

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 65 years in the making.



HEEL & TOE

October 15th 2020

Boys Qld All Schools Championships

October 17th, QLD All Schools Championships Boys / October 24th, QLD All Schools Championships Girls

This week it is the boys turn to shine at the Qld All Schools Championships with the track walks on Saturday morning at QSAC. All The best to all competitors taking part. The girls have their turn on Saturday 24th.

QSAC Main Stadium

Saturday October 17th 8.30am

Start List

Boys 3,000 Metre Race Walk Under 14

- 1 Cosford, Sam 07 FTA
- 2 Callaghan, Myles 07 QA
- 3 Housden, Bailey 07 QA

Boys 3,000 Metre Race Walk Under 15

- 4 McCure, Sam 06 QA
- 5 Bannister, Jack 06 QA
- 6 Bradley, Alex 06 QA

Boys 3,000 Metre Race Walk Under 16

- 7 Norton, Kai 05 QA

Boys 5,000 Metre Race Walk Under 17

- 8 McCure, Lachlan 04 QA
- 9 Spanner, Jye 04 KPL

A reminder that all parents, coaches and spectators must register their attendance on the QA website; *****if you do not register you will not be allowed access to the venue - no excuses*****

Results Results Results

Congratulations to Jenny Stuckey and Roslyn Kirwin who set new State Age Masters records in the 2,000 metres walk at the Qld Masters meet on Wednesday night. Junior “pocket rocket” Makenna Clarke won the race outright. An impressive return to race walking competition by Clara Smith with 14:11.32 for the 3,000 metres and just three days after a 44:05 10km run.

Brisbane QMA Meet

Wednesday October 14th QSAC

2,000 Metre Race Walk

Clarke, Makenna W11 11:37.07
Kirwin, Roslyn W31 14:38.25

Stuckey, Jennifer W55 12:44.32
Bennett, Peter M64 11:41.53
McKinven, Noela W78 16:26.10
3,000 Metre Race Walk
Smith, Clara W22 14:11.32
Hingst, Olivia W13 18:45.00

COMING UP – Track Walks

October 17th QLD All Schools Championships Walks for Boys
October 21st Wednesday QMA SAC 7.00pm 3,000m Walk
October 24th QLD All Schools Championships Walks for Girls
October Sunday 25th QMA Runaway Bay 8.00am 3,000m Walk
October 28th Wednesday QMA SAC 7.00pm 5,000m Walk
November 7th QMA SAC 8.00am 3,000m Walk
November 7th QA Alana Boyd Shield QSAC???
November Sunday 8th QMA Runaway Bay 8.00am 3,000m Walk
November 14th QMA SAC 8.00am 5,000m Walk
November 14th UQ Sport 1500 Classic QSAC
November 21st QMA SAC 8.00am 3,000m Walk / 9.45am 1 Mile Walk
December 5th QMA SAC 8.00am 2,000m Walk / 9.25am 1,500m Walk
December 5th QA Benita Willis Shield QSAC???
December Sunday 6th QMA Runaway Bay 8.00am 3,000m Walk
December 19th QMA SAC 8.00am 3,000m Walk
December 19th QA Cathy Freeman Shield QSAC
December Sunday 20th QMA Runaway Bay 8.00am 3,000m Walk
January 10th QMA Runaway Bay TBA
January 24th QMA Runaway Bay TBA
February 7th QMA Runaway Bay TBA
February 21st QMA Runaway Bay TBA

*Please adhere to Covid-19 health and safety requirements while competing.
Respect the health and well-being of all fellow competitors, officials, volunteers, spectators,
family, friends, and venue staff.
If you are unwell, stay home.*



Sunday, December 6th Coolangatta

This walk or run festival utilizes the pathways of the Gold Coast beachfront. The new home for the event is at **Queen Elizabeth Park in Coolangatta** (no longer starts/finishes at Kurrawa).

Events to test yourself; 15km ,30km & 50km 30km.

Walkers are encouraged and welcome to entry any of these events. A number of club walkers have competed in this carnival over the last few years including Nyle Sunderland, Jess Pickles, Kay Shaw, George Megas, Peter Bennett as well as George Michael from the Isle of Man. This year Brenda Gannon will be lining up as will George and Peter.

<https://www.gc50runfestival.com.au/>

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

**State championships includes 3000m, 5000m & 10000m Championships, Qld Athletics Championships, Qld Combined Event Championships, Qld Cross Country, Qld Race Walking Championships, Qld Road Running Championships*

***In-stadium state teams includes Australian Athletics Championships, Australian Combined Event Championships, Zatopek 10000m, National 5000m Championships*

****Out of stadia events include Australian Cross-Country Championships, Australian Half Marathon, Australian Marathon, Australian Road Running Championships, Australian Walk(s) Championships*

^all athletes nominating for the National T&F Championship incur the \$150 team levy, regardless of membership.

NB: if you have unaffiliated base membership (no club) you are limited to only three shield meets, and you are ineligible for national championship. If you wish to take up this casual membership, click [here](#).

Qrun - \$12 (access to Qld Athletics distance events only (800m up))

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 there are a number of qualified coaches in the club:

David Smith Walks Level 5

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 2

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>

Racewalking Queensland

(Trading as the Queensland Race Walking Club Inc. ABN 59065512712)

Racewalking Queensland Management Committee 2019/20

2020 AGM POSTPONED

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

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>

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/>