

Queensland Race Walking Club Inc.

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



HEEL & TOE

June 16th 2022

55th ANNUAL LAKE BURLEY GRIFFIN WALKING CARNIVAL



RACE WALKING
AUSTRALIA

AUSTRALIAN FEDERATION
OF RACE WALKING CLUBS

Sunday 12 JUNE 2022 – STROMLO FOREST PARK CANBERRA

Queensland & Selected Results from the Canberra Carnival

Men's 30 Km Open

- 1 Tim Fraser ACTRWC 2:22:20
- 2 Dylan Richardson NSWRC 2:27:38
- 3 Kim Mottrom SARWC 2:43:20

Open Womens 15 km

- 1 Hannah Mison NSWRC 1:18:18
- 2 Bridget Bell NSWRC 1:24:12
- 3 Samantha Findlay SARWC 1:24:54

7 Joy Dale QRWC 2:04:27

Noela McKinven DQ

Handicap Placing

- 1 Erika Woodward VRWC

2 Joy Dale QRWC

- 3 Madeleine Feain VRWC

Open Men's 15 km

- 1 Jack McGinnisken NSWRC 1:15:13
- 2 Mathew Bruniges SARWC 1:22:28
- 3 Alix Harlington SARWC 1:26:06

5 Argenis Guevara QRWC 1:33:58

Handicap Placing

1 Argenis Guevara QRWC

- 2 Scott Nelson VRWC
- 3 Kevin Cassidy VRWC

Boys Under 16 3 km

- 1 Riley Coughlan VRWC 0:13:40
- 2 Kodi Clarkson ACTRWC 0:13:54
- 3 Samuel Lindsay TRWC 0:14:23

11 Kai Dale QRWC 0:18:17

Women's Open 5 km

- 1 Alanna Peart VRWC 0:23:10
- 2 Hannah Mison NSWRC 0:24:01
- 3 Hannah Bolton NSWRC 0:25:49

15 Joy Dale QRWC 0:39:17

Handicap Placing

- 1 Nicole Challinor NSWRC

2 Joy Dale QRWC

- 3 Bridget Bell NSWRC

Masters Placing

- 1 Kylie Irshad VRWC 0:29:07
- 2 Ann Staunton-Jugovic ACTRWC 0:29:13
- 3 Erika Woodward VRWC 0:30:43

5 Joy Dale QRWC 0:39:1

THIS WEEK

Sunday June 19th Aurora Park, North Lakes

Age Races & Handicap #4

- 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

Venue location: Aurora Boulevard Park, Cnr Expedition Drive and Aurora Boulevard, North Lakes.

ENTER NOW VIA REVSport

Registrations are now open Use the following link to register: <https://www.revolutionise.com.au/qldracewalkingclub/events/>

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. If you would like to help out, please talk to any member of the Committee.

Venues Update

Thank to those members who have responded to our call for suggestions for road walk venues. Your input is very welcome and remember that all of our current and former venues came about because of a recommendation from a club member.

So far this season we have trialled a new venue and will return to a former venue later in the season. Some of the suggestions still have to be checked out and "road tested" But we look forward to next season when we will have a good pool of venues to plan our season in advance, have alternate emergency venues and be able to geographically balance our race

venue locations during the season. Keep those ideas coming in to add to the list of suggested venues:

Norfolk Drive, Ormeau
 Brisbane Corso, Yeronga
 Skippy Park, Landsborough
 Sandgate Foreshore
 Teralba Park, Mitchelton
 W H Yeo Park at Victoria Point

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.

Congratulations Heather Mitchell OAM

Heather was announced in the Queen's Birthday honours list on Monday as a worthy recipient of the Medal of the Order of Australia (OAM) for services to athletics (AA life member) and as an international race walking judge.

QUEENSLAND ROAD WALKING CHAMPIONSHIPS + QMA Long Course Road Walk Championships

**Sunday 7th August 2022
 QSAC, Nathan**

PROGRAM OF EVENTS

RACE #	START	DISTANCE	AGE GROUP	YEAR BORN
1	8.30am	20km	Open Men	Open
			Open Women	
			Masters Men	
		10km	Under 20 Men	2003 / 2004
			Under 20 Women	
			Under 18 Boys	2005 / 2006
Masters Women	35+ (30+ for QMA)			
2	9.00am	5km	Under 18 Girls	2005 / 2006
			Under 16 Boys	2007 / 2008
			Under 16 Girls	
3	9.30am	3km	Under 14 Girls	2009 / 2010
			Under 14 Boys	
4	10.00am	2km	Under 12 Girls	2011 / 2012
			Under 12 Boys	
		1km	Under 10 Girls	2013- 2016
			Under 10 Boys	

Entries

- Entries are taken online at www.qldathletics.org.au and close at 9.00am Thursday 4th August. There are strictly no late entries to this event.

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

Updated Draft Calendar 26.05.2022

MONTH		DATE	EVENT	VENUE
March		27	AA Track Championships – Walks	Sydney
April		3	AMA Road Walk C'Ship	QSAC
April		10	QRWC Sign-On Meet /AGM	Mudgeeraba
		17	Easter Sunday	No competition
		24	QRWC Warm Up Meet	Morningside
May		1	QRWC Handicap Meet 1	North Lakes
		8	Mother's Day	No competition
		15	No race	Wash out
		22	QRWC Handicap Meet 2	Brisbane Corso
		29	QRWC Handicap Meet 3	Beenleigh
June		5	Gold Coast Championships	Mudgeeraba
		12	LBG Federation Meet	Canberra
		19	QRWC Handicap Meet 4	North Lakes
		26	QRWC Handicap Meet 5	TBC
July		3	Gold Coast Marathon	Southport
		10	RWA Postal Challenge	Beenleigh
		17	QRWC Handicap Meet 6	TBC
		24	QRWC Handicap Meet 7	Skippy Park
		24	USCA Winter Track Champs	Sippy Downs
		31	QRWC Track Championships	UQ
August	Saturday	6	QA Road Walk Championships	QSAC Ring Road
		14	QRWC Handicap Meet 8	TBC
		21	QRWC Handicap Meet 9	
		28	QRWC Club Championships	Beenleigh
September		4	Father's Day	No club competition
		11	AA/Federation Championships	Melbourne
		18		
		25		
November		13	Pan Pacific Masters Games	Gold Coast

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.

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

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/>