the event due to the coronavirus pandemic, asking people not to spectate from the roadside and cancelling a 10-kilometer race open to the public. Ichiyama said she had been determined to get results and her win in 1 hour, 8 minutes, 28 seconds came as a relief.

Hillary Kipkoech of Kenya won the men's portion in 1 hour, 46 seconds, while Japan Olympic team member Yuma Hattori, who said his priority was scouting the course rather than winning, finished 24th in 1 hour, 2 minutes, 59 seconds.

The Olympic course, which was moved to the capital of the northern island of Hokkaido due to concerns over Tokyo's blistering heat, is a loop, starting and ending in Sapporo Odori Park while running across the Toyohira River and through the historic Hokkaido University campus. Japan's travel restrictions limited the overseas contingent to just a handful of runners under strict guidelines for daily testing and transportation.

Racewalking Queensland Management Committee 2021/22

As elected AGM April 11th

President: Vacant

Secretary/Treasurer: N. McKinven

Vice President: P Bennett

Committee: I. Jimenez, J Stuckey, S McCure, J-R McRoberts, S Pearson, D Millard

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

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.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

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.

All QRWC memberships for 2021/2012

The club has now been changed over to the new season and new payment classes installed.

\$15.00 for students

\$25.00 for non-students

*QRWC fee only, does not include Qld Athletics membership.

Members to go to the page

<https://www.revolutionise.com.au/qldracewalkingclub/registration/> and enter their National ID, Surname and DOB - click RENEW if you have been on RevSport before and the new payment classes will be there to select.

If you have any problems or queries about club membership contact ;

david.brown@qldathletics.org.au or QRWC Registrar Jenny Stuckey
jenny.stuckey@gmail.com

Canberra Federation LBG Carnival

Sunday June 13th Stromlo Forest Park Canberra

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.

Programme of Events

1 RWA Open 30 km 8.00am

2 ACT Fitness 30 km 8.00am Non Hcp/Judged contact only

3 AACT W&M 30 km Champ 8.00am Non Handicap event

4 RWA Open Women's 15 km 8.00am 69 mins-Includes RWA Masters 15km

5 RWA Open Men's 15 km 8.00am 65 mins-Includes Masters 15km

6 ACT Fitness 15 km 8.00am Non Hcp/Judged contact only

7 ACT Fitness 8 km 9.00am Non Hcp/Judged contact only

8 RWA Men's U20 10 km 10.30am

9 ACT Open (Over 19 years) 10 km 10.30am Non Handicap Event

10 RWA Women's U20 10 km 10.30am

11 RWA Boys Under 10 1 km 12.15 noon

12 RWA Girls Under 10 1km 12.15 noon

13 RWA Boys Under 12 2km 12.25 pm

14 RWA Girls Under 12 2km 12.45 pm
15 RWA Boys Under 14 2km 13.05 pm
16 RWA Girls Under 14 2km 13.25 pm
17 RWA Boys Under 16 3km 13.45 pm
18 RWA Girls Under 16 3km 14.10 pm
19 RWA Boys Under 18 5km 14.40 pm
20 RWA Girls Under 18 5km 14.40 pm
21 RWA Women's Open 5km 15.10pm

Entries

Entries will close 5 pm Friday 28th May 2021. Competitors must complete an ON-LINE ENTRY. NO

MANUAL ENTRIES WILL BE ALLOWED and LATE ENTRIES CANNOT BE ACCEPTED. This

applies to both Race Walks & Fitness Walks.

Entries MUST be submitted by individuals via an Entry Portal available on the VRWC Web page.

<http://vrwc.org.au/wp1/54th-lbg-walking-carnival/>

Entry Fees

Race Walking Australia Events;

- \$35.00 for first event, \$20.00 for second event (including an Athletics ACT Championship), or a \$60.00

cap for 3 events

- A family cap of \$150 will also apply.

Fitness Walks:

- Fitness Walk & Open 10k fee is \$20.00

Presentation of Awards

This year presentations will take place at the Stromlo at the following times:

Event Nos. 1 to 10 at 11.45 am; and

Event Nos. 11 to 21 at 16.00 pm

- A COVID Officer will be present on the day to assist with any enquiries.
- For more information about COVID requirements in the ACT, please visit:

<https://www.covid19.act.gov.au>

Accommodation options can be found on this website:

<https://visitcanberra.com.au/accommodation>

Awards

- Any competitor is eligible to win the perpetual trophy for winning an event.
- Gold, Silver & Bronze medallions will be presented to the first three Australians in all Race Walking

Australia events.

- WINNERS OF OUTRIGHT INDIVIDUAL AWARDS CANNOT WIN A HANDICAP TROPHY.

CLUB UNIFORMS – ONLINE SHOP NOW OPEN

<https://www.revolutionise.com.au/qldracewalkingclub/>

You can now order and pay for club uniforms at the QRWC RevSport portal. Orders are taken on the understanding that they will be able to be picked up on race day.

Contact Jen at qrwcregistrar@gmail.com if you have any questions or want to make alternative arrangement to collect your purchase.

Wearing the QRWC uniform is not compulsory at club meets but it is encouraged. For Federation Meets like the Canberra Carnival in June wearing the club uniform is compulsory

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

Jasmine-Rose McRoberts Level 2 Club coach

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>

PAN PACIFIC MASTERS GAMES SET FOR 2021 RETURN



Entries Now Open

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

Check out the Road Walk page at <https://mastersgames.com.au/ppmg/sports/>

The walks will take place on Sunday November 14th at the Luke Harrop Cycling Circuit at Runaway Bay at 7am

Sport Fee: \$20 per person

Games Fee: Competitor: Early bird \$125 (until 11:59pm AEST 31 August 2021) Standard \$145 (from 1 September 2021)

Entries Close Wednesday 3 November 2021 (11:59pm AEST)

Event Enquiries: Pan Pacific Masters Games Email: info@mastersgames.com.au Phone: +61 7 5668 9888

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:

grwc1@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/>