

**Queensland Race Walking Club Inc.**

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



## HEEL & TOE

September 12<sup>th</sup> 2019

**Breaking News: QRWC wins RWA Postal Challenge**

### **Australian Road Walk Championships Well Done Queenslanders**

The Athletics Australia Winter Road Walk Championships were held on morning in Adelaide. Conditions were reported to have been windy but our team acquitted themselves well and came away with a number of medals, trophies and personal bests. Next week we will have a trip report of all out athletes' races.

#### **AA Report**

*Victorian Rhydian Cowley and South Australian Claire Woods have won the Australian Winter Race Walking Championships, in Adelaide.*

*It's the perfect tune up for the two athletes, with the next step, taking on the rest of the world in Doha, having also been selected to wear the green and gold at the World Championships later this month. They will compete in the 20km Race Walk on October 5 and the 50km Race Walk on 29 September respectively. In dry but windy conditions in Adelaide, Rhydian won the 20km Australian Championship in 1:26.30, with Kyle Swan (Vic) finishing second with a time of 1:31.43 and Adam Garganis (Vic) in third with 1:32.12.*

*"A really good hit out with Doha just a month away for me," Cowley said. "I've had a few interruptions recently with my brother's wedding and a couple of other things, so it's nice to blowout the cobwebs. "These interruptions didn't appear to bother the 28 year-old though, who appears to be peaking at just the right time. "And better yet, it's my first Australian Championship in over 8 years – so I'm honoured to be involved in such great history."*

*Two time Olympian Claire Woods comfortably won the women's 20km event in 1:44.55. Victorian Tracey Feiner from Victoria was second in 1:51.21, while Amanda Barendregt from New South Wales finished third in 2:00.40. Woods is married to one of Australia's greatest athletes Jared Tallent, and it seems their two year old child nearly caused some disruptions. "I was seriously under the weather last night, my two year old (Harvey) passed on a nice little bug to me, which had me up most of last night – so I'm happy to have been out here," "Last night when I went to bed I wasn't coming, but luckily we live about 2km from here, so I woke up this morning and got a couple of bits of dry toast into me and fronted up,"*

**FULL RESULTS BELOW**

## **QRWC WINS 2019 RWA POSTAL CHALLENGE**

Congratulations to all our athletes who took part in the Race Walking Australia Postal Challenge at Beenleigh in July. The results have been collated and for the first time ever the QRWC has been declared the winner! This has been a true team effort as it is very important to have a competitor in as many events as possible. Not having an athlete in a race incurs a penalty. Final results are weighted by the number of registered athletes in a club. Postal Challenge co-ordinator, Mark Donahoo has sent his congratulations to our club as has Peter Crump from the South Australian Race Walking Club who we narrowly beat by a single point. Looking at the results you can see some critical match ups that enabled us to get across the line. Well done everybody, we are so proud of you all.

1. QRWC 25
2. SARWC 26
3. ACTW 32.78
4. VRWC 34.55
5. WARWC 36.36
6. NSWRC 36.43

**FULL RESULTS BELOW**

### **QRWC End of Season Relays/BBQ/Trophy Day Kalinga Park This Sunday, September 15th**

Now it is time to come together as a club to celebrate the achievements of all our members and to reward our athletes for their successes during the road season. Please join your fellow members this Sunday, September 15th with a fun day starting at:

**10.00am.** with the traditional 4 x 1,000 metres Handicap Relay (Bill Cook Trophy) at Kalinga Park.

**Please arrive no later than 9.30am. Check in and pay your race fess as normal  
Assemble at the start line 15 minutes before start time to finalise the teams and to find  
out the race start order.**

Then it is onto lunch...

**11.00am** Cooked lunch followed by the presentation of all trophies and medals for the season.

**Where:** 38 Landscape Street, Stafford Heights

**What to Bring:** There is a POOL so swimmers, a towel, sunscreen & sunnies. There is some seating but please bring along a deckchair if you have one.

**TIP. If you don't want to waste time getting into the POOL change into your swimmers at Kalinga Park.**

- At our Presentation day, we always hold a series of raffle days to add to the fun.  
**Please bring along any donations of prizes for these raffles.**
- We would also like to ask if you could please bring along a plate to share for dessert. No matter how much you eat for lunch there is always room for dessert. If you are not sure what to bring or would to bring along a dish for the cooked lunch please contact Noela @ [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com)

**The cost of the BBQ is \$ 10 per head or \$ 25 per family.  
Soft drinks and light beer will be on sale.**

**If you have not already done so please RSVP for the bbq lunch and relay  
ASAP to [peter.bennett@live.com](mailto:peter.bennett@live.com)**

## RESULTS RESULTS RESULTS

### 2019 Australian Winter Walking Championship Adelaide September 8<sup>th</sup>

*Note:* We have been advised that there have been some timing anomalies but we can only report what AA have published)

#### **Girls 2000 Meter Race Walk RWA C/Ship Under 12**

- 1 Bogaers, Kaytee WA 11:09.06
  - 2 Blackley, Rudi Nsw 11:59.00
  - 3 Kamish, Zahra SA 13:14.06
  - 4 Rech, Matilda SA 15:12.04
  - 5 Camilleri, Arabella SA 15:18.06
- Heap, Aliesha Qld DQ

#### **Boys 2,000 Meter Race Walk RWA C/Ship Under 12**

- 1 Clarkson, Kodi Act 9:49.05
  - 2 Wilks, Sam SA 10:32.01
  - 3 Wood, Riley WA 10:44.03
  - 4 Richards, Sebastian SA 10:47.05
  - 5 Horton, Jaxson Nsw 12:21.07
  - 6 Kamish, Tarique SA 13:14.00
- Hutchins, Liam Vic DNS

#### **Girls 3,000 Meter Race Walk Under 14**

- 1 Boughton, Milly Nsw 15:12.03
  - 2 Heap, Ashanti Qld 15:21.01
  - 3 Lawrence, Lataya WA 15:28.07
  - 4 Gee, Tamika Qld 15:49.02
  - 5 Pitcher, Sienna Nsw 15:51.02
  - 6 Braithwaite, Daisy SA 16:14.08
  - 7 Mortimore, Casey WA 16:26.04
  - 8 Ahern, Chloe Tas 16:49.08
  - 9 Wilks, Hannah SA 17:07.07
  - 10 DeRuvo, Katie SA 18:57.01
  - 11 Pusonjic, Elli SA 19:53.01
  - 12 Crocker, Amelia Nsw 21:32.03
- Roberts, Darcey Vic DNS

#### **Boys 3,000 Meter Race Walk Under 14**

- 1 Toyne, Owen Act 15:11.07
  - 2 Bernard, Xavier WA 15:40.08
  - 3 McCure, Sam Qld 15:46.02
  - 4 Hutchins, Liam Vic 15:57.07
  - 5 Morgan, Oliver Tas 16:32.05
  - 6 Bannister, Jack Qld 17:33.02
  - 7 Weickhardt, Sebastian Vic 17:39.02
  - 8 Peart, Scott Vic 17:48.03
  - 9 Horton, Jai Nsw 18:26.00
  - 10 Rech, Cooper SA 19:59.03
- Kamish, Zayden SA DQ  
-- Bell, Darcy Nsw DQ

#### **Girls 5,000 Meter Race Walk Under 16**

- 1 Ross, Kiera SA 26:30.06
- 2 Duguid, India Nsw 27:26.02
- 3 McLoughlin, Chloe Nsw 27:42.02
- 4 Clarke, Anika Qld 28:21.09
- 5 Upton, Kitarni SA 28:28.02
- 6 Millard, Summer Qld 28:40.00
- 7 Brady, Korey Qld 29:16.05
- 8 Wilks, Mia SA 29:37.04

**Boys 5,000 Meter Race Walk Under 16**

1 Saunder, Fraser Vic 24:11.00

2 Bottle, Will Tas 26:00.00

3 **McCure, Lachlan Qld 28:22.00**

-- Wilks, Toby SA DNS

**Girls 5,000 Meter Race Walk Under 18**

1 Peart, Alanna Vic 24:43.01

2 Sandery, Olivia SA 25:26.01

3 Hay, Charlotte Vic 25:30.01

4 Roberts, Darcey Vic 26:45.08

5 Bolton, Hannah Nsw 28:01.03

6 Parker, Hannah Nsw 28:18.02

7 **McRoberts, Jasmine-Rose Qld 32:05.02**

**Boys 10,000 Meter Race Walk Under 18**

1 Young, Gwyllym Act 45:59.02

2 Dickson, Corey Vic 46:18.00

3 McGinniskin, Jack Nsw 48:34.00

4 Robertson, William Tas 49:07.03

**Boys 10,000 Meter Race Walk Under 20**

1 Baker, Mitchell Act 44:59.07

2 Camilleri, Trista SA 47:00.02

3 Bedford, Kyle Nsw 48:17.03

4 Reid, Benjamin WA 49:10.08

-- Bruniges, Mathew SA DNF

**Girls 10,000 Meter Race Walk Under 20**

1 Peart, Jemma Vic 53:09.03

2 Pitcher, Allannah Nsw 53:38.01

3 Blackwell, Anna Tas 54:26.02

4 O'Neill, Molly Nsw 56:29.03

5 **Hamann, Charlotte Qld 57:28.07**

6 **Rowbotham, Milla Qld 58:32.01**

7 Wang, Elaine Nsw 59:53.05

**Women 20,000 Meter Race Walk (RWA Masters Open)**

1 Woods, Claire SA 1:44:55.60

2 Feiner, Tracy Vic 1:51:21.30

3 Barendregt, Amanda Nsw 2:00:40.50

**Women 10,000 Meter Race Walk (RWA C/ship Open)**

1 Goznic, Kristie SA 51:21.08

2 Walker, Amy Nsw 56:11.04

3 Bell, Bridget Nsw 58:37.03

4 **Millard, Summer Qld 58:59.00**

5 Tolardo, Karyn WA 1:01:01.11

6 **McKinven, Noela Qld 1:26:26.25**

**Men 20,000 Meter Race Walk (RWA Masters Open)**

1 Cowley, Rhydian Vic 1:26:28.01

2 Swan, Kyle Vic 1:31:41.00

3 Garganis, Adam Vic 1:32:12.07

4 Gibbons, Carl Nsw 1:35:23.01

5 Mottrom, Kim SA 1:35:45.06

6 **Jimenez Solis, Ignacio Qld 1:36:23.00** (Actual time recorded by Iggy 1:41.29)

7 Richardson, Dylan Nsw 1:39:41.06

8 Harlington, Alix SA 1:45:05.03

9 Mann, Bradley WA 1:46:39.08

10 Barendregt, Travis Nsw 1:50:00.00

11 Upton, Royrie SA 2:14:23.80

-- Jones, Tyler Nsw DNF

## Oceania Masters Athletics Championship

Mackay Aquatic & Recreation Complex September 6<sup>th</sup>

### M40 3000 m Race Walk

1 40101 Leigh Browell M44 Aus 20:07.14 19:03.77 55.21%

### M50 3000 m Race Walk

1 50115 Argenis Guevara M51 Aus 16:33.35 14:27.70 72.77%

### M55 3000 m Race Walk

1 55100 Kevin Cassidy M59 Aus 14:56.59 12:29.91 84.20%

### M60 3000 m Race Walk

1 60112 Paul Moritz M60 Aus 19:35.95 15:38.41 67.29%

### M65 3000 m Race Walk

1 65107 Peter Fox M65 Nzl 16:26.72 12:27.45 84.48%

2 65110 Eric Kemsley M68 Nzl 16:51.88 12:46.50 82.38%

3 65118 Frank Prowse M67 Aus 19:31.33 14:47.29 71.16%

4 65120 Clyde Riddoch M66 Aus 20:44.42 15:42.65 66.98%

### M70 3000 m Race Walk

1 70134 George White M74 Aus 17:36.52 12:35.42 83.59%

2 70120 Jim Kerse M70 Nzl 20:57.53 14:59.14 70.22%

3 70117 Barry Jeffs M71 Aus 21:06.20 15:05.34 69.74%

4 70116 Geoff Iremonger M72 Nzl 21:12.11 15:09.56 69.42%

### M75 3000 m Race Walk

1 75120 Bryan Thomas M78 Aus 21:28.02 14:23.49 73.12%

2 75100 Stephen James Bark M76 Aus 24:55.07 16:42.30 63.00%

### M80 3000 m Race Walk

1 80104 John Hines M83 Nzl 25:20.65 15:48.43 66.58%

2 80107 Jagjit Singh Kathu M81 Nzl 25:43.02 16:02.39 65.61%

### W35 3000 m Race Walk

1 35009 Dash Newington W35 Gbr 25:37.52 25:23.07 45.63%

### W40 3000 m Race Walk

1 40009 Vicky Jones W40 Nzl 22:09.18 21:19.34 54.33%

### W55 3000 m Race Walk

1 55007 Donna-Marie Elms W58 Aus 18:10.19 15:24.70 75.16%

2 55023 Anne Weekes W57 Aus 18:45.94 15:55.03 72.77%

### W65 3000 m Race Walk

1 65023 Alison Thompson W66 Aus 16:49.27 12:47.45 90.56%

2 65005 Barb Bryant W65 Aus 17:42.69 13:28.07 86.01%

### W70 3000 m Race Walk

1 70005 Heather Carr W70 Aus 18:01.06 12:49.50 90.32%

2 70023 Jacqueline Wilson W73 Nzl 19:00.17 13:31.58 85.64%

### W75 3000 m Race Walk

1 75015 Gwen Steed W77 Aus 20:54.66 13:48.33 83.90%

2 75008 Daphne Jones W78 Nzl 20:58.23 13:50.69 83.67%

3 75011 Peggy Macliver W75 Aus 23:36.87 15:35.42 74.30%

### W80 3000 m Race Walk

1 80003 Pamela Mews W84 Aus 40:17.63 24:23.64 47.48%

## RWA POSTAL CHALLENGE July

### Under 10 1.5km Female

Kiara Stanley 00:08:19 NSWRC

Ela Uzun 00:08:32 RWV

Havana Ali 00:09:43 RWV

Siaan Fisher 00:09:59 RWQ

Isabella Gee 00:10:10 RWQ

Matilda Rech 00:12:04 SARWC

Maliha Kamish 00:12:33 SARWC

### Under 10 1.5km Male

Sam Wilks	00:08:05	SARWC
Cody Wapshott	00:10:59	RWV
<b>Knox Anderson</b>	<b>00:11:04</b>	<b>RWQ</b>
Xavier Upton	00:12:00	SARWC
<b>Blake Gee</b>	<b>00:12:28</b>	<b>RWQ</b>
Heath Tatlock	00:12:48	RWV

### Under 12 2km Female

<b>Lyla Williams</b>	<b>00:10:09</b>	<b>RWQ</b>
Darcey Roberts	00:10:11	RWV
Sienna Pitcher	00:11:02	NSWRWC
Chloe Lamb	00:11:20	NSWRWC
Natasha Flahey	00:11:50	NSWRWC
<b>Makenna Clarke</b>	<b>00:12:23</b>	<b>RWQ</b>
Jessey Bektas	00:12:44	NSWRWC
<b>Lily Goulding</b>	<b>00:12:52</b>	<b>RWQ</b>
Laura Corvalan	00:12:53	NSWRWC
Georgia Frew	00:12:55	ACTW
<b>Aliesha Heap</b>	<b>00:12:59</b>	<b>RWQ</b>
Abbey Bektas	00:13:29	NSWRWC
Zahlia Heikkila-Dubowik	00:13:38	RWV
<b>Caterina Davey</b>	<b>00:13:38</b>	<b>RWQ</b>
<b>Charlotte Brady</b>	<b>00:14:35</b>	<b>RWQ</b>
Zahra Kamish	00:14:48	SARWC
Tarique Kamish	00:16:22	SARWC
Kaytee Bogaers	00:11:35	WARWC
Gracie Dabala	00:14:55	WARWC

### Under 12 2km Male

Kodi Clarkson	00:09:24	ACTW
Sebastian Richards	00:10:59	SARWC
Hamish Blackwood	00:11:13	RWV
Ethan Nash	00:11:54	RWV
Thomas Varga-Strike	00:12:15	NSWRWC
Christopher Nilon	00:12:35	NSWRWC
<b>Korbyn Bricknell-Hewitt</b>	<b>00:14:23</b>	<b>RWQ</b>
Edward Upton	00:16:22	SARWC

### Under 14 3km Female

<b>Jayda Anderson</b>	<b>00:14:40</b>	<b>RWQ</b>
<b>Ashanti Heap</b>	<b>00:15:10</b>	<b>RWQ</b>
<b>Tamika Gee</b>	<b>00:15:20</b>	<b>RWQ</b>
Jayda Stanley	00:15:34	NSWRWC
<b>Anika Clarke</b>	<b>00:16:13</b>	<b>RWQ</b>
<b>Amber Norton</b>	<b>00:16:14</b>	<b>RWQ</b>
Emily Smith	00:16:52	RWV
Hannah Wilks	00:17:12	SARWC
Ariana Pashutina	00:17:13	RWV
Isabelle Nilon	00:18:05	NSWRWC
<b>Torryn Fisher</b>	<b>00:18:22</b>	<b>RWQ</b>
Riannah Tatlock	00:19:17	RWV
Elli Pusionjic	00:19:33	SARWC
Samantha Torrens	00:19:38	NSWRWC
Chelsey Torrens	00:22:03	NSWRWC
<b>Phoebe Chadwick</b>	<b>00:22:30</b>	<b>RWQ</b>

Amelia Crocker	00:24:27	NSWRWC
Sarah Challinor	00:25:28	NSWRWC
Ashlyn Spence	00:17:30	WARWC
Layla Dabala	00:21:05	WARWC

#### **Under 14 3km Male**

Owen Toyne	00:15:23	ACTW
Liam Hutchins	00:16:14	RWV
<b>Sam McCure</b>	<b>00:16:18</b>	<b>RWQ</b>
Zayden Kamish	00:16:52	SARWC
Thomas Muir	00:17:27	NSWRWC
Sebastian Weickhardt	00:17:36	RWV
Sebastian Young	00:17:50	ACTW
Jai Horton	00:18:45	NSWRWC
Seth Upton	00:19:48	SARWC
Cooper Rech	00:20:41	SARWC
John Ronan	00:15:33	WARWC
Xavier Bernard	00:17:02	WARWC

#### **Under 16 5km Female**

Milly Boughton	00:25:47	NSWRWC
Charlotte Hay	00:27:15	RWV
Kiera Ross	00:27:17	SARWC
Hannah Bolton	00:28:04	NSWRWC
Allanah Pitcher	00:29:08	NSWRWC
India Duguid	00:29:45	NSWRWC
Kitarni Upton	00:30:09	SARWC
<b>Summer Millard</b>	<b>00:31:42</b>	<b>RWQ</b>
<b>Korey Brady</b>	<b>00:31:45</b>	<b>RWQ</b>
<b>Sophie Porter</b>	<b>00:32:57</b>	<b>RWQ</b>
Emily Bogaers	00:41:25	WARWC

#### **Under 16 5km Male**

Toby Wilks	00:24:11	SARWC
Frazer Saunders	00:24:56	RWV
Angus Hay	00:28:50	RWV
<b>Kai Norton</b>	<b>00:29:56</b>	<b>RWQ</b>

#### **Under 18 8km Female**

Olivia Sandery	00:42:23	SARWC
Bridget Bell	00:46:51	NSWRWC
Hannah Manning	00:47:15	ACTW
Hannah Parker	00:48:20	NSWRWC
<b>Jasmine McRoberts</b>	<b>00:48:35</b>	<b>RWQ</b>
Kathleen O'Mahony	00:52:22	RWV

#### **Under 18 8km Male**

Corey Dickson	00:38:33	RWV
Gwyllym Young	00:38:59	ACTW
Jack McGinniskin	00:39:59	NSWRWC
Heath Beveridge	00:41:45	RWV
Adrian Upton	00:59:58	SARWC

#### **Under 20 10km Female**

<b>Katie Hayward</b>	<b>00:46:21</b>	<b>RWQ</b>
Molly O'Neill	00:58:45	NSWRWC



Teegan Pengilly 01:06:02 NSWRC

### Under 20 10km Male

Mitchell Baker 00:45:41 ACTW  
**Nelson McCutcheon 00:50:32 RWQ**  
Kyle Bedford 00:51:08 NSWRC  
Mathew Bruniges 00:51:15 SARWC  
Ben Reid 00:51:59 WARWC

### Open 10km Female

Jemima Montag 00:46:26 RWV  
**Nyle Sunderland 00:58:13 RWQ**  
Amy Walker 00:58:47 NSWRC  
Yvette Becker 00:59:54 SARWC  
Madeleine Feain 01:01:16 RWV

### Open 10km Male

Rhydian Cowley 00:42:53 RWV  
Quentin Rew 00:43:03 RWV  
Kim Mottrom 00:45:51 SARWC  
Kyle Swan 00:46:00 RWV  
Carl Gibbons 00:49:53 NSWRC  
Alix Harlington 00:52:16 SARWC  
**Peter Bennett 00:57:30 RWQ**  
Darren Bown 00:57:49 SARWC  
Gerard Feain 01:04:06 RWV  
Greg Durr 01:07:22 ACTW  
Declan Tingay 00:46:49 WARWC

### Masters 10km Female

Heather Carr 91.29% 01:04:20 RWV  
Kelly Ruddick 91.22% 00:49:00 RWV  
Gwen Steed 88.80% 01:14:40 RWV  
Sylvia Machin 87.49% 01:18:50 RWV  
Alison Thompson 83.30% 01:07:23 RWV  
**Noela McKinven 80.74% 01:23:44 RWQ**  
Val Chesterton 80.33% 01:27:39 ACTW  
Anne Weekes 78.64% 01:03:32 NSWRC  
Tracey Feiner 78.46% 00:54:39 RWV  
Karyn Tolardo 78.05% 1:01:55 WARWC  
Karyn O'Neill 76.87% 01:10:59 RWV  
Sarah Brennan 76.15% 00:57:13 RWV  
Donna-Marie Elms 74.55% 01:07:48 RWV  
Kylie Irshad 74.20% 01:00:47 RWV  
Sandra Geisler 73.93% 00:58:00 RWV  
Carolyn Rosenbrock 71.71% 01:09:40 RWV  
Marnie Grace 62.94% 01:09:48 RWV

### Masters 10km Male

Andrew Jamieson 93.45% 00:57:16 RWV  
**Ignacio Jimenez 89.43% 00:48:46 RWQ**  
Kevin Cassidy 85.88% 00:52:37 RWV  
Richard Everson 82.92% 00:53:31 SARWC  
Mark Blackwood 81.79% 00:48:20 RWV  
Gunther Ilgoutz 80.89% 01:13:23 RWV  
Robin Whyte 79.95% 01:10:51 ACTW



Pramesh Prasad	77.89%	00:51:58	RWV
Simon Evans	75.71%	01:00:15	RWV
Mark Donahoo	75.07%	01:01:58	RWV
Russ Dickenson	72.56%	01:13:45	RWV
Peter Crump	71.45%	01:03:51	SARWC
Terry O'Neill	70.94%	01:06:56	RWV
David Smyth	70.74%	00:59:06	RWV
Paul Moritz	66.72%	01:09:02	RWV
Albin Hess	66.53%	01:08:34	RWV
Royrie Upton	60.70%	01:02:51	SARWC

## Doha World Athletics Championships The Countdown in On

Athletics Australia have today announced a team of 57 athletes for the 2019 IAAF World Championships in Doha, Qatar from September 27 - October 6.

The team is the second largest to represent Australia at the 17th edition of the global track and field meet, first held in 1983.

A number of IAAF roll down selections will likely push the team size over the record 61 sent to the 2017 World Championships in London.

AA's Head of High Performance and Coaching, Christian Malcolm, was thrilled with the number of athletes who have earned selection.

"It's an exciting team. There's a mix and blend within the team. We've got experience there but also a lot of youngsters coming through. I'm really excited to see how they perform, really."

With 31 athletes on debut and another two at their fifth championships he noted the team includes a mix of experience and rising talent.

"Well for me, it's the team as a whole. It's about one team. It's about trying to get more semi-finalists and more finalists.

### Women

20km Jemima Montag, **Katie Hayward**

50km Claire Woods

### Men

20km **Dane Bird-Smith**, Rhydian Cowley

## 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>



6-15<sup>th</sup> November 2020

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



**April 10-13<sup>th</sup> 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**

September 14<sup>th</sup> Qld Masters SAC 3,000 Metres 8.00am  
September 15<sup>th</sup> Relay/Trophy/BBQ day Kalinga Park 10am  
September 18<sup>th</sup> Qld Masters SAC 2,000 metres 7pm Wednesday  
Saturday 28<sup>th</sup> Qld Masters SAC 5,000 metres 8.00am  
September 28<sup>th</sup> - Oct 6<sup>th</sup> IAAF World Championships Doha, Qatar  
October 5<sup>th</sup> Qld Masters SAC 3,000 metres 8.00am  
October 6<sup>th</sup> Gold Coast Masters Griffith Uni 3/5km 8.00am  
October 19<sup>th</sup> Qld Masters UQ **St Lucia TBA 2.00pm \*\***  
October 26<sup>th</sup> Qld Masters UQ **St Lucia TBA 2.00pm \*\***  
October 27<sup>th</sup> Gold Coast Masters Griffith Uni 3/5km 8.00am  
November 7<sup>th</sup> Thursday QA UQ 1,500m Classic  
November 9<sup>th</sup> Qld Masters SAC TBA 8.00am  
November 10<sup>th</sup> Gold Coast Masters Griffith Uni 3/5km 8.00am  
November 16<sup>th</sup> Qld Masters SAC TBA 8.00am  
November 23<sup>rd</sup> Qld Masters SAC TBA 8.00am  
December 1<sup>st</sup> Australian 50km Championships, Fawkner Park, Melbourne  
December 1<sup>st</sup> Gold Coast Masters Griffith Uni 3/5km 8.00am  
December 7<sup>th</sup> Qld Masters Venue not confirmed TBA  
December 11<sup>th</sup> Qld Masters Wednesday SAC TBA 7.00pm  
December 15<sup>th</sup> Gold Coast Masters Griffith Uni 3/5km 8.00am  
December 21<sup>st</sup> Qld Masters SAC TBA 8.00am  
December 6-8<sup>th</sup> Australian All Schools Track Championships, Perth

## **Looking further ahead 2020**

February 9<sup>th</sup> Australian 20km Road Walk Championships, Adelaide  
March 21-29<sup>th</sup> Australian Open and Junior Track Championships, Sydney  
April 10-13<sup>th</sup> Australian Masters Championships, Brisbane  
April 18-19<sup>th</sup> Australian Little Athletics Track Championships, Canberra  
May 2-3<sup>rd</sup> IAAF World Race Walking Team Championships, Minsk, Belarus  
July 17-20<sup>th</sup> World U20 Track Championships, Nairobi, Kenya  
July 24<sup>th</sup>-Aug 9<sup>th</sup> Olympic Games, Tokyo, Japan  
July 20<sup>th</sup>-Aug 1<sup>st</sup> 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

**Social Media / Webmaster:** C Goulding

**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](http://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](http://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](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club  
[racewalkqld@outlook.com](mailto:racewalkqld@outlook.com) Articles for the newsletter, to send in results, to join newsletter mailing list.

**QRWC race entries** [qrwc1955@icloud.com](mailto: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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>