

Queensland Race Walking Club Inc.

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



HEEL & TOE

October 8th 2020

What's Next with Track Walks in 2020

There is not a lot of visibility and certainty when it comes to track meets for the rest of the year let alone meets that include race walk events. Queensland Athletics have announced these dates for their track Shield Meets.

As they have not released an event grid as yet the only meet we can be certain there will be track walks is the UQ 1,500 metre Classic on November 14th. Going by previous years we may be looking at walk events on the programme at just one of the Shield meets.

November 7th QA Alana Boyd Shield QSAC
November 14th UQ Sport 1500 Classic QSAC
November 14th QA Jai Taurima Shield QSAC
December 5th QA Benita Willis Shield QSAC
December 19th QA Cathy Freeman Shield QSAC

There is a Qld Masters meet next Wednesday night with a 2,000 metre walk and then the next two Saturdays will be the walks events for the Qld All Schools Championships .

COMING UP – Track Walks

October 14th Wednesday QMA SAC 7.00pm 2,000m Walk
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 TBA
November 7th QMA SAC TBA
November Sunday 8th QMA Runaway Bay 8.00am 3,000m Walk
November 14th QMA SAC TBA
November 21st QMA SAC TBA
November 28th QMA SAC TBA
December 5th QMA SAC TBA
December Sunday 6th QMA Runaway Bay 8.00am 3,000m Walk
December 19th QMA SAC TBA
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.

Results Results Results

Queensland Masters Athletics

Brisbane QMA Meet Saturday 3rd October 3rd QSAC

W29&U 3,000 Metre Race Walk

Millard, Summer W16 17:35.81 (17:35.82 65.83%)

Hamann, Sophie W19 17:56.69 (17:56.70 64.55%)

Hingst, Olivia W13 18:27.13 (18:27.14 62.77%)

W30 3,000 Metre Race Walk

Kirwin, Roslyn W31 23:40.42 (23:40.43 48.93%)

W45 3,000 Metre Race Walk

Gannon, Brenda W46 18:01.66 (16:40.54 69.46%)

W50 3,000 Metre Race Walk

Woodward, Erika W54 17:57.61 (15:56.38 72.67%)

W55 3,000 Metre Race Walk

Stuckey, Jennifer W55 18:53.65 (16:01.57 72.28%)

M60 3,000 Metre Race Walk

Bennett, Peter M60 17:13.47 (13:02.86 80.66%)

W75 3,000 Metre Race Walk

McKinven, Noela W78 25:25.01 (16:46.82 69.03%)

W30 1,500 Metre Race Walk

Kirwin, Roslyn W31 10:50.69 (10:50.70 51.79%)

W55 1,500 Metre Race Walk

Stuckey, Jennifer W55 9:02.90 (7:41.47 73.03%)

M60 1,500 Metre Race Walk

Bennett, Peter M60 8:35.34 (6:50.22 75.33%)

W75 1,500 Metre Race Walk

McKinven, Noela W78 12:39.81 (8:32.04 65.82%)

Age Graded Times and Percentages in Brackets

North Queensland Championships

Mackay Aquatic and Recreation Centre

Girls 800 M Race Walk 10yrs

-- Ava Foreman 10 Queensland A DQ

Girls 1,500 M Race Walk 11yrs

1 Maya Barron 11 Mackay Athletics 9:51.18

2 Tayah Ellwood 11 Queensland A 10:09.58

Girls 1,500 M Race Walk 12yrs

1 Keelah Ross 12 Bowen Athletic Club 10:26.33

-- Keeleigh Muir 12 Bowen Athletic Club DQ

Girls 3,000 M Race Walk 14yrs

1 Zahli Grummett 14 Queensland A 22:19.88

Boys 1,500 M Race Walk 11yrs

-- Noah Wheeley 11 Redlands Athletics DQ

Boys 1,500 M Race Walk 12yrs

-- Aidan Nyssen 12 Queensland A DQ

Men 5,000 M Race Walk U18

1 Jye Spanner 16 Keppel Coast 28:49.31

Qld All Schools Championships

October 17th and 18th, QLD All Schools Championships for Boys / October 24th and 25th, QLD All Schools Championships for Girls

All athletes must be registered with QLD Athletics.

There are no qualifying standards. Anyone can enter!

There will be limited spaces in each event. All events will be straight finals, track will be timed finals.

These championships are open to ALL athletes aged 12 to 19 (born between 2001 and 2008)

Age groups offered will be: U14-U15-U16-U17-U18-U20

Athletes must compete in their own age group only

QA will name a Queensland Merit team, first two in each age group.

Walks Programme

Boys

Saturday October 17th

8:00am 3,000m Walk Under 14 - Under 16

5,000m Walk Under 17 - Under 20

Girls

Saturday October 24th

8:00am 3,000m Walk Under 14 - Under 16

5,000m Walk Under 17 - Under 20

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*****



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 Megaw, 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, Zatepek 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/>