

Queensland Race Walking Club Inc.

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



HEEL & TOE

October 17th 2019

Queensland School Sport State Track Championships **Barlow Park Cairns October 19-22nd**

The Qld All Schools Championships are being held in Cairns with the walks as follows:

Tuesday October 21st

7.20pm U14 Girls & Boys 3,000 metres

U15, U16 Girls & Boys 3000 metres

7.40pm U17, U18 Girls & Boys 5000 metres

Note: 1st and 2nd in each age (U14, U15, U16, U17, U18) will be eligible to compete in Perth at Australian All Schools in December.

All the best to our young walkers making the trip north to Cairns to compete.

Invitation to all Athletes & Coaches

Queensland Athletics invites all member clubs, Athletes, Coaches and Life Members to attend the **Queensland Athletics 2019 Awards**

6.30pm Friday 1st November

Javelin Room Level 4 QSAC

Queensland Athletics will present the Reg Brandis Award, Cathy Freeman Award, Michael Hillardt Award and Junior Excellence Award.

Queensland Athletes will also proudly present the athletes selected to represent at the 2019 IAAF World Championships, Oceania Championships, World Cross Country, World Uni Games, World Relay Championships

Important bits

Finger food, beer, wine and soft refreshments supplied.

For catering purposes please RSVP to david.brown@qldathletics.org.au before 5pm Monday 28th October

2019 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

AA Road Walks Championships / Federation Meet 2020

In the normal scheme of things, it should be Tasmania's turn in the rotation of States to hold the AA Winter Road Walk Championships next year. But to quote the AA Competition manager when asked if this would be the case "*I wouldn't have a clue*". In the meantime Tasmanian walk officials are searching for a good venue and RWA President, Bob Cruise is following up with AA to get a firm decision out of them.

Rosemary Coleman has advised that the 2020 Tasmanian 10,000m Walk Championships will be held on the Domain Athletics Track in Hobart on Wednesday January 8th and Queensland walkers will be made very welcome.

This Week

This Saturday, October 19th Qld Mare back on the track at QSAC with a 5,000 metre walk starting at 8.00am

On Tuesday 21st the walk events at the Qld All Schools will be held on the track at Barlow Park in Cairns.

AUSTRALIAN 50KM RACE WALKING CHAMPIONSHIPS

Sunday 1st December
Fawkner Park, Melbourne Victoria

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

ENTRY FEE \$30.00 per event **ENTRIES CLOSE** 15th November

<https://2019australianracewalking.eventdesq.com>

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.

LAQ Walk Judging Seminar Sunday October 27th

The LAQ Officials Committee is hosting a Race Walking Seminar / Session on the Sunday 27th October; and QRWC members are invited to participate.

There is a **participation fee of \$15.00 for each non LAQ member attending the Level 1-3 Seminar**. Non-LAQ registered athletes may participate in the athlete sessions free of charge. Cash payment can be made on the day, or an EFT or credit card payment is to be made by Wednesday 25th by contacting the LAQ Office.

It is the Committee's hope that this can be one of the first sessions that LAQ and the QRWC can share opportunities for personal development of the Officials and athletes alike.

The athlete's sessions are restricted to athletes equivalent to the LAQ U9– U17 age groups.

Parents or Coaches of Race-Walking athletes are welcome to participate as observers.

The current draft format is provided below. Please note that the start time is firm, other times are to be confirmed. A final program will be posted on the LAQ Officials webpage and the TeamApp Officials page.

Timetable

1030 – 1230 Officials Seminar Levels 1-3 inclusive: facilitate by Lisa Colquhoun (from ACT, AA accredited Presenter)

1130 – 1230 Skills and Drills Session: facilitated by Steve Langley for athletes (coaches may observe)

1230 – 1245 Lunch Break (a light lunch will be provided for Officials Seminar Participants); water and fruit will be provided for all.

1245 – 1315 Athletes Run (walk) throughs: facilitated by Lisa Colquhoun and Steve Langley,

Athletes will receive feedback on technique. Officials from Seminar to observe, coaches may observe.

1315 – break chat and track prep

1330 – end **Timed and judged races (700m, 1100m & 1500m)**: Officials from Seminar required for practical component

Registration is essential for Officials and athletes for catering and other requirements. In order for participants to gain the most from these seasons, registration should be made as soon as possible. Online registration links for Officials and athletes will be made available on the LAQ Officials webpage shortly.

Registrations will close Wednesday 23rd October.

If you require further details, please don't hesitate to ask.

Karen Lunt Projects Officer

T: 07 3892 9407 (direct) 07 3892 9400 (office) 0417 755 963 (mobile)

E: k.lunt@laq.org.au

laq.org.au



WALK JUDGING SEMINAR



Venue:

Bayview Eden Hotel

6 Queens Rd Melbourne

Date :

Saturday 30th November 2019

Athletics Australia, Athletics Victoria and the Victorian Race Walking Club will be conducting a Walk Judging Seminar on Saturday 30th November 2019 . The Seminar is open to those interested in becoming Walk Judges and for existing Judges to upgrade.

Tea and coffee will be provided but lunch will be at the officials own expense. There is no walks at shield this day and we will be live screening to interstate judges

AGENDA:

Saturday 30th November

1pm	Registration
1.30 pm	General seminar for level 1-3 and anyone who wishes to attend Held by Bob Cruise and Zoe Eastwood- Bryson
3.30 pm	afternoon tea
4.00 pm	Exams (bring a laptop)

No late or on the day applications

Please bring stationary, pencils, pens, paper and current IAAF handbook with you

Sunday 1st December

Australian 50km Walks Championships – Fawkner Park 7.00am (start)

Name: _____

Address: _____

Mobile: _____

Current Walks Grading _____

Attending:	Seminar only	[]
	1 Grade	[]
	2 Grade	[]
	3 Grade	[]

Please return no later than 12th November 2019

Diane Lowden email : dilowden39@gmail.com or Terry Swan Secretary@rwa.org.au
Glengollan Village 13/131 Forest Rd Ferntree Gully Ph 8756 4283 mobile 0413708085

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>



6-15th November 2020

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

QRWC Appointed Host Organisation for Pan Pacs 10km Road Walk

Play it, Live it, Love it! Mark your calendar for the 12th Pan Pacific Masters Games from 6 – 15 November 2020 on the beautiful Gold Coast, Australia.

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.



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

October 19th Qld Masters SAC 5,000 metres 8.00am

October 26th Qld Masters SAC 3,000 metres 8.00am

October 27th Gold Coast Masters Griffith Uni 3/5km 8.00am

October 31st Thursday QA UQ 1,500m Classic * *Note changed date*

November 9th Qld Masters SAC TBA 8.00am

November 10th Gold Coast Masters Griffith Uni 3/5km 8.00am

November 16th Qld Masters SAC TBA 8.00am

November 23rd Qld Masters SAC TBA 8.00am

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

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

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/>