

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 67 years in the making.



HEEL & TOE

April 14th 2022

Dane Bird-Smith Retires from International Competition Olympic bronze medallist & Commonwealth Games gold medallist



The Birdman flies the coop.

Dane has been an inspiration and role model to a generation of race walkers not only in Queensland but around Australia. We congratulate you on your great career and thank you for all that you have given to the sport on and off the road. Dane has been the most successful home-grown race walker Queensland has produced but always found the time to give back to the sport. So many of our members have their own special Dane moments and we were honoured to have Dane to present the trophies and speak to our members at the 2021 Presentation Day. We are so proud of you Dane Bird-Smith and all the very best to you and your family for the future.

Athletics Australia Report by Sascha Ryner

Renowned race walker Dane Bird-Smith has clocked over 100,000km in training, with every step taken just as important as the next in reaching his goals. Today, he takes a step in a new direction, with the Olympic bronze medallist officially announcing his retirement from international competition. Bird-Smith ends a 15-year representative career having won Olympic bronze, as well as Commonwealth Games gold, World Universiade gold and 11 Australian national championships. The 29-year-old will also retire as a former three-time

Australian record holder, as well as the current Commonwealth Games record holder in the 20km race walk.

“The Olympic dream I had as a kid took me on an amazing worldwide journey. I wanted to be the best and my competitive nature served me so well, session after session, year after year. I worked harder and harder with no fear of failure and with dreams of medals,” Bird-Smith said. “As 2022 rolled in with a multitude of challenges, I decided I would take a break from competition but continue to train for enjoyment until I had the chance to return. Unfortunately, that competitive spirit has been a tough adversary as I found it incredibly hard to not work until exhaustion or to simply forgo a session with a number of other things going on in my life.”

Bird-Smith last competed on the world stage in 2019 at the World Athletics Championships, and although he was selected to compete at his second Olympic Games, he withdrew from the Tokyo team, due to family reasons.

“I was fully committed to the Tokyo Games, even with the entire athletics calendar falling to Covid, 2021 was the goal. However, life for my family took an amazing turn with the birth of our beautiful daughter Astrid and all the fantastic new challenges of being a dad,” he said. “I had hoped I could ride out a period of time just training at home but instead I’ve made the return to work out of necessity and I look forward to my new career path.”

Bird-Smith credits his involvement for athletics in shaping his values and his work ethic. “When I was a kid, I never saw the opportunity to start my Olympic dream, I was just trying my best at every race and training session, doing something I loved. It was all the little steps that made my journey. Every big moment or win was the culmination of a series of little steps that were a ton of hard work that nobody else saw,” he said. “Even after narrowly missing a spot on the London 2012 team I set a goal to be the fastest Australian at an Olympics ever. For nearly four years, I wrote 1.19.35, a time that was three minutes faster than my personal best, just about everywhere and anywhere. Each and every day, I pushed myself to exhaustion pursuing that dream and the rest is history.”

While he admits he didn’t get the fairy-tail send-off he had hoped for, Bird-Smith is proud of all the decisions he has made along the way and credits his team for buoying him up through the journey. “It’s weird looking back at what I’ve achieved. I’m so humbled and so proud of these highlights that history will remember, but it’s only part of the story that I will cherish as I move to the next challenge in my life,” he said. “I want to thank my fantastic team; firstly my Dad (David Smith) who is my coach, a dual Olympian himself. He was there for just about every session. He was the wisdom and encouragement that made me never doubt that I was capable of becoming a champion. “Also, my physio, James Thompson, the team at the QAS, my wife, my family and my mates. To my athletics family, both in Australia and worldwide. We are nuts to have chosen such a tough sport that forces us to bare our truest strengths and self to the world, but I have relished every moment of fear, excitement, pain and glory. It is a dream come true to be an Olympian. I am so honoured to have shared a uniform, a start line and a dream with you all.”

Athletics Australia General Manager, High Performance Andrew Faichney congratulated Bird-Smith on his career. “On behalf of Athletics Australia, I’d like to congratulate Dane on his achievements and thank him for his contribution to race walking and the sport as a whole,” Faichney said. “Dane is an incredible athlete, with a great appetite to be the best he can possibly be on the world stage. His grit and determination saw him achieve Olympic bronze and Commonwealth Games gold and saw him etch his name into the Australian history books countless times. We wish Dane all the very best for this next chapter.”

Bird-Smith will now focus his attention on finishing his education degree as well as his work as a Sport Coordinator and coach at various primary schools.

Dane Bird-Smith – A Career Snapshot:

- Olympic bronze medallist (Rio 2016, 20km race walk)
- Commonwealth Games gold medallist and record holder (Gold Coast 2018)
- World Universiade Champion (Gwangju 2015)
- 11 x Australian 20km race walk champion
- 3 x former Australian record holder

Year	Competition	Venue	Position	Event	Notes
2009	World Youth Championships	Bressanone, Italy	8th	10,000 m walk	43:53.62
2010	World Race Walking Cup	Chihuahua City, Mexico	—	10 km walk	DQ
	World Junior Championships	Moncton, Canada	5th	10,000 m walk	41:32.36
2011	Oceania Race Walking Championships	Hobart, Australia	1st	10 km walk (junior)	40:56
2012	World Race Walking Cup	Saransk, Russia	43rd	20 km walk	1:25:41
2013	Oceania Race Walking Championships	Hobart, Australia	2nd	20 km walk	1:22:27
	World Championships	Moscow, Russia	11th	20 km walk	1:23:06
2014	Oceania Race Walking Championships	Hobart, Australia	1st	20 km walk	1:22:39
	World Race Walking Cup	Taicang, China	14th	20 km walk	1:20:27
2015	Universiade	Gwangju, South Korea	1st	20 km walk	1:21:30
	World Championships	Beijing, China	8th	20 km walk	1:21:37
2016	World Race Walking Team Championships	Rome, Italy	4th	20 km walk	1:19:38 PB
			12th	team	137 pts
	Olympic Games	Rio de Janeiro, Brazil	3rd	20 km walk	1:19:37
2017	World Championships	London, United Kingdom	6th	20 km walk	1:19:28 PB
2018	Commonwealth Games	Gold Coast, Australia	1st	20 km walk	1:19:34

Our special Dane memory

Dane had many highlights during his wonderful race walking career but for club members there is one race that stands out especially as it was on home turf. The 2018 Commonwealth Games 20km at Currumbin.

Not only was the club involved in the planning of the event and in race day preparations and promotion but we were all able to get a front row seat to the exciting spectacle as Dane brought home the gold medal in a race on a day that will live long in the memory of those fortunate enough to see be there.



*On the bell lap and England's Tom Bosworth pushing Dane all the way the finish
(the finishing red carpet awaits)*

AA Race Report Dane Bird-Smith (Qld) and Jemima Montag have won a sensational double-gold for Australia in the 20km Race Walk on the first day of athletics at the Commonwealth Games on the Gold Coast. It was the first double gold in athletics since 2006 when Jane Saville and Nathan Deakes also won on home soil.

Bird-Smith's victory was a hard fought one as he prevailed in a battle royale over the closing stages with England's Tom Bosworth to set a new Games record of 1:19:34 that shattered Nathan Deakes 2006 standard by 21 seconds. Bird-Smith was elated with the win saying "I went in there as the man to beat, and these boys came out to fight me. What an amazing race. I can't thank the crowd enough."

"The last 500m hurt so much but I had everyone behind me which made it so special. It was unbelievable, an unreal feeling. I am over the moon and I cannot thank (the crowd) enough. As I came around the bend they went absolutely ballistic." said the Queenslander.

Bird-Smith's father and coach David Smith was "shaking like a leaf" with 700 metres remaining in the race, emphasising that today was "about racing" detailing the pre-race plan, "we worked on a negative split, I don't think he's ever gone sub-1:20:00 without a negative split, he comes home hard and I'm so happy for him".

In the deepest field ever at a Commonwealth Games both Bosworth (1:19:38) and Samuel Gathimba 1:19:51 (KEN) both went under Deakes' mark of 1:19:55. Bird-Smith a very popular Australian team member, admitted that the national pressure to medal was a 'privilege', feeling an obligation to get the Australian team off to a motivating start after the injury withdrawal of team captain Sally Pearson.

Conditions were challenging on the picturesque Currumbin Beachfront with humidity close to 90% on the one-kilometre street loop, a course constructed with Bird-Smith's input. Bird-Smith had embraced the lead early on, with firm pace just under the four-minute per kilometre mark. A group of eight broke away following three kilometres (12:09) included Hosking, Bird-Smith, Bosworth, Gathimba, Simon Wachira (KEN), followed closely by well-credentialed Canadian's Evan Dunfee and Benjamin Thorne. Pre-race favourite Lebogang Shange (South Africa) lost contact with the leading group prior to four kilometres, as Bird-

Smith worked to gain small gaps on each uphill section of the course. Bosworth and Gathimba had pressured Bird-Smith throughout the race, and Bosworth faltered briefly at the 11-kilometre mark, with Gathimba's two red cards limited his risk-taking options. Entering the final turn, Bird-Smith made a break for gold, finally breaking Bosworth's resolve with the 20th kilometre walked in 3:43, by far the fastest split of the race. Bird-Smith's brutal pre-race preparation on Rainbow Beach rewarded him with a Games record, celebrating with family immediately after crossing the finish line.



Dane leading Tom Bosworth of England into the final epic lap (a 3:43 km)

Commonwealth Games 2018 20km Walk

MEN'S 20KM

1. Dane BIRD-SMITH AUS 1:19:34 GAMES RECORD
2. Tom BOSWORTH ENG 1:19:38 NR
3. Samuel Ileri GATHIMBA KEN 1:19:51
4. Benjamin THORNE CAN 1:20:49
5. Quentin REW NZL 1:21:47
6. Manish SINGH IND 1:22:22
7. Callum WILKINSON ENG 1:22:35
8. Evan DUNFEE CAN 1:23:26
9. Lebogang SHANGE RSA 1:23:27
10. Michael HOSKING AUS 1:25:35
11. Rhydian COWLEY AUS 1:26:12
12. Simon WACHIRA KEN 1:26:33
13. Irfan KOLOTHUM THODI IND 1:27:34
14. Wayne SNYMAN RSA 1:28:09
15. Jerome CAPRICE MRI 1:33:12

They said it

"If you didn't enjoy watching that men's 20km then you may be dead inside. Epic"

"Just how many superlatives can you actually use? How do you convey the emotions, the jubilation, the drama and despair, the courage, the pain, the noise, the camaraderie, the passion, the commitment, the sacrifice, the sportsmanship, the carnival atmosphere, the professionalism?"

“What a race it was for Dane. Not only did he have to battle competition that would just not go away but he had the heat and humidity to contend with. Then he had the burden of carrying the hopes of thousands of rabid supporters on his shoulders. But he got the job done, took the gold and the Games record. Every member of the club (former and current) is just so proud of Dane’s effort and achievements. To win a gold medal is always a fantastic achievement but to do it at home with family and friends having the opportunity to be there on the day was very special.”

“It was the best race walking experience I have ever seen (as an athlete or spectator).”

“WOW!!!!!! How fantastic was Race Walking? What an amazing day yesterday!!!!!! I hope you are all still buzzing as much as I am.”

“My son was a competitor in the event. Despite being very unhappy with his result the first thing he said to us was that the race atmosphere was the best he has ever been involved in.”

“Just when you think you’re ready to give up the sport, amazing performances inspire you to keep going and be like them! So incredibly proud of Jem and Dane! It was truly a magical day and it was so awesome to watch the event unfold”

“Personally, I was absolutely blown away by the public turn out for our little sport that so many gladly ridicule. The crowd was magnificent.”

“WOW! That was Unbelievable” I have been involved in Race Walking since 1983, as an athlete, coach, official and in administration. This was by far the greatest Race Walking event I have been to.”

“The crowd noise in that last lap was just like being at a baseball game” (Canadian volunteer)

Thank you, Dane. If any of our readers have their own Dane memories that they would like to share please send them to me at peter.bennett@live.com

RESULTS RESULTS RESULTS

10th April, 2022

Sign-On Day Mudgeeraba

5km

Men: (1) Peter Bennett 34.23 (2) Argenis Guevara 34.25 (3) Ignacio Jimenez 34.26 (4) Paul Lindenberg 35.59 (5) Patrick Sela 43.47.

Women: (1) Lyla Williams 30.24 (2) Torryn Fisher 32.47 (3) Nyle Sunderland 34.23 (4) Korey Brady 35.51

(5) Lily Goulding 36.36 (6) Taylah Morris 37.53 (7) Jasmine McRoberts 38.26 (8) Noela McKinven 44.57

3km

Women: (1) Mikaela McDonald 20.10 (2) Siaan Fisher 21.00

2km

Men: (1) Sam McCure 13.07 (2) Hunter Sibenaler 14.28

Women: (1) Kiara Waterman 13.28

1km

Women: (1) Freya Williams 6.30 (2) Tully Fisher 7.00 (3) Amelia Chisholm 7.18

QRWC 2022 Winter Road Walk Season

The 2022 winter road walking season has now started and the first of 10 handicap points meets will be held on **Sunday April 24th at Riverside Place Morningside**.

Below is a guide only to new members in picking a grade. Please discuss this with your coach as this is not just determined by age but on the fitness and goals of the athlete e.g. a Master age members may want to distances of up to 5km.

- A Grade (Open/U20)
- B Grade (U16/U18/U20)
- C Grade (U14/U16)
- D Grade (U12/14)
- E Grade (U12/14)
- F Grade (U8/U10)

It is important to note that your handicap grade is determined from your first handicap race of the season so to maximise points it is best to remain in the same grade all season. If you start in A grade for example and drop back for a race in C grade you will get far less handicap points and may not be eligible for seasons best performance points. The handicap points system rewards those athletes that participate each week of the season and can improve on their performance each week.

Handicap Points - What does it all mean?

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

Starting points are awarded for starting the event.

Completed points are awarded for finishing the race distance.

The Best Season Performance. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points.

NEXT WEEK

Age Races & Handicap #1

Sunday April 24th Riverside Place Morningside

8.00am A Grade 10km
8.15am E Grade 1km / F Grade .5km
8.30am B Grade 5km
8.45am C Grade 3km / D Grade 2km

Race Fees

For all members \$5

Non Member on the day \$10

Season Pass \$75

5-Race Pass \$25

NEW FOR 2022

At the AGM last Sunday, the Committee voted to bring back the **Season Pass**. This is a convenient way to not only save some money but to have to worry about paying race fees with your entry each week. This Pass, at a cost of \$75, enables the athlete to compete in up to 15 club meets a season (10 x handicaps, club road championships, club track championships, Gold Coast Championships, Postal Challenge, & relays). From next season it will also include Sign on Day This Pass does not cover QA, AA, QLA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet. The Pass can be purchased via the Shop on the QRWC RevSport portal.

Note: The pay as you go facility is still available to those that want to register for a race and pay their \$5 each week

Season Pass	5-Race Pass
Race Passes	Race Passes
\$75.00	\$25.00

As an alternative to the season pass a **5-race Pass** is also now available. The 5-race pass costs \$25. There is no saving with this pass but it will eliminate the need to go into the separate payment screen when registering for an event. It should also help those members who have a \$10 minimum purchase with their credit card.

These options are now live - to purchase, go to the RevSport shop and purchase as you would with a uniform item.

Season Pass, Club Uniforms

Go to [Shop - Old Race Walking Club - revolutioniseSPORT](#)

When you go into the shop and purchase a **SP or 5-race pass**, the Registrar will get a notification from the RevSport Shop via email. The Registrar will then set up an individual discount code with the appropriate details, for each person that buys the pass. An email will then be sent to the applicant with their individual discount code. Once you have the code you can enter it at the check-out when you enter a race. The system is not automatic so please allow a day or two when you purchase a Pass to receive your discount code.

When you enter a race, you will get to the check-out screen and it will charge you \$5, then when you enter your discount code in the field, it will reduce your race fee by 100% (i.e., \$5) so that there is a zero charge. You then will not be prompted to go to the payment screen. It has been tested and it works!

Please be patient while we get the **SP** and **5-race pass** up and running, and to email the Registrar if you have any questions or concerns. qrwcregistrar@gmail.com

For the first handicap race of the season please purchase the Pass first and allow time to receive the code before you enter the race. After you have the code, it is just a matter of entering the race each week and keying in the discount code.

Volunteers Needed!

For all road walk meets this season we will need the help of our members to set up and run the meets in a safe and organised manner. Please feel free to offer your services whether it be as a judge, time keeper, setting out the course or helping to pack up. All assistance is greatly appreciated. We especially need lap scorers. We would like to start have a canteen at meets. If you would like to help out, please talk to any member of the Committee.

Club Captains 2022

We are pleased to announce the QRWC Club Captains will be Jasmine-Rose McRoberts and Sam McCure. Please join me in congratulating Sam & Jasmine.

AGM 2022

A full report on the 2022 AGM will be in the newsletter next week.

MONTH		DATE	EVENT	VENUE
March		27	AA Track Championships - Walks	Sydney
April		3	AMA National Road Walk C'Ship	QSAC
April		10	QRWC Sign On Meet /AGM	Mudgeeraba
		17	Easter Sunday	No club competition
		24	QRWC Handicap Meet 1	Morningside
May		1	QRWC Handicap Meet 2	North Lakes
		8	Mother's Day	No club competition
		15	Gold Coast Championships	Mudgeeraba
		22	QRWC Handicap Meet 3	TBC
		29	QRWC Handicap Meet 4	TBC
June		5	QRWC Handicap Meet 5	TBC
		12	LBG Federation Meet	Mt Stromlo Canberra
		19	QRWC Handicap Meet 6	TBC
		26	QRWC Handicap Meet 7	TBC
July		3	Gold Coast Marathon	Southport
		10	RWA Postal Challenge	Beenleigh TBC
		17	QRWC Track Championships	St Lucia TBC
		24	QRWC Handicap Meet 8	TBC
		31	QRWC Handicap Meet 9	TBC
August	Saturday	6	QA Road Walk Championships	QSAC Ring Road
		14	QRWC Handicap Meet 10	TBC
		21	QRWC Club Championships	TBC
		28		
September		4	Father's Day	No club competition
		11	AA/Federation Championships	Melbourne
		18		
		25		

Racewalking Queensland Management Committee 2022/23

President: P Bennett **Secretary/Treasurer:** N. McKinven
Vice President. I Jimenez
Committee: S McCure, J-R McRoberts, S Pearson, Joanne McRoberts, R Wales, John McRoberts
Patrons: Patrick & Maxine Sela
Registrar: J Stuckey / C Chadwick
Handicapper A Guevara / N McKinven
Equipment J McRoberts / S Mc Cure / I Jimenez
Uniforms: J Stuckey
Publicity / Media C Chadwick
Results R Wales
Newsletter Editor: P. Bennett
Club Captains: Jasmine-Rose McRoberts / Sam McCure

QRWC & QA membership

The QRWC membership year runs from 1 October to 30 September the following year. Memberships can be taken out or renewed at any time during this period. You don't have to wait until the start of the winter road walking season in April to join QRWC or renew your membership. All memberships taken out on or after 1 October 2021 will be valid until 30 September 2022 and will cover the 2022 winter road walking season.

When looking at QRWC membership options, there are basically two types:

1. Standalone QRWC membership -or-
2. Combining QRWC membership with a Queensland Athletics (QA) membership.

Standalone QRWC Membership

QRWC membership covers all QRWC race days as well as QRWC championships. Note: race fees are in addition to membership fees. There are two membership options: student (\$15) and non-student (\$25). This level of membership would be suitable for athletes wishing to compete at QRWC races only, or athletes wishing to attend QA events who are already a member of another QA club (refer to the following for details about QA events).

Combined QRWC/QA Membership

QA conducts a number of events throughout the year, including approximately 4 or 5 racewalking events held over the summer months as well as the QA Qld Road Walking Championships (usually held in July each year). In order to compete at these events, QA requires athletes to take out membership with QA and also be a member of a club that is affiliated with QA - QRWC is one such club.

QA memberships become due on 1 October each year and are valid until 30 September the following year. The QRWC membership year is aligned with the QA membership year which means that athletes wishing to compete at QA events can obtain a combined QA/QRWC membership in or after October each year, which covers the QA summer season events (October to March) and the Qld Road Walking Championships in July. This combined membership also includes the QRWC winter road walking season (ie. the traditional Sunday morning races held from April to September). This allows members wishing to compete in both QA and QRWC events, to take out membership for both organisations in one transaction. In fact, we already have a number of QRWC members who have renewed their QRWC membership for the 2022 winter season and have been competing at QA events over the summer months. Given that this membership extends until September 30 this year, they will also be covered for the Qld Road Walking Championships in July (approx.) and QRWC races held in the winter months.

Further information about QA memberships can be found at:

<https://cdn.revolutionise.com.au/site/qqmoo3oyiea1blrd.pdf>

If you would like more information regarding membership options, please contact Jenny at qrwcregistrar@gmail.com

Canberra Federation Carnival

Sunday June 12th Mt Stromlo

The annual Carnival is held each June in Canberra and brings together race walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the Australia Federation of Race Walking Clubs (Race Walking Australia) and has a strong team emphasis. The carnival is now in its 55th year and involves over 300 walkers of all ages. This is a chance for EVERY member of the club to represent your State. There are individual, team and handicap medals and trophies to be won in all age groups. For those who are not race walkers there are non judged races over distances of 5,10 or 20 miles. There is a race for every member of the family. So now is the time to start looking at accommodation and flights.

2022 AA 35km Race Walking Championships

Oceania & Australian 35km Race Walking Championships

Date: Sunday 15th May

Location: Fawkner Park, Melbourne, Victoria

Entries: Entries will open on the 14th February and close on Thursday 28th April at 5.00pm AEDT

Event contact - competitions@athletics.org.au

Draft Timetable as of 21.12.2021

7:00am Oceania & Australian 35km Race Walk Championships

7:00am Invitational Open Men and Women 20km Race Walk

8:30am Invitational Under 20 Men & Women 10km Race Walk

8:30am Invitational Under 18 Men & Women 5km Race Walk

World Events 2022

World University Games

Chengdu, China June 26th July 7th

2022 World Athletics Championships

Eugene, USA

The World Athletics Championships will be held in Eugene, USA from 15-24 July, 2022. the World Championships will feature 20km and 35km race walking events for men and women in Oregon.

2022 Commonwealth Games

Birmingham

Commonwealth Games Walks

Automatic Qualifier: Men 39:30.00 / Women 44:30.00

Saturday August 6th

Women's 10,000m Walk Final

Sunday August 7th

Men's 10,000m Walk Final

2022 U20 World Athletics Championships

Cali, Columbia August 2-7th 2022



Entries Open next Tuesday



Lets try again (for the third year in a row) to conduct the Pan Pacific Masters Games on the Gold Coast!!

The Games were scheduled for 2020 then 2021 and cancelled on both occasions because of COVID.

Entries open on **Tuesday March 1st 2022** for the 12th Pan Pacific Masters Games from 4 – 13 November 2022 on the Gold Coast. There are 3,000 metres and 5,000 metre track races scheduled and a 10km road walk.

Race Walk Coaching

If you are looking for coach or would like to be part of a training squad here are the qualified coaches in the club:

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 2

Jasmine-Rose McRoberts Level 2 Club coach

Argenis Guevara Level 1

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:

grwc1@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.

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/>