

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 68 years in the making.



August 10th 2023



Changes to Queensland Athletics Membership

Proposal:

It is becoming more commonplace for sporting associations to offer membership subscription-style.

This means that rather than have fixed-term membership (currently 01 October to 30 September annually) membership would be 12 months from the date of payment made, anytime during the year.

Benefit:

- Athletes/Members will get what they pay for no matter when they join.
- Athletes/Members will get an automatic reminder at 7/14/21 days before expiry to renew their membership. This encourages recurring membership.
- Lower maintenance and complications upon rollover each year.

When will this happen?

We would implement the change as at 01 October 2023. This means any time after this date members can renew or join Qld Athletics or Qrun via your club on any date and their 12 months' membership will take effect once payment has been made.

What does this mean for the club?

Rather than a bulk income around the beginning of each season/period your membership will slowly spread out across the year as people join up at various times.

This does make for a more stabilised income across the year. Clubs can still maintain their regular AGM and key dates (open days, etc) and affiliation remains 01 Oct.

There is otherwise nothing you need to do at your end.

Things to consider:

Any changes to fees for your club, Qld Athletics or Qrun will be aligned with the "day zero" affiliation date of 01 October each year.

We would like your feedback.

If your club foresees significant issues with this change or you have further queries please email dave.brown@qldathletics.org.au or call on 07 2111 5135 between 8am-4pm.



WORLD ATHLETICS CHAMPIONSHIPS BUDAPEST 23

The World Athletics Championships Budapest, HUNGARY August 19-27th

Saturday August 19th Men's 20km **Declan Tingay WA, Kyle Swan VIC, Rhydian Cowley VIC**

Sunday August 20th Women's 20km **Jemima Montag VIC, Rebecca Henderson VIC, Olivia Sandery SA**

Thursday August 24th Men's 35km **Rhydian Cowley VIC**

Women 35km **Rebecca Henderson VIC, Allanah Pitcher NSW**

QUEENSLAND ROAD WALKING CHAMPIONSHIPS **+ QMA Long Course Road Walk Championships** **Saturday September 2nd QSAC**

Entries will remain open until Thursday August 31st

PROGRAMME OF EVENTS

1 8.30am 20km Open Men

Open Women

Masters Men (30-59) 30-59

10km Under 20 Men 2004 / 2005

Under 20 Women

Under 18 Boys 2006 / 2007

Masters Women/Masters Men (60+) 30+ Women/60+ Men

2 9.00am 5km

Under 18 Girls 2006 / 2007

Under 16 Boys 2008 / 2009

Under 16 Girls

3 9.30am 3km

Under 14 Girls 2010 / 2011

Under 14 Boys

4 10.00am 2km

Under 12 Girls 2012 / 2013

Under 12 Boys

1km

Under 10 Girls 2014- 2017

Under 10 Boy

ENTRIES - Entries are taken online at <http://www.qldathletics.org.au/> **Entries Close 9.00am Thursday 31st August 9.00am.** There are strictly no late entries.

Fees - Qld Athletics Base Members - \$30.00 Gold Members - \$20.00 Platinum Members – Free

RESULTS RESULTS RESULTS

QRWC Handicap Meet #8

August 6th Faye Carr Park, Ripley

A Grade 10km

Men: (1) Roel Wheeley 59.05 **SB** (2) Peter Bennett 1.08.23.

Women: (1) Brenda Gannon 58.45 **SB** (2) Lily Housden 1.12.40 (3) Jasmine McRoberts 1.12.46 (4) Joy Dale 1.23.01 **SB** (5) Noela McKinven 1.31.18

B Grade 5km

Men: (1) Kai Dale 29.39. Patrick Sela DQ.

Women: (1) Taylah Morris 35.33 (2) Lily Goulding 35.37.

C Grade 3km

Men: (1) Noah Wheeley 23.58.

Women: (1) Kiara Waterman 18.30 (2) Eliza Kelly 20.06.

D Grade 2km

Women: (1) Savannah Dunleavy 13.17 (2) Izzy Blackburn 14.42 (3) Mackenzie Wormald 14.47.

E Grade 1km

Men: (1) Hayden Robertson 6.05. Jake Dunleavy DQ

Women: (1) April Kelly 8.14.

F Grade .5km

Women: (1) Piper Dunleavy 4.48 (2) Harper Waterman 4.54.

Thank you to all our judges, timekeepers, lapscorers and volunteers that made conducting the meet possible.

Judges' Reports

11 KKKkkk DQ

13 k

356 k

380 Kk

391 cc

392 c

398 c

425 c

428 cc

430 CCCcccc DQ

431 c

438 cc

THIS WEEK

QRWC Handicap Meet #9 Sunday August 13th

John Frederick Park, Capalaba

7.30am A Grade M 15km

A Grade W 10km

QRWC 15km Championship M/W

B Grade 8km

8.00am E Grade 2km

F Grade 1km

8.15am C Grade 5km

D Grade 3km

Note: The 7.30am start races i.e., 8km, 10km & 15km will use the 2km loop. All other races will use the 1km loop

The 15km race will double at the club 15km Championship for Men & Women (a 10km split time for women will be recorded for Handicap purposes)

Enter Here [QRWC Handicap Meet #9, Sunday August 13th, John Frederick Park, Capalaba - Old Race Walking Club - revolutioniseSPORT](#)

JOHN FREDERICK PARK - located at 2-14 Old Cleveland Road, Capalaba. It is adjacent to Clubhouse Niteclub Bar & Grill and the BWS store at Capalaba. If you are travelling along Old Cleveland Road in an Easterly direction, turn left into Banfield Lane (next left turn after Camrose Street) and go straight ahead along the unsealed road to park. The start line is in the park on your left. If you pass the KFC and Guzman y Gomez stores on your left, you have gone too far.

The venue and path for the race is highlighted in red on the map.

<https://cdn.revolutionise.com.au/cups/qldracewalkingclub/files/zbyi3yuyqu0ynhmm.jpg>

Queensland Masters 15km Records

W45 Brenda Gannon 2021 1:32.24
W50 Nyle Sunderland 2019 1:32.01
W55 Erika Woodward 2022 1:38.00
W60 Noela McKinven 2005 1:53.31
W75 Noela McKinven 2018 2:09.36
M30 Ignacio Jimenez 1999 1:15.51
M35 Andrew Ludwig 2004 1:13.59
M40 Iggy Jimenez 2009 1:14.23
M45 Peter Bennett 2002 1:16.11
M50 Iggy Jimenez 2018 1:15.28
M55 Ignacio Jimenez 2022 1:16.17
M60 Peter Bennett 2016 1:19.31
M65 Peter Bennett 2021 1:39.05
M70 Patrick Sela 2011 1:39.11
M75 Dick Keatinge 2000 1:45.20

NEXT WEEK

QRWC Handicap #10 Sunday August 20th

John Walker Place, 261 Brisbane Corso, Yeronga

8.00am A Grade 10km
8.15am E Grade 1.5km
 F Grade 1km
8.30am B Grade 5km
8.45am C Grade 3km
 D Grade 2km

COMING UP

QRWC Road Walk Championships Sunday August 27th

Logan River Parklands, Beenleigh

8.00am Open & Masters 10km
 Under 20 M & W 8km
 Under 18 M & W 6km
 Invitation Open 5km (non-championship)
8.15am Under 10 M & W 0.75km
 Under 12 M & W 1.5km
8.30am Under 14 M & W 2km
 Under 16 M & W 4km

Note

- Age is taken as Age on the Day
- Athletes eligible for awards in their own age group event only.
- Trophies will be awarded to the first three placings of registered club members in each age group (male & female) and medals in the Masters age group.

- For Masters Athletes the first three finishers of club members in Open races will be the Open place getters and the next three Masters Age competitors to finish after that will be eligible for Masters Medals.
- Registrations will open on RevSport on Monday 14th August
- Entry Fee Members \$10 Non-Members entry Fee \$15 (not eligible for championship awards) Invitation 5km \$5



We will be having a fund-raising Sausage Sizzle on this day with cold drinks, tea/coffee on sale

QRWC Club Championship Records

Men's Open 10 km Rhydian Cowley 2012 40:38.00
 Under 20 Men 8 km Dane Bird-Smith 2009 34.59.00
 Under 18 Men 6 km Dane Bird-Smith 2009 26.16.00
 Under 16 Men 4 km Jesse Osborne 2010 18:30.00
 Under 14 Boys 2 km Bailey Housden 2020 8.59.00
 Under 12 Boys 1.5 km Myles Callaghan 2019 7.28.00
 Under 10 Boys 750 m Mathew Houston 1995 3:40.00
 Women's Open 10 km Karen Foan 2002 49:15.00
 Under 20 Women 8 km Jessica Pickles 2013 38:55.00
 Under 18 Women 6 km Katie Hayward 2016 27:13:00
 Under 16 Women 4 km Clara Smith 2013 18.59.00
 Under 14 Girls 2 km Jayda Anderson 2018 9.20.00
 Under 12 Girls 1.5 km Rachel Barker 2007 7.29.00
 Under 10 Girls 750 m Theresa Dorman 1994 3:47.00
 Men's Master's 10 km Ignacio Jimenez 2012 49:41.00
 Women's Master's 10 km Nyle Sunderland 2013 57:22.00

QRWC Relay/Trophy/BBQ Day Sunday September 10th Dowse Lagoon, Sandgate

9.00am For the relays please be ready to compete by 9am as we need to finalise handicaps, teams and your competing order in your team. All this takes time and we want teams to be started by **9.30am.**

4 x 1,500 metre Relay

RELAY This is a 4 x 1,500 handicapped relay, so it is not really about being the fastest. Get your teams together now and come up with an apt team name. You don't have to be a competitive walker to take part so this is the opportunity for all parents, coaches, judges, volunteers and other family members to have a go. Now is your big chance to show us your style. Look out for the sheet at the Sign In desk to nominate your team or if you wish to be allocated to a team.

TROPHIES All the medals from the QRWC track championships, Grade Handicap points trophies, Club Road walk championships trophies and the perpetual trophies will be presented.

RAFFLES For a bit of fun and to raise some money for the club we have a tradition of having a multi draw raffle at the lunch. If you would like to donate a raffle prize (check your cupboards for

any unwanted Christmas gifts or “surplus” bottles of wine) we would be pleased to hear from you or bring them along over the last few Sundays of the season.

LUNCH We will be having a BBQ lunch following the relays. The club will provide the BBQ fare and we have members bringing along a delicious chicken curry & rice and another member some quiches. If you would like to help out in the food department, please let Noela know. We do ask if members could please bring along a plate to share for dessert or a fruit platter is always welcome.

Light beer & soft drinks will be in sale. Please bring along your deck chairs or a picnic rug. The costs of the lunch will be: \$ 15 a single, \$ 25 for two or \$35 for a family of 3 to 5. Additional family members at the single rate.

Reminder: Perpetual Trophies

Are you on the list below? Over the next few club meets could perpetual trophy winners from the 2022 season please return your trophy. If you cannot make it to a meet, please contact Noela noelarhoda@gmail.com to arrange the return of your trophy.

U10 BOYS	Dylan Moore
U12 GIRLS	Isabella Welch
U12 BOYS	Lachlan Moore
U14 GIRLS	Destinee Pickvance-Yee
U14 BOYS	Noah Wheeley
U16 BOYS 5KM	Sam McCure
U18 MEN 10KM	Sam McCure
U20 WOMEN	Jasmine-Rose McRoberts
OPEN WOMEN 15KM CHAMPIONSHIP	Jennifer Stuckey
RELAY TEAM	“Just One Moore” Noela McKinven Argenis
Guevara Dylan Moore Lachlan Moore	

Save your Life - Get out and Walk

You don't have to be a runner or play sport to feel the benefits of exercise - fitting a brisk walk into your day is good enough, UK analysis suggests.

It found if everyone did as little as 11 minutes of daily activity, one in 10 premature deaths could be prevented. Most people don't manage to do the minimum recommended 150 minutes of exercise a week, however.

But doing some exercise is better than doing nothing, the researchers from the University of Cambridge say. The NHS recommends everyone does 150-300 minutes of physical activity that raises the heart rate every week or 75-150 minutes of vigorous activity per week, which makes you breathe hard.

The research team looked at hundreds of previous studies on the benefits of physical activity and concluded that even doing half the recommended amount could prevent one in 20 cases of cardiovascular disease and nearly one in 30 cases of cancer. That equates to 75 minutes per week - or 11 minutes per day - riding a bike, walking fast, hiking, dancing or playing tennis. “You should feel yourself moving, your heart will beat faster but you won't necessarily feel out of breath,” says Dr Soren Brage, who led the research. Doing that amount is enough to reduce the risk of developing heart disease and stroke by 17% and cancer by 7%, the findings suggest. Regular exercise reduces body fat and blood pressure while also improving fitness, sleep and heart health in the long run.

The benefits of exercise were even greater for some specific cancers, such as head and neck, gastric, leukaemia and blood cancers, but lower for lung, liver, endometrial, colon and breast cancers.

Not everyone finds it easy to do the exercise recommended by the NHS - two out of three people say they do less than 150 mins (2.5 hours) of moderate exercise and fewer than one in

10 manage more than 300 mins (five hours) per week. "If you are someone who finds the idea of 150 minutes of moderate-intensity physical activity a week a bit daunting, then our findings should be good news," says Dr Brage.

"If you find that 75 minutes a week is manageable, then you could try stepping it up gradually to the full recommended amount."

The analysis, in the British Journal of Sports Medicine, looked at previous published research on the benefits of exercise in nearly 100 large studies and nearly 200 peer-reviewed articles to get an overview of the evidence. They calculated that if everyone in the studies had done at least 150 minutes of exercise a week - the full amount - then around one in six early deaths would be prevented.

The researchers say replacing some habits is all that is needed. For example, they advise trying to walk or cycle to work or to the shops instead of using a car, or being active when playing with your children or grandchildren. Getting enjoyable activities into your weekly routine is the best way to increase the amount of physical activity you do, they say.

The NHS recommends adults also do activities that strengthen muscles twice a week. Yoga, Pilates, lifting weights, heavy gardening and carrying heavy shopping bags all count.

2023 Australian All Schools Championships



The 2023 Australian All Schools Championships will head west this year with **Perth hosting the Championship at the WA Athletics Stadium from December 8-10**, with the one-day National Schools Challenge to be held the following day on December 11.

2024 Australian Athletics Championships



The Australian Athletics Championships is the largest annual athletics event in Australia and the Oceania region, traditionally attracting more than 3,500 athletes from across Australia and the Pacific.

The 101st edition of the Championships will be the culmination of another impressive domestic season and also act as a key part of the nomination process for the Australian Olympic and Paralympic Teams travelling to the Paris 2024 Games. It is expected that the Australian Olympic Committee will make the first round of selections for the Olympic team on ground in Adelaide, following the conclusion of the Open age championships.

QRWC 2023 WINTER ROAD WALKING SEASON

Rules of Race Walking

There are two basic rules in Race Walking:

- **Contact:** The athlete must never have both feet off the ground at once.
- **Knees:** The advancing leg must be straightened (not bent at the knee) from when the foot first makes contact with the ground **until the vertical upright position**.

MONTH	DATE	EVENT	VENUE	TIME
April	23	QRWC Handicap Meet # 1	Beenleigh	8.00am
	30	QRWC Handicap Meet # 2	Yeronga	7.30am
May	7	QRWC Handicap Meet # 3	North Lakes	8.00am
	14	Mother's Day	No club competition	
	21	QRWC Handicap Meet # 4	Ripley	8.00am
	28	QRWC Handicap Meet # 5	Capalaba	8.00am
June	4	Gold Coast Championships	Mudgeeraba	8.00am
	11	LBG Federation Meet	Canberra	8.00am
	18	QRWC Handicap Meet # 6	North Lakes	8.00am
	25	QRWC Handicap Meet # 7	Yeronga	8.00am
July	2	Gold Coast Marathon	No club competition	
	9	QRWC Track Championships	USC Sippy Downs	9.00am
	16	RWA Postal Challenge	Beenleigh	8.00am
	23	QRWC Track & QMA Meet	UQ St Lucia	8.00am
	30	QA Championships	POSTPONED	
	August	6	QRWC Handicap Meet # 8	Ripley
13		QRWC Handicap Meet # 9	Capalaba	7.30am
20		QRWC Handicap Meet # 10	Yeronga	8.00am
27		QRWC Road Walk C/Ships	Beenleigh	8.00am
September	2	QA Road Walk Championships	QSAC	8.30am
	3	Father's Day	No club competition	
	10	QRWC Relay/Trophy/BBQ Day	Sandgate Lagoon	9.00am

QRWC Uniforms

Wearing a club uniform at our club meets is desirable but not compulsory. All Race Walking Australia event competitors **MUST** wear the uniform of their Club, as registered with Race Walking Australia. Failure to do so may result in disqualification.

[Shop - Old Race Walking Club - revolutioniseSPORT](http://www.revolutioniseSPORT.com.au)

Our Volunteers – We need you to

For all our road walk and track meets we 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, timekeeper, setting out the course or helping to pack up. All assistance is greatly appreciated. We especially need lap scorers. If you would like to help out, please talk to any member of the Committee.

Everyone who helps out to run our events are volunteers who freely give up their time so that our athletes can race. Please treat them with respect and appreciation at all times and offer to assist them whenever possible. Without judges, timekeepers and lapscorers we don't have a

race walk competition we just have a walk and no matter how fast you go your result will not be official or accepted for qualifying purposes. Judges are there to ensure no one gets an unfair advantage and to assist the athletes. If you get a caution or a report, use it as a learning experience. Find out what you have done wrong from the judge and talk to your coach to see if you need to correct your technique. If you do nothing and just blame the judges, then you will never learn or get ahead in the sport.

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.

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>

All our members, whether an athlete, coach, volunteer official or a parent should be aware of their obligations and responsibilities under these policies.

Who this Policy Applies To

This policy applies to the following, whether they are in a paid or unpaid/voluntary capacity:

i.e. All of us

- Parents, guardians, spectators and sponsors to the full extent that is possible.

- Individuals appointed or elected to boards, commissions, committees and sub-committees;
- Employees and volunteers;
- Support personnel (e.g. managers, physiotherapists, psychologists, masseurs, sport trainers, etc);
- Coaches and assistant coaches (whether or not they are accredited)
- Athletes, coaches, officials and any other personnel participating in any teams, events and activities, including camps and training sessions, conducted or sanctioned by Queensland Athletics
- Referees, judges and other officials.
- Members, including life members.
- Member associations and each of its members, including life members.
- Affiliated clubs and associated bodies of Queensland Athletics;
- Peak associations and other State bodies engaged in any form of athletics.
- Any other person or body that is a member of or affiliated to Queensland Athletics.

Code Of Conduct/Behaviour Queensland

Athletics requires every individual and body bound by this policy to: QA Member Protection Policy – July 2015 5

- 4.1 Be ethical, fair and honest in all their dealings with other people and Queensland Athletics;
- 4.2 Treat all persons with respect and courtesy and have proper regard for their dignity, rights and obligations;
- 4.3 Always place the safety and welfare of children above other considerations;
- 4.4 Comply with Queensland Athletics', Athletics Australia's, the IAAF's, the National and International Olympic and Paralympic Committees' constitution, rules and policies including this Policy;
- 4.5 Operate within the rules and spirit of the sport;
- 4.6 Comply with all relevant Australian laws (federal and State), particularly anti-discrimination and child protection laws;
- 4.7 Be responsible and accountable for their conduct; and
- 4.8 Abide by the relevant specific Codes of Conduct referred to in Part B of this Policy.

QRWC MEMBERSHIP

Many of our members have already signed up to QRWC for this year - memberships commencing on/after 1 October 2022 are valid until 30 September 2023 and will cover the 2023 QRWC winter road walking season. For members yet to renew their QRWC membership, or for new members, refer to the following for membership options: The QRWC membership year runs from 1 October until to 30 September the following year (eg. 1 October 2022 to 30 September 2023). Memberships can be commenced 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.

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

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

Standalone QRWC Membership

QRWC membership allows athletes to compete in all QRWC weekend races 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 is suitable for athletes wishing to compete at QRWC races only, or athletes wishing to compete at QRWC races who are already a member of another QA club (see below for details on QA membership).

Combined QRWC/QA Membership

Queensland Athletics (QA) conducts a number of events throughout the year, including approximately 4 or 5 track racewalks held over the summer months and the QA Qld Road Walking Championships (usually held around July each year). These events are run by QA and are different to the races run by QRWC. In order to compete at the QA events, athletes

must be a member of an affiliated QA club (such as QRWC) and also pay the QA membership fee.

Athletes wishing to join both QA and QRWC can do this in one transaction via the QRWC membership portal. This combined membership allows athletes to compete at QA events during the summer season (October to March) and the Qld Road Walking Championships in July, as well as the QRWC winter road walking events (ie. the traditional Sunday morning races held from April to September).

QA has a 3 different membership levels (platinum, gold and base). Further information about QA memberships can be found at: 2022-23 QA Membership Options (revolutionise.com.au)

If you would like more information regarding membership options, please contact our Registrar at qrwcregistrat@gmail.com

All our committee members, coaches, officials and volunteers are urged to register with QA for \$0 and to please check that your Blue Card is valid.

Australian Masters Road 20km August 6th Adelaide or Virtual

Sunday 6th August 20km Walk Championship.

While we would like to welcome all entrants at our Adelaide event – it is also being run as a postal event. I would appreciate you letting your fellow walkers know the details.

As this is an AMA event, the recently introduced “No Advantage” principle will apply.

Note : The organiser has agreed to extend the date of the Queensland virtual event to September 2nd when the postponed QA Road Walk Championships will be conducted .

GAMES OF THE XXXIII OLYMPIAD PARIS 2024

Walks Schedule

Thursday August 1st 7:30am 20km Race Walk Men
 9:20am 20km Race Walk Women

Wednesday August 7th Marathon Race Walk Mixed Relay with 25 teams, each comprising one male and one female athlete, who will complete in four legs of approximately equal distance. Each athlete will complete two legs of just over 10km each, alternating male, female, male, female.

Note that, in Paris, there will be a cut off time of 3h20m and teams who have not completed the marathon distance will be classified at the position at which they cross the finish line after the cut-off time.

Racewalking Queensland Management Committee 2023/24

President: P Bennett

Vice President. J-R McRoberts

Secretary: N. McKinven

Treasurer P Sela/N McKinven

Committee: Shane Pearson, Joanne McRoberts, John McRoberts, Jas Blackburn, Megan Housden, Ignacio Jimenez

Patrons: Patrick & Maxine Sela

Registrar: S Dale / C Chadwick

Handicapper A Guevara / N McKinven

Uniforms: S Dale

Publicity / Media D Sibenaler

Results R Wales / N McKinven

Newsletter Editor: P. Bennett

Equipment Officer. Stephanie McCure plus Ignacio Jimenez & Noela McKinven

Canteen Convenor. Vacant, but to be by roster.

Club Captains: Jasmine-Rose McRoberts / Sam McCure

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

Katya Martin Level 1

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.

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/>