

Queensland Race Walking Club Inc.

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



HEEL & TOE

September 17th 2020

Race Walking is Back on Track

Don't look now but race walking is back on the track for the first time in six months this weekend. On Saturday Qld Masters in Brisbane kick off their season with two race walking events on the programme at QSAC. The 3,000 metres starts at 8.00am and at 10am there is a 1,500metre race. Then at Runaway Bay on Sunday Gold Coast Masters have a 3,000 metre race starting at 8.00 am.

Qld Athletics have a mid -week event on the 23rd at QSAC with a 6.30pm start for the 3,000metres. Go to the QA website to pre-enter.

COMING UP – Track Events

September 19th Saturday QMA SAC 8.00am 3,000m Walk
10.00am 1,500m Walk
September Sunday 20th QMA Runaway Bay 8.00am 3,000m Walk
September 23rd QA Mid-Week Meet SAC 6.30pm 3,000m Walk
September 26th Saturday QMA SAC 8.00am 5,000m Walk
October 3rd Saturday QMA SAC 8.00am 3,000m Walk
10.00am 1,500m /Walk
October Sunday 4th QMA Runaway Bay 8.00am 3,000m Walk
October 14th Wednesday QMA SAC 7.00pm 2,000m Walk
October 17th and 18th, QLD All Schools Championships for Boys
October 21st Wednesday QMA SAC 7.00pm 3,000m Walk
October 24th and 25th, QLD All Schools Championships for Girls
October Sunday 25th QMA Runaway Bay 8.00am 3,000m Walk
November Sunday 8th QMA Runaway Bay 8.00am 3,000m Walk
December Sunday 6th QMA Runaway Bay 8.00am 3,000m Walk
December Sunday 20th QMA Runaway Bay 8.00am 3,000m Walk

*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.*

Qld All Schools Championships

QLD All Schools Championships for boys and girls

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

Entries open for both weekends at 7:00pm on September 23rd

Entries close at 11:59pm on Monday October 5th

Walk events on the Saturday

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

Athletics Australia cancels eight National 2020 Championship

Athletics Australia has confirmed that eight National Championship events that were due to be held in 2020 have been cancelled due to COVID-19 restrictions and to ensure the health and wellbeing of athletes, coaches, volunteers, officials and staff. "Athletics Australia has continued to monitor the COVID-19 pandemic and assess all opportunities and risks associated with conducting National Championships events," said Darren Gocher, CEO of Athletics Australia. "It has been determined to cancel these National Championships events in the best interests of the health and wellbeing of our athletics community. We've also strongly considered the logistical and movement restrictions in place with particular regard to state and territory border closures, which makes these National Championship events inaccessible to all."

The eight National Championship events that are now cancelled are:

Event	Current Event Date	Location
2020 Australian Marathon Championships	Sep 20	New South Wales
2020 Australian Half Marathon Championships	Nov 8	South Australia
2020 Australian Road Championships	Nov 8	South Australia
2020 Australian Cross-Country Championships	Oct 3	South Australia
2020 Australian Winter Race Walking Championships	Oct 18	Victoria
2020 Australian All Schools Championships	Dec 4-6	Victoria
2020 National Nitro Final	Dec 7	Victoria
2020 Australia vs New Zealand Match	Dec 19-20	ACT

With specific regard to Olympic Games selection requirements and opportunities the status of the 2020 Australian 50km Race Walking Championships and Selection Trial is pending. Further information on the status of these events will be advised as soon as practical.

Athletics Australia understands the need for coaches and athletes to have certainty in their preparation for these two events. Given current COVID-19 restrictions in place in Victoria, Athletics Australia is assessing alternate venue options in other states that may facilitate the conduct of these events prior to Christmas 2020. Any decision will take into consideration the current health and safety guidelines imposed by authorities and information regarding the status of these events will be made available as soon as possible. Athletics Australia continues to plan for a 2021 National Summer Season with draft dates to be published shortly.

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/>