

Queensland Race Walking Club Inc.

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



June 1st, 2023

Connect with Queensland Racewalking Club on Facebook

A big thank you to Danielle for refreshing the club Facebook page .The old Fb page will be deleted and you will need the link below to access the new, brighter one which is **NOW ACTIVE**.

Welcome to our new Queensland Racewalking Club facebook page

<https://www.facebook.com/profile.php?id=100092665797910>

RESULTS 28 MAY 2023
Handicap #5 Capalaba

A GRADE 10KM
MEN: (1) ALEX BRADLEY 57.57 (2) PETER BENNETT 1.08.36 (3) SCOTT HYLAND DNS
WOMEN: (1) TAYLA BILLINGTON 46.03 SB (2) LILY HOUSDEN 1.06.43 (3) JASMINE MCROBERTS 1.08.48 SB (4) JOY DALE 1.25.42 SB (5) NOELA MCKINVEN 1.32.11 (6) SUMMER MILLARD DQ

B GRADE 5KM
MEN: (1) KAI DALE 28.49 SB
WOMEN: (1) LYLA WILLIAMS 27.05 (2) KOREY BRADY 35.19 (3) TAYLAH MORRIS 35.51

C GRADE 3KM
MEN: NOAH WHEELEY DQ
WOMEN: (1) KIARA WATERMAN 18.08 SB (2) BETH MOORE-KIRKLAND 19.47 SB (3) ELIZA KELLY 20.38

D GRADE 2KM
MEN: (1) LACHLAN MOORE 16.54 (2) HUNTER SIBBON 14.03 (3) LEO RAMSEY 14.52 SB
WOMEN: (1) ISABELLA WELCH 19.57 (2) FREYA WELCH 12.36 (3) IZZY BLACKBURN 13.54 SB (4) MACKENZIE WORMALD 15.26 SB

E GRADE 1KM
MEN: (1) DYLAN MOORE 7.10 (2) JAMES WATSON 7.10
WOMEN: (1) AMELIA CHISHOLM 6.10

F GRADE .5KM
WOMEN: (1) HANNA WATERMAN 4.28

JUDGES REPORTS 28 MAY 2023
Handicap #5 Capalaba

#7 K
#13 K
#219 K
#365 KCCBC
#380 KCCBC
#385 KCCBC
#388 KC
#389 C
#391 KCCBC
#398 KC
#413 CCCC
#416 CCCC
#417 K
#419 CC
#434 K
#436 K

Legend: K Yellow card K
Red card K
C Yellow card CC
Red card CC

RESULTS RESULTS RESULTS

QRWC Handicap #5 May 28th

Capalaba

A Grade 10km

Men: (1) Alex Bradley 57.57 (2) Peter Bennett 1.08.36. Scott Hyland DNS

Women: (1) Tayla Billington 46.03 SB (2) Lily Housden 1.06.43 (3) Jasmine McRoberts 1.08.48 SB (4) Joy Dale 1.25.42 SB (5) Noela McKinven 1.32.11. Summer Millard DQ

B Grade 5km

Men: (1) Kai Dale 28.49 SB.

Women: (1) Lyla Williams 27.05 (2) Korey Brady 35.19 (3) Taylah Morris 35.51.

C Grade 3km

Men: Noah Wheeley DQ.

Women: (1) Kiara Waterman 18.08 SB (2) Bethany Moore-Kirkland 19.47 SB (3) Eliza Kelly 20.58.

D Grade 2km

Men: (1) Lachlan Moore 10.54 (2) Hunter Sibenaler 14.03 (3) Leo Ramsey 14.52 SB

Women: (1) Isabella Welch 10.57 (2) Freya Williams 12.36 (3) Izzy Blackburn 13.54 SB (4) Mackenzie Wormald 15.30 SB

E Grade 1km

Men: (1) Dylan Moore 7.10.

Women: (1) Amelia Chisholm 6.10

F Grade .5km

Women: (1) Harper Waterman 4.26.

Judges' Reports (four judges)

yellow = lower case Red = upper case: Loss of contact "c" or "C" Knees "k" or "K"

7 k

13 k

219 k

365 kcccKCCC

380 kccKCC

385 kkcKK

388 kc

389 C

391 kcKC

398 kcK

413 cccC

416 cccC

417 k

419 cC

434 k

436 kK



Photos courtesy of Danielle Sibenaler

**2023 Great Barrier Reef Masters Games
Barlow Park Cairns 26/05/2023 to 28/05/2023**

M50 5000 Meter Race Walk

1 Patterson, Adam M51 Qld Race Walkers 31:06.92 (27:57.06 64.73%)

M65 5000 Meter Race Walk

1 McVeigh, John M66 Tville North Star 31:50.46 (24:57.04 72.51%)
2 Worsnop, Christopher M65 OXAC 45:29.89 (35:39.15 50.74%)

M75 5000 Meter Race Walk

1 Vowels, Mike M79 SAM 40:31.39 (28:24.41 63.69%)

W35 5000 Meter Race Walk

1 Newton, Dash W38 CQA 34:12.89 (34:11.25 58.63%)

W55 5000 Meter Race Walk

1 Sunderland, Nyle W55 Barrier Reef Games 33:40.50 (28:37.43 70.02%)
2 Herrmann, Karen W55 IRWA 37:47.19 (32:07.12 62.40%)

W60 5000 Meter Race Walk

1 Weekes, Anne W60 Nsw Masters 37:53.69 (30:41.01 65.32%)

W30-99 1500 Meter Race Walk

1 Sunderland, Nyle	W55 Barrier Reef Games	9:37.97 (9:37.98 58.31%)
2 Newell, Alison	W63 Barrier Reef Games	10:01.03 (10:01.04 56.07%)
3 Palmer, Donna	W50 SAM	10:27.63 (10:27.64 53.69%)
4 Peak, Kim	W56 Victoria Masters	10:32.96 (10:32.97 53.24%)
5 Herrmann, Karen	W55 IRWA	10:34.89 (10:34.90 53.08%)
6 Weekes, Anne	W60 Nsw Masters	10:53.74 (10:53.75 51.55%)

M30-99 1500 Meter Race Walk

1 Patterson, Adam	M51 Qld Race Walkers	9:19.10 (9:19.11 55.27%)
2 Vowels, Mike	M79 SAM	12:22.05 (12:22.06 41.64%)
3 Worsnop, Christopher	M65 OXAC	13:14.85 (13:14.86 38.88%)
4 Oches, William	M58 Barrier Reef Games	14:07.07 (14:07.08 36.48%)
5 Seymor, Jamie	M59 Qld	14:07.38 (14:07.39 36.47%)

Age Graded Times & Percentages in Brackets

THIS WEEK



15th Annual Gold Coast Road Walk Championships

Sunday June 4th Mudgeeraba

8.00am	Open M/W 10km
8.05am	U10 M/W 1km
	U8 M/W 0.5km
8.15am	U20 M/W 5km
	U18 M/W 5km
	Invitational M/W 5km (non-championship event)
8.45am	U16 M/W 3km
	U14 M/W 2km
	U12 M/W 2km

Venue: Mudgeeraba Little Athletics Club - Woodlands Park, Swanton Drive, Mudgeeraba.

- 10km race uses a 2km loop.
- 1, 2, 3 and 5km races use a 1km loop.
- 0.5km race uses a 500m loop (250m out and back).
- All races start and finish in the car park off Swanton Drive.

Morning Tea: As Noela is unable to bring along a post race treat this week we invite any of our members to bring along some morning tea to share or to sell to raise money for the club. Any contributions would be greatly appreciated.

[Enter Here 15th Gold Coast Road Walk Championships 2023 - Qld Race Walking Club - revolutioniseSPORT](#)

Please note the following important information:

1. All races are age-on-the-day (i.e. age as at 4 June 2023)
2. Only 1 race per person
3. Records will only be awarded to athletes who compete in their correct age group
4. Athletes can compete out of their age group but will not qualify for records/awards
5. Entry will be via the RevSport online portal. Non-members may enter on the day.
6. Entry fee is \$5 for all athletes.
7. Medals presented at the conclusion of the meet.

Gold Coast Road Walk Championship Records Updated as at 5.6.22

Open 10km Men: B Dewar 44.12 2012
Open 10km Women: J. Pickles 52.40 2018
U20 5km Men: L. McCutcheon 21.14 2017
U20 5km Women: J. Pickles 25:04 2013
U18 5km Men: J. Osborne 21:30 2011
U18 5km Women: K. Hayward 22.39 2018
U16 3km Men: N. McCutcheon 13.20 2017
U16 3km Women: K Hayward 13:26 2015
U14 2km Men: B. Housden 9.03 2020
U14 2km Girls: J. Anderson 9.18 2019
U12 2km Boys: K Hayward 10:04 2016
U12 2km Girls: J. Anderson 9.50 2017
U10 1km Boys: K Hayward 5:09 2014
U10 1km Girls: L. Williams 5.18 2017
U8 .50km Boys: K Hayward 2:30 2012
U8 .50km Girls F Williams 2.42 2022

THIS SATURDAY



NEXT WEEK

56th Annual LBG Federation Carnival Canberra

Your chance to represent the State, open to walkers of all ages and abilities. Medals & trophies for individual, teams and handicap results .

8.00am	30km	RWA Championship & Teams Race	Open
	30km	Fitness Walk, Non handicap	
	30km	AACT Championship, , Non handicap	Open Men & Women
	15km	RWA Championship & Teams Race	Open & Masters Women
	15km	RWA Championship	Open & Masters Men
	15km	Fitness Walk	
9.00am	8km	Fitness Walk	
10.30am	10km	AACT Championship	Open Men & Women
10.30am	10km	RWA Championship & Teams Race	U20 Men/Women
11.45am		Presentation for events 1-10	
12.15pm	1km	RWA Championship	U10 Boys/Girls
12.25pm	2km	RWA Championship & Teams Race	U12 Boys
12.45pm	2km	RWA Championship & Teams Race	U12 Girls
1.05pm	2km	RWA Championship & Teams Race	U14 Boys
1.25pm	2km	RWA Championship & Teams Race	U14 Girls
1.45pm	3km	RWA Championship & Teams Race	U16 Boys
2.10pm	3km	RWA Championship & Teams Race	U16 Girls
2.40pm	5km	RWA Championship & Teams Race	U18 Boys/Girls
3.10pm	5km	RWA Championship & Teams Race	Open Men & Women
4.00pm		Presentation for events 11-22	

Race Date: June 11th

Venue: Stromlo Forrest Park, Canberra

Updated Additional Information

1. **Bib collection will be from Stromlo Forest Park Saturday 3-4 pm.** If this is not possible for any state please get in touch and I'll sort something out. Please also drop off any perpetual trophies at this time.

2. Canteen will be run by North Canberra Gungahlin athletics club, cash and card. Volunteers will be able to obtain a meal free of charge, will just need to have their name marked off the list.

3. There will be a raffle (card only payments) of items generously donated by Jared and Rhydian. There will also be a lucky bib prize draw for items donated by Steigen.

4. Please could handicaps be forwarded to Renee no later than Friday 2nd June.

5. A draft volunteer roster has been sent out to clubs . This incorporates those who registered through the portal. We could still use more assistance as people don't want to do long shifts.

Could you please forward additional names to Troy Clarkson

ASAP. troy.d.clarkson@gmail.com

6. **Post race Dinner** - exciting news, we have secured a room at the Canberra Southern Cross club in Woden. ACT will pay the room hire, with attendees responsible for their own food and drinks purchases. There will be a bar in the room. The menu is attached. Could I please have approximate numbers by Friday morning 2nd June so they know what size room and how many staff to provide, but it does not have to be exact as there is no per head surcharge. I will put a note on the Facebook page asking people to let their club know if they would like to attend the post race dinner.

7. TAKE PLENTY OF WARM CLOTHES & DON'T FORGET TO PACK YOUR CLUB UNIFORM

COMING UP

USCAC Winter Track & Field Carnival

Saturday 8 & Sunday 9 July

USCAC & Race Walking Queensland are in discussion regarding running their RWQ Track Championships at UniSC Track on Sunday 9 July. Details to follow.



USCAC Winter Track & Field Carnival

- Saturday 8 & Sunday 9 July
- Open to all QA or affiliated QA club members from 8 to Masters & including Para Athletes

*Join QA affiliated club USCAC Winter season membership (\$18) and receive a 10% discount on event fees

- Event Fees
 - \$10 - U10 to U18 & Para athletes
 - \$12 - U20, Open & Masters athletes

* USCAC Member 10% discount - Using member discount code

- Nominations close - Wednesday 5 July - 9am

NO late nominations can be accepted

- Program

* Race Walks Events will be Sunday - Program coming



USCAC WINTER TRACK & FIELD CARNIVAL AND QUEENSLAND RACE WALKING CLUB TRACK CHAMPIONSHIPS

Queensland Race Walking Club Championships are running their QRWC Track Championships at UniSC Track on Sunday 9 July.

USCAC will be running a 1500m walk for athletes 14-17 as part of the QRWC Championships. You will be able to nominate for this event through the Winter Carnival link.

ALL OTHER RACE WALKING EVENTS – NOMINATE THROUGH RACE WALKING QUEENSLAND EVENT PORTAL: [HERE](#)

Fees for this QRWC Track Championships will be \$15 non-QRWC members & \$10 for QRWC members (USCAC discount code will not apply for this meet!)

Sunday July 9 July 2023

QRWC Track Championships

University of the Sunshine Coast Athletics Track – Olympic Way Sippy Downs

Draft Programme

- 9.00am Open M/W 5000 metres
- U20 M/W 5000 metres
- U18 M/W 5000 metres
- 9.45am U16 B/G 3000 metres

10.10am U14 B/G 1500 metres
 U12 B/G 1500 metres
 USCAC Invitation 14-17 years 1,500 metres (non-Championship)
 10.25am U10 B/G 1000 metres

QRWC 2023 WINTER ROAD WALKING SEASON

As at May 25th 2023

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	TBC
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 Road Walk Championships	QSAC	TBA
August	6	QRWC Handicap Meet # 8	TBA	8.00am
	13	QRWC Handicap Meet # 9	TBA	TBC
	20	QRWC Handicap Meet # 10	TBA	8.00am
	27	QRWC Road Walk C/Ships	Beenleigh	8.00am
September	3	Father's Day	No club competition	
	10	QRWC Relay/Trophy/BBQ Day	TBC	TBC
	17			
	24			
November	5			

* July 16th Incorporating QMA Short Road Walk Championships

** July 23rd Incorporating QMA 10,000 metres Track Championships

Entries to both Qld Masters Championships via the QMA website (entries will open closer to the date)

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.

IMPORTANT UNIFORM INFORMATION

If you are planning on going to Canberra please make plans now to purchase a club uniform (please check that your current uniform still fits). If the club does not have your size in stock it can take up to 6 weeks to get them custom made. Avoid disappointment of a last minute panic and contact the Uniform shop today .

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

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 qrwcregistrar@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.

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/>