

Queensland Race Walking Club Inc.

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



HEEL & TOE

October 31st 2019

Pan Pacific Masters Games November 6-15th 2020 Gold Coast

Sneak Preview: website publicly next Wednesday 6 November and entries opening for the event on Wednesday 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

Phone: 07 5668 9888

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



Athletics - Road Race Walk

Dates & Times

- Sunday 15 November 2020: 7am start

Events

- 10km Road Race Walk

Age Requirements

- Age is determined as at Sunday 15 November 2020
- Minimum age for competition is 30 years

Age Divisions

- 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+

RESULTS RESULTS RESULTS

Qld Masters Athletics Saturday 26th

3,000 Metre Race Walk

Bennett, Peter 16:55.41 (13:30.30 77.92%)

Gannon, Brenda 17:44.90 (16:25.04 70.56%)

McKinven, Noela 24:45.33 (16:20.62 70.87%)

Juniors

Hamann, Charlotte W18 18:01.82

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

3.30pm U18 Boys 5000m Walk Final

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.



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)

Sunday 1st December

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

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

Volunteer Grant Update

In May the club was successfully in being allocated a Federal Government Volunteer Equipment Grant. Our application has funds for the training of our volunteer members and to purchase equipment to make our meets easier for our volunteers and safer for all.

To date we have had members undertake First Aid courses and QA coaching courses. The club iPad with the Webscorer software, that was trialled towards the end of the season, was purchased with this grant.

There are still funds available for relevant training courses so please contact me at

peter.bennett@live.com if you wish to undertake a first aid course (or do a refresher course) or want to start your coaching career by doing a QA Level 1 Community Athletics Coaching course .

Our biggest expenditure under this grant will be the acquisition of a lifesaving defibrillator - the only treatment for a Sudden Cardiac Arrest. These devices have saved the lives of people of all ages not just older members of the population; it happens to fit looking teenagers. And it is not just our members that will have that life saving protection as it could be used in an emergency on members of the public when we have our meets at public parks.

We hope to have it for the beginning of our next winter season and will organise hands-on club training program on the operational use of the unit;

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 9th Qld Masters SAC 5,000 metres 8.00am

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

November 16th Qld Masters SAC 3,000 metres Spiral Handicap 8.00am

November 23rd Qld Masters SAC TBA 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

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/>