

Queensland Race Walking Club Inc.

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



HEEL & TOE

October 14th 2021



The Queen's Baton Relay has started its epic journey across the globe so that must mean that the countdown to the 2022 Commonwealth Games in Birmingham has started. The Baton departed from Birmingham Airport and headed to Cyprus – the first stop on the 140,000-kilometre relay (which is the equivalent of completing over 350,000 laps of a running track!).

When are the walks on? No road 20km this time but a 10,000 metre track race.

Saturday August 6th

Women's 10,000m Walk Final

Sunday August 7th

Men's 10,000m Walk Final

Have you Registered for the Track Season ?

Qld Racewalking Club is excited to announce that we have opened up our registration portal to members who wish to register with QRWC with a view to representing QRWC at QA meets in the coming year.

Our membership year will now commence in October each year to align with Qld Athletics' (QA) membership year. This will allow athletes wishing to compete at QA events representing QRWC, to take out a combined QRWC/QA membership in or after October each year. Once registered, athletes can represent QRWC at the various QA competitions held throughout the year, including the QA Road Walking Championships, QA Shield Meets and Qld Athletics Championships. Please note that QA offers 3 levels of membership. More information can be found below or at

<https://cdn.revolutionise.com.au/site/qqmoo3oyiea1blrd.pdf>

Of course, for those athletes not wishing to compete at or represent QRWC at QA events, QRWC will retain the current membership options whereby only the QRWC club fee (ie. \$15 Student/\$25 Non-Student) will apply. This membership can be taken out at any time prior to the start of the QRWC winter season in April 2022.

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2022 and will cover the traditional QRWC winter racewalking season.

Please do not hesitate to contact QRWC Registrar Jenny Stuckey qrwcregistrar@gmail.com if you have any questions about the membership options or registration/renewal process.

RESULTS RESULTS RESULTS

QMA October 9th SAC 5,000 Metre Race Walk

Junior

Brady, Korey W16 32:27.48 (32:27.49 60.95%)

Masters

Gannon, Brenda W47 28:05.21 (25:58.82 76.15%)

Woodward, Erika W55 29:48.67 (25:11.61 78.53%)

McKinven, Noela W79 44:37.56 (28:55.60 68.39%)

Age Graded Times & Percentages in Brackets



George Megs (aka "MegaStar") spotted by our spies walking the 5km at the Kirra Park Run on Saturday

Track Race Walks Coming Up

In very unusual circumstances there are two 3,000 metre walk events starting at 8.00am this Saturday at QE11. On the main track at QSAC Masters have a 3,000 metre race (with a 1,500 metres later in the morning at 9.40am). Also starting at 8.00am on the warm up track at QSAC the Qld All Schools U16-U20 walkers have their 3,000/5,000 metres championship race.

Then on Wednesday 20th we have another race walking double header. At UQ St Lucia 1,500 metre Classic will be held starting at 5.40pm. Over at the SAC Masters will be having 2,000 metres walk starting at 7pm.

There is no Masters meet next Saturday (23rd) as Qld Little Athletics will be conducting a summer carnival at QSAC which includes a programme of race walks.

Saturday 16 October 16th QSAC Main Track

8.00am 3,000m Walk

10.00am 1,500m Walk

Wednesday October 20th

7.00pm 2,000m Walk

Wednesday October 27th

7.00pm 3,000m Walk

8.00pm 1,500m Walk

Saturday 6 November 6th

8.00am 3,000m Walk

9.40am 1,500m Walk

Saturday November 13th

8.00am 5,000m Walk

Saturday November 27th

8.00am 3,000m Walk

9.45am 1 Mile Walk

Important Information for Masters athletes and Juniors wanting to compete as a Visitor at QMA meets.

All members, visitors and accompanying persons MUST check in at the gate using the Queensland QR code.

QMA members are requested to register and pay ground fees on-line.

Visitors and members unable to register on-line will be able to enter and pay ground fees (\$10 cash) at the track on the morning.

Current singlet numbers must be worn. Visitors will receive a temporary number.

New numbers will be issued later in the season to members who have renewed and new members.

The QMQ on-line membership system was open for renewals and new memberships from 4th October 2021.

Members from last year are requested to renew their membership as soon as possible.

In November, members who have renewed or joined this year will be allocated a new singlet number.

Members who have not renewed by the end of November will not be able to enter Brisbane competitions on-line but will need to enter as visitors.

QLD All Schools Championships

Saturday October 16th

8.00am 3,000 metres M/F U16

8.00am 5,000 metres M/F U17-U20

Sunday October 31st

9.30am 3,000 metres M U14-U15

9.30am 3,000 metres F U14-U15

UQ 1,500 metre Classic

UQ Sport Athletics Centre

Wednesday October 20th

5:40pm Girl's 1,500m Walk

Boy's 1,500m Walk

Note: UQ have confirmed this race is Open to all ages not just Juniors.

Entries NOW open. Must be registered with QA to enter.

QA Dane Bird-Smith Shield SAC

November 13th

6.00pm 3,000 metres M/F

6.30pm 5,000 metres M/F

2021 Australian Winter Road Walk Championships – **Postponed**

2021 Australian Cross Country Championships – **Cancelled**

QRWC is a Queensland Athletics - associated track and field club.

"Queensland Athletics has no intention of changing the recognition and registration of the Queensland Race Walking Club and any such rumours are completely unfounded." QA
CEO David Gynther

Racewalking Queensland Management Committee 2021/22

President: P Bennett **Secretary/Treasurer:** N. McKinven
Vice President. I Jimenez
Committee: J Stuckey, S McCure, J-R McRoberts, S Pearson, D Millard, K Martin
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

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

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.

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/>

