

**Queensland Race Walking Club Inc.**

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



HEEL & TOE

November 21<sup>st</sup> 2019

**Pan Pacific Masters Games  
November 6-15<sup>th</sup> 2020 Gold Coast**

**PLAY IT, LIVE IT, LOVE IT!**

**ENTRIES NOW OPEN**

<https://entermastersgames.com>

QRWC is the host club for the Pan Pacs 10km road walk

Pan Pacific Masters Games

Email: [info@mastersgames.com.au](mailto:info@mastersgames.com.au)

<https://mastersgames.com.au/>

**THIS WEEK**

This Saturday morning at Qld Masters at QSAC there is a rarely held 1 Mile walk starting at 8.00am. A great opportunity to have a crack at age group records.

Speaking of rare opportunities; on Saturday night at the Qld Athletics interclub meet at QSAC there is a 3,000/5,000 metres walk starting at 8.25pm. This is the first QA walk of the season and also the last for the year. The next interclub with a walk event is on January 18th.

**AUSTRALIAN 50KM RACE WALKING CHAMPIONSHIPS**

**Sunday December 1<sup>st</sup>**

**Fawkner Park, Melbourne Victoria**

Looks like there will be some strong fields for the Australian 50km Championships and invitation races in Melbourne on December 1<sup>st</sup>. 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.

**Updated Entries as at November 15<sup>th</sup>**

**Open 50km**

Tallent, Jared Men 50km

Linke, Christopher Men 50km

Bosworth, Tom 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  
Kozica, Jason Men 50km  
Woods, Claire Women 20km / 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  
Jones, Tyler Men 20km  
Garganis, Adam Men 20km

### **U20 10Km**

Blackwell, Anna Women Under 20 10km  
Pitcher, Allannah 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  
O'Mahony, Kathleen 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

## RESULTS RESULTS RESULTS

### Queensland Masters Athletics QSAC

November 16<sup>th</sup>

#### 3,000 Metre Race Walk

Bennett, 16:59.23 (13:33.35 77.63%)

Sela, Patrick 23:45.21 (14:48.91 71.03%)

McKinven, Noela 25:04.45 (16:33.24 69.97%)

*Age Graded Times & Percentages in Brackets*

## 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

5.40pm U14 Boys 3000m Walk Final

6.00pm U16 Girls 3000m Walk Final

6.20pm U16 Boys 3000m Walk Final

##### Saturday 7th December

3.30pm U18 Girls 5000m Walk Final

3.30pm U18 Boys 5000m Walk Final

## Queensland Athletics 2019/20 Registration

Queensland Athletics registrations are due from October 1<sup>st</sup>. 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 10-13<sup>th</sup> 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 23<sup>rd</sup> Qld Masters SAC 1 Mile 8.00am  
November 23<sup>rd</sup> Qld Athletics SAC 3,000/5,000 metres 8.25pm  
December 1<sup>st</sup> Australian 50km Championships, Fawkner Park, Melbourne  
December 1<sup>st</sup> Gold Coast Masters Griffith Uni 3/5km 8.00am  
December 6-8<sup>th</sup> Australian All Schools Track Championships, Perth  
December 7<sup>th</sup> Qld Masters SAC 5,000 metres 8.00am  
December 11<sup>th</sup> Qld Masters Wednesday SAC 10,000 metres 7.00pm  
December 15<sup>th</sup> Gold Coast Masters Griffith Uni 3/5km 8.00am  
December 21<sup>st</sup> Qld Masters SAC TBA 8.00am

## Looking further ahead 2020

January 18<sup>th</sup> Qld Athletics SAC 3,000/5,000 metres  
February 22<sup>nd</sup> Qld Athletics SAC 3,000/5,000 metres  
February 9<sup>th</sup> Australian 20km Road Walk Championships, Adelaide  
March 21-29<sup>th</sup> Australian Open and Junior Track Championships, Sydney  
April 10-13<sup>th</sup> Australian Masters Championships, Brisbane  
April 18-19<sup>th</sup> Australian Little Athletics Track Championships, Canberra  
May 2-3<sup>rd</sup> IAAF World Race Walking Team Championships, Minsk, Belarus  
June 5<sup>th</sup> Qld Masters State Championships Townsville  
July 17-20<sup>th</sup> World U20 Track Championships, Nairobi, Kenya  
July 24<sup>th</sup>-Aug 9<sup>th</sup> Olympic Games, Tokyo, Japan  
July 20<sup>th</sup>-Aug 1<sup>st</sup> 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](http://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](http://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](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club  
[racewalkqld@outlook.com](mailto:racewalkqld@outlook.com) Articles for the newsletter, to send in results, to join newsletter mailing list.

**QRWC race entries** [qrwc1955@icloud.com](mailto: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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>