

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 66 years in the making.



HEEL & TOE

December 2nd 2021

Nicole Fagan working with young people and helping them reach their goals

Former Australian race walker Nicole Fagan has long been coaching the next generation of rising Australian stars, but her involvement in Athletics Australia's Athlete to Coach pathway program has both enhanced her knowledge and accelerated her progress as a coach.

Fagan concedes that her coaching inception was largely unintentional, as she assisted her Little Athletics Centre in filling a position on a single day in 2008. "I took the place of someone who was sick one day and then I never left," she said.

Remaining at the Little Athletics Centre to this day where she coaches athletes aged from 9-17, Fagan has been proactive in sourcing knowledge through the program to compliment her invaluable experience as an athlete.

"I'm trying to create a supportive environment and a supportive team. Towards the end of my career I found it quite difficult to transition to the senior teams without having a group around me, so one of my goals to have a group to progress through the junior and senior Australian teams together," she said.

Fagan credits the Athlete to Coach pathway program's tailored approach as a major factor in improving her coaching prowess, supporting her interest in focus areas such as strength and conditioning, nutrition, and longevity in the sport.

"You have access to the experts and the greatest people with the knowledge; I really want to build a supportive environment for my athletes, but the program has built that supportive environment for coaches," she said.

Currently finishing a course on coaching female athletes, Fagan presents as an eager student on a quest to become the best coach possible for her athletes – with the hope of seeing them soar to great heights in the green and gold.

"I can definitely see what I did really well and what worked for me, and then the areas I wish I had greater support or had done things differently. I don't think I made a successful condition from the 10-kilometre to the 20-kilometre walk, so I have been investigating a lot about how to do that," she said.

The primary school teacher says her coaching pursuits fall in line with her passion for working with young people and helping them reach their goals, saying that in both industries it is essential to share what works well with your peers – with the Athlete to Coach pathway program aiding this process. "With all the athletes I coach, if we are continuously achieving goals and growing as people, they are the key goals for me. And when they get older the goal is to make junior and senior Australian teams."

Acknowledging that race walking events progress relatively quickly from 3-kilometres to 20-kilometres as athletes transition from juniors to seniors, Fagan has sought the assistance of AA Race Walking Lead, Brent Vallance, as a sounding board for athlete loading and laying the foundations for future success.

Fagan is also working closely with Olympic hurdler Lyn Foreman, an opportunity that she is looking forward to as the two share many common attitudes when it comes to the coaching industry.

“She offers me advice and still allows me to put my own flavour on it and make it my own style,” she said.

Lachlan Moorhouse, Athletics Australia

ON TRACK THIS WEEK

QA Dane Bird-Smith Shield SAC



December 4th (Draft as at November 30th)

6.15pm 3,000 metres M/F

6.45pm 5,000 metres M/F

Entries close 9am Friday December 3rd

[2021 Dane Bird Smith Shield - Queensland Athletics - revolutioniseSPORT](#)

Queensland Masters Athletics

Saturday 4 December 4th QSAC

8.00am 2,000m Walk

Important Information on Race Numbers for Masters athletes and Junior visitors at QMA meets.

As from 1st December, your old ‘Malouf Pharmacy’ singlet number will no longer be valid. Members who have renewed for this year, please collect your new ‘Priceline Pharmacy’ number from the sign-on room before completing your entry or going to your event.

Unfinancial members and masters-age visitors will receive a re-usable VISITOR NUMBER for \$1. This will be valid for three competitions, and then we hope you will renew or join.

Junior visitors will receive a re-usable VISITOR NUMBER for \$1. This will be valid for the rest of the season but please remember to bring it with you each time.

Gold Coast Masters

Sunday 5th December Runaway Bay

8.00am 1500m Run/Walk

RESULTS RESULTS RESULTS

QMA Saturday November 27th QSAC

3,000 Metre Race Walk

Kirwin, Roslyn W32 24:30.05 (24:30.06 47.28%)

Sela, Patrick M82 24:54.06 (15:31.85 67.76%)

1 Mile Race Walk

Kirwin, Roslyn W32 11:23.64

Woodward, Erika W55 9:00.49

Sela, Patrick M82 13:37.23

Age Graded Times & Percentages in Brackets

Track Race Walks Coming Up

QMA Meets

Wednesday December 15th (Note: was the 8th)

7.00pm 5,000m or 3,000m Walk

8.30pm 1,500m Walk

Saturday February 19th

QMA 3000m Walk Championships

AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS 2022



Brisbane, Queensland
1 April to 4 April 2022

Draft Program

Friday April 1st

1,500m Walk

Saturday 2nd April 2nd

5,000m Walk

Sunday April 3rd

10km Road Walk Davies Park, Riverside Drive, West End (preferred venue)

Registration Opens 3rd January 2022

Registration for the 2022 Championships will not open until 3rd January 2022, and the final closing date for receipt of entries will be 7th March 2022. At this stage the intent is to maintain the 2020 entry fees, which are \$60 "early-bird" admin fee for those who register by 21st February 2022, else the admin fee will be \$110. In addition, entry fees will be \$20 per event.

World Events 2022

2022 World Athletics Race Walking Championships

Muscat, Oman, March 4-5th

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

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

Have you Registered for the Track Season?



Qld Racewalking Club is excited to announce that we have opened up our registration portal to members who wish to register with QRWC with a view to representing QRWC at QA meets in the coming year.

Our membership year will now commence in October each year to align with Qld Athletics' (QA) membership year. This will allow athletes wishing to compete at QA events representing QRWC, to take out a combined QRWC/QA membership in or after October each year. Once registered, athletes can represent QRWC at the various QA competitions held throughout the year, including the QA Road Walking Championships, QA Shield Meets and Qld Athletics Championships. Please note that QA offers 3 levels of membership. More information can be found below or at

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

Of course, for those athletes not wishing to compete at or represent QRWC at QA events, QRWC will retain the current membership options whereby only the QRWC club fee (ie. \$15 Student/\$25 Non-Student) will apply. This membership can be taken out at any time prior to the start of the QRWC winter season in April 2022.

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2022 and will cover the traditional QRWC winter racewalking season.

Please do not hesitate to contact QRWC Registrar Jenny Stuckey qrwcregistrar@gmail.com if you have any questions about the membership options or registration/renewal process.

QRWC is a Queensland Athletics - associated track and field club.

"Queensland Athletics has no intention of changing the recognition and registration of the Queensland Race Walking Club and any such rumours are completely unfounded." QA CEO David Gynther

Racewalking Queensland Management Committee 2021/22

President: P Bennett

Secretary/Treasurer: N. McKinven

Vice President: I Jimenez

Committee: J Stuckey, S McCure, J-R McRoberts, S Pearson, D Millard, K Martin

Patrons: Patrick & Maxine Sela

Registrar: J Stuckey / C Chadwick

Equipment: J McRoberts

Uniforms: J Stuckey

Publicity / Media: C Chadwick

Newsletter Editor: P. Bennett

Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

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

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.

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/>