

Queensland Race Walking Club Inc.

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



HEEL & TOE

January 27th 2022

Bob Cruise – OAM for Service to Athletics



“Athletics Australia would like to congratulate four members of the Australian athletics community who have been recognised in the Australia Day honours list, announced yesterday.

Madison de Rozario and Vanessa Low were among those awarded the Medal of the Order of Australia after winning their first Paralympic gold medals for Australia in Tokyo last year, while race walks judge, coach and administrator Bob Cruise and Sport Inclusion Australia Chief Executive Officer Robyn Smith were also adorned with the same honours.

Athletics Australia Chief Executive Officer Peter Bromley said the awards were due recognition for their service to the sport and their country.

“On behalf of Athletics Australia, I’d like to congratulate our two newest Paralympic gold medallists Vanessa Low and Madison de Rozario, as well as two great administrators Bob Cruise and Robyn Smith who have been recognised for their achievements and contribution to our sport,” said Bromley.

“Much has been said about Madison and Vanessa in their endeavours to win gold at the Tokyo Paralympics. Madison brought home two gold medals at her fourth Paralympic Games, while Vanessa Low won her second gold medal but her first for Australia.

“Bob Cruise and Robyn Smith have contributed so much in different ways as administrators. Robyn has collaborated with us for more than three decades, encouraging athletes with intellectual impairments to experience the benefits that athletics has to offer, while Bob Cruise has not only coached athletes to the elite level, but has brought a level of professionalism as a judge.

“Their commitment to athletics and their determination to make a difference in our sport has inspired the nation and each of them deserve to be recognised at this scale.”

On behalf of all the members of the QRWC we extend our hearty congratulations to Bob on his well deserved Australia Day honour.

It is very pleasing to see that all his years of dedication to the sport as a coach and as an international level race walking judge has been duly recognised. We certainly value his wealth of experience, knowledge and hard work he has put into the sport with athletes at all levels. Bob has taught beginners to race walk, coached and mentored generations of athletes to international level and as an administrator has worked tirelessly to promote and develop race walking in Australia.



Natasha Flahey NSW U14 Country Champion

Photo courtesy Robyn Wales

This Week

Walkers should not miss the opportunity to get out and compete on the track this weekend with two meets at QSAC on Saturday,

In the morning Queensland Masters Athletics have an 8.00am start to their 5,000 metre walk. Later the same afternoon at the Qld Athletics Shield Meet there are two walk events. At 5.50pm the 3,000 metres starts and at 6.20pm the 5,000 metre walk.

RESULTS RESULTS RESULTS

Queensland Masters Athletics

Saturday January 22nd

Junior 1,500 Metre Race Walk

Sibenalek, Hunter M10 10:03.94 (10:03.95 51.16%)

Fisher, Torryn W16 8:26.67 (8:26.68 66.51%)

Fisher, Siaan W11 10:06.54 (10:06.55 55.56%)

Waterman, Kiara W10 10:23.38 (10:23.39 54.06%)

Fisher, Tully W8 11:50.97 (11:50.98 47.40%)

Masters 1,500 Metre Race Walk

Jimenez Solis, Ignacio M56 6:57.49 (5:48.40 88.69%)

Woodward, Erika W55 8:38.15 (7:20.43 76.52%)

Bennett, Peter M66 9:32.51 (7:12.65 71.42%)

McKinven, Noela W79 13:00.92 (8:46.27 64.04%)

Junior 2,000 Metre Race Walk

Teahen, Rebecca W14 13:36.73

Masters 2,000 Metre Race Walk

Jimenez Solis, Ignacio M56 9:23.96

Woodward, Erika W55 11:29.93
Bennett, Peter M66 12:45.23
McKinven, Noela W79 17:47.81
Age Graded Times & Percentages in Brackets

**NSW Country Championships January
Maitland Regional Athletics Centre
Girls 1500 Metre Race Walk U14**

1 Flahey, Natasha	Grafton Aths	7:50.52
2 Ashby, Caetlin	Gosford LA	8:34.53
3 Mckenzie, Imogen	Tamworth Sen	8:50.90
4 Maxwell, Madeleine	Macquarie Hu	9:06.08
5 Anderson, Imogene	Athletics Wo	9:23.69
6 White, La'Kya Jai	Woolgoolga A	10:12.61
7 Hall, Cheyannah	Athletics Wo	11:09.52

**Supernova 10,000 metres AIS Canberra
Saturday January 22nd**

Clara Smith achieved another personal best in the 10km with a time of 45:30 which moves her up to second in the Queensland open women's all time best for 10,000 metres .

Entries Now Open

**AUSTRALIAN MASTERS ATHLETICS
CHAMPIONSHIPS 2022**



Brisbane, Queensland
1 April to 4 April 2022

[National Masters Events Calendar](#) | [Qld Masters Athletics](#) | [QMA](#)

Registration 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.

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

2022 Track Race Walks

Queensland Masters Athletics Meets SAC

Saturday 29th January SAC

8.00am 5,000m Walk

Saturday 12th February SAC

9.00am 1,500m Walk

Sunday 13th February SAC

8.15am 3,000m Walk

9.30am 800m Walk

Saturday 19th February SAC

8.00am QMA 3,000m Walk Championships

Wednesday 23rd February

8.20pm 3,000m Walk

Wednesday March 2nd Night SAC

7.20pm 1500m walk

8.25pm 2000m walk

Wednesday March 9th SAC

8.20pm 3000m run/walk

March 19th

Gold Coast Masters Championships

State Athletics Centre, Brisbane (note the location and venue)

7.30am 5,000m Walk

Note: There is a 1,500 metre event on the programme but it is not confirmed if this is also a walk event

Online entries open from Thursday 24th February and close 8.00pm on Saturday 12th March

Gold Coast Administration Fee \$20.00 and \$7.00 per event

March 26th Saturday SAC

8.00 2000m Walk

Qld Athletics Shield Meets

Saturday January 29th

5.50pm 3,000 metres

6.20pm 5,000metres

Saturday February 19th

3/5km

QA State Championships

March 3-6th

<p style="text-align: center;">Important Update COVID Safe Rules for Queensland Athletics Competitions 13/1/2022</p>

Queensland Athletics has received detailed information from the Queensland Government on conducting COVID safe event in the current environment.

COVID 19 transmission is now widespread in the Queensland community. You should assume that others you have contact with may have asymptomatic COVID 19.

If we are to continue to deliver athletics competitions while there are significant numbers of COVID infections, we must all work together to ensure as safe an environment as possible.

It is a high priority to ensure the safety of our volunteer officials and staff, without this group we cannot continue to deliver the sport.

Please abide by these simple rules.

1. If you have even the mildest symptoms do not attend.
2. If you believe you may have been exposed to COVID in a close contact situation, please do not attend until you have a negative test.
3. Please attend the competition for the shortest time possible
4. Other than when competing, masks should be worn at all times while at the venue
5. Please no physical greetings, hand shaking, hugs
6. Please avoid physical contact with other competitors and officials
7. At field events maintain social distancing with others in particular officials
8. The Control room is not to be entered other than for a few designated officials under any circumstances, your results will be posted online.

The usual low contact arrangements will be in place.

1. No need to check in
2. You do not need a bib
3. Go straight to your event site
4. Results will be posted online

Queensland Little Athletics 2022 State Championships



Date 11th - 13th March 2022

Venue Queensland Sport & Athletics Centre (QSAC), Nathan, Brisbane.



55th Race Walking Australia LBG Carnival Canberra June 12th

AA have scheduled their 35km Championships a few weeks before the Canberra Carnival where they missed the opportunity to incorporate the 35km race into the LBG programme.

2022 AA Championship dates



Oceania & Australian 20km Race Walking Championships

Date: Sunday 13th February

Location: War Memorial Drive, Adelaide, South Australia

Event contact - competitions@athletics.org.au

Draft Timetable as of 21.12.2021

7:00am Oceania & Australian 20km Race Walk Championships

8:00am Oceania Under 20 10km Race Walk Championships

8:00am Invitational Under 18 5km Race Walk Championships

Australian Track & Field Championships

Date: Saturday 26th March - Sunday 3rd April

Location: Sydney Olympic Park Athletics Centre

Nominations: Must be submitted through your State Association.

Event contact: competitions@athletics.org.au

Covid Restrictions: Athletics Australia advises all attendees to book refundable flights and accommodation where possible.

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

2022 World Athletics Race Walking Championships

Muscat, Oman, March 4-5th

Schedule (Local Times)

March 4th

8.00am W 10km

9.10am M 10km

2.00pm W 20km

March 5th

7.00am M 35km

7.00am W 35km

4.00pm M 20km

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



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.

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.

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/>