

Queensland Race Walking Club Inc.

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



HEEL & TOE

November 14th 2019

AUSTRALIAN 50KM RACE WALKING CHAMPIONSHIPS

Sunday December 1st

Fawkner Park, Melbourne Victoria

Looks like there will be some strong fields for the Australian 50km Championships and invitation races in Melbourne on December 1st. The 50km walkers will be looking for an Olympic qualifier and the Open 20km & U20 10km athletes will be chasing a qualifying time for the IAAF Race Walking World Cup in May next year.

Entries as at November 13th

Open 50km

Tallent, Jared Men 50km
Gibbons, Carl Men 50km
Cowley, Rhydian Men 50km
DeMeester, Paul Men 50km
Karlstrom, Perseus Men 50km
Richardson, Dylan Men 50km Race Walk
Mohamed, Jafar Men 50km Race Walk
Reading, Brendon Men 50km
Heywood, Colin Men 50km
Woods, Claire Women 20km / Women 50km
Feiner, Tracy Women 50km
Ruddick, Kelly Women 50km

Open 20km

Robinson, Rozie Women 20km
Cross, Anna Women 20km
Montag, Jemima Women 20km
Barber, Alana Women 20km
Hamilton, Emily Women 20km
Tallent, Rachel Women 20km
Smith, Beki Women 20km
Hosking, Michael Men 20km
Swan, Kyle Men 20km
Mottrom, Kim Men 20km

U20 10Km

Blackwell, Anna Women Under 20 10km
Pitcher, Allanah Women Under 20 10km

Bolton, Hannah Women Under 20 10km
Walker, Amy Women Under 20 10km
Hannigan, Caitlin Women Under 20 10km
Walker, Amy Women Under 20 10km
Peart, Alanna Women Under 20 10km
Peart, Jemma Women Under 20 10km
O'Neill, Molly Women Under 20 10km
Henderson, Rebecca Women Under 20 10km
Bruniges, Mathew Men Under 20 10km
Young, Gwyllym Men Under 20 10km
Camilleri, Tristan Men Under 20 10km
McGinniskin, Jack Men Under 20 10km
Dickson, Corey Men Under 20 10km
Tebbutt, Oscar Men Under 20 10km
Bedford, Kyle Men Under 20 10km
Fraser, Tim Men Under 20 10km
Baker, Mitchell Men Under 20 10km

U18 Km

Pashutina, Ariana Women Under 18 5km
Hay, Charlotte Women Under 18 5km
Roberts, Darcey Women Under 18 5km
Thompson, Will Men Under 18 5km
Beveridge, Heath Men Under 18 5km

TIMETABLE

7:00AM - Men's Australian Open 50km Race Walk Championship
7:00AM - Women's Australian Open 50km Race Walk Championships
8:00AM - Men's Open Invitational 20km Race Walk
8:00AM - Women's Open Invitational 20km Race Walk
8:30AM - Men's Under 20 Invitational 10km Race Walk
8:30AM - Women's Under 20 Invitational 10km Race Walk
9:40AM - Men's Under 18 Invitational 5km Race Walk
9:40AM - Women's Under 18 Invitational 5km Race Walk

Cut-Off Times

Men competing in the Australian 50km Race Walking Championships have a 5 hour time limit in which they are to complete the course.

Women competing in the Australian 50km Race Walking Championships have a 5 hour 30 min time limit in which they are to complete the course.

<p style="text-align: center;">Pan Pacific Masters Games November 6-15th 2020 Gold Coast</p>

ENTRIES OPEN November 20th

Get ready for the world's biggest and best biennial masters games and join in on all the action in more than 40 sports at some of the best sporting facilities on the planet, as well as a jam-packed nightly entertainment program.

[QRWC is the host club for the Pan Pacs 10km road walk](#)

Event Enquiries

Pan Pacific Masters Games

Email: info@mastersgames.com.au
<https://mastersgames.com.au/>

RESULTS RESULTS RESULTS

Queensland Masters Athletics QSAC

November 9th

5,000 Metre Race Walk

Jimenez, Ignacio 24:55.33 (21:49.77 82.27%)

Bennett, Peter 28:55.81 (23:09.69 77.54%)

Sela, Patrick 40:59.62 (25:35.79 70.17%)

McKinven, Noela 42:29.66 (27:32.70 71.82%)

Age Graded Times & Percentages in Brackets

THIS WEEK

Qld Masters are back on the track this Saturday November 16th at the SAC with a 3,000 metres Spiral Handicap race starting at 8.00am.

Australian All Schools

Track and Field Championships Western Australia Athletics Stadium Perth

Draft Walks Programme

Friday 6th December

5.40pm U14 Girls 3000m Walk Final

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6.00pm U16 Girls 3000m Walk Final

6.20pm U16 Boys 3000m Walk Final

Saturday 7th December

3.30pm U18 Girls 5000m Walk Final

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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

QA Base Membership / QRWC Student Membership \$27

QA Base Membership / QRWC Non-Student Membership \$ 37
QA Platinum Membership / QRWC Student Membership \$ 247
QA Platinum Membership / QRWC Non-Student Membership \$ 257
QA Young Athlete Platinum / QRWC Student Membership \$ 197
QA Seniors Athlete Platinum / QRWC Non-Student Membership \$207
Club Coach, Officials, Volunteers / QRWC Non-Student Membership \$ 15

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>



April 10-13th 2020

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.

More Details at <http://www.brisbane2020nationals.com.au/>

Still to Come 2019

November 16th Qld Masters SAC 3,000 metres Spiral Handicap 8.00am
November 23rd Qld Masters SAC 1 Mile 8.00am
November 23rd Qld Athletics SAC 3,000/5,000 metres 8.25pm
December 1st Australian 50km Championships, Fawkner Park, Melbourne
December 1st Gold Coast Masters Griffith Uni 3/5km 8.00am
December 7th Qld Masters Venue not confirmed TBA
December 11th Qld Masters Wednesday SAC TBA 7.00pm
December 15th Gold Coast Masters Griffith Uni 3/5km 8.00am
December 21st Qld Masters SAC TBA 8.00am
December 6-8th Australian All Schools Track Championships, Perth

Looking further ahead 2020

January 18th Qld Athletics SAC 3,000/5,000 metres
February 22nd Qld Athletics SAC 3,000/5,000 metres
February 9th Australian 20km Road Walk Championships, Adelaide
March 21-29th Australian Open and Junior Track Championships, Sydney
April 10-13th Australian Masters Championships, Brisbane
April 18-19th Australian Little Athletics Track Championships, Canberra
May 2-3rd IAAF World Race Walking Team Championships, Minsk, Belarus
June 5th Qld Masters State Championships Townsville
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

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 races 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>

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.

Play by the Rules

Lots of good resources and on-line training here.

<https://www.playbytherules.net.au>

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.

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/>