

Queensland Race Walking Club Inc.

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



HEEL & TOE

June 9th 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

All the best to our small band of brave competitors heading off to our capital city for the LBG Federation Carnival on Sunday. With the recent cold snap in South East Queensland, you should at least be prepared for the brisk Canberra early morning start. Just watch that your drink bottle does not freeze!

Sat 11	Sun 12	Mon 13
		
10° 5°	9° -1°	10° -3°

RESULTS RESULTS RESULTS

14th Annual Gold Coast Road Walk Championships

The postponed GC road walks were held at Mudgeeraba on Sunday morning with a good number of entries especially after a number of athletes were unable to compete because of illness or injury.

Once again, the QRWC was pleased to conduct this meet on behalf of the Gold Coast Victory Athletics Club. We are very fortunate to have a senior athletics club that has not only supported and fostered the development of race walking over the years but has also supplied the medals for the meet every year. We have to thank Robyn Wales for this initiative that has become a fixture on the winter road walk calendar. Thank you to the Mudgeeraba Little Athletics Club for the use of their facilities. A big thank you to all our volunteers on Sunday. The meet could not have taken place without you all. We are grateful to all volunteers who move off the side lines and put their hand up to help out. The races saw a record breaking

walk by Freya Williams in the U8 500metres who took 30 seconds off the old record to win in 2.42.



Gold Coast Championships

Mudgeeraba June 5th

Open 10km

Men: (1) Ignacio Jimenez 53.43 (2) Argenis Guevara SB 1.02.13 (3) Peter Bennett 1.16.44

Women: (1) Jennifer Stuckey 1.10.15 (2) Joy Dale SB 1.19.41 (3) Noela McKinven 1.30.22

U20 5km

Women: (1) Jasmine-Rose McRoberts SB 34.25

U18 5km

Women: (1) Mia Bergh SB 26.41 (2) Ashanti Heap 28.35 (3) Torryn Fisher SB 30.11 (4) Lily Housden 34.12 (5) Korey Brady SB 34.42

Sam McCure 26.21 (non-championship)

U16 3km

Men: (1) Bailey Housden 14.31 (2) Kai Dale 17.28

Women: (1) Lyla Williams 16.10 (2) Brooke Newberry 17.11 (3) Lily Goulding 18.32 (4) Taylah Morris 20.13

U14 2km

Men: (1) Noah Tilton 11.54

Women: (1) Destinee Pickvance-Yeo 10.53 (2) Siaan Fisher 12.11. Olivia Boulton DQ, M. Clarke DNS

U12 2km

Men: (1) Lachlan Moore 11.23 (2) Hunter Sibenaler 14.39

Women: (1) Kiara Waterman 13.14

U10 1km

Men: (1) Dylan Moore 7.25

Women: (1) eq. Amelia Chisholm, Scarlett Newberry 6.15 (3) Tully Fisher 7.20

U8 500m

Women: (1) Freya Williams 2.42 **Record** (2) Willow Nelisi 3.30

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 **NEW**

**Oceania Athletics Championships
Mackay Aquatic and Recreation Complex
Tuesday June 7th**

Men 10,000 m Race Walk Under 20

1 Riley Whatman 03 Australia 52:43.40

2 Raven Pyda 04 Australia 53:19.15

10,000 m Race Walk Senior

1 Rhydian Cowley 91 Australia 46:32.45

Women 5,000 m Race Walk Under 18

1 Zoe Woods 07 Australia 24:41.51C

2 Alexandra Griffin 05 Australia 25:07.08

3 Nellie Langford 05 Australia 27:06.32

Women 5,000 m Race Walk Under 20

1 Elizabeth McMillen 04 Australia 24:02.11C

Women 5,000 m Race Walk Senior

1 Courtney Ruske 94 New Zealand 25:02.84

Thursday June 9th

Women 10,000 m Race Walk Under 20

1 Olivia Sandery 03 Australia 47:11.36C

2 Elizabeth McMillen 04 Australia 48:56.07C

Women 10,000 m Race Walk Senior

1 Jemima Montag 98 Australia 44:18.86

2 Rebecca Henderson 01 Australia 45:31.41

3 Katie Hayward 00 Australia 46:14.77

4 Courtney Ruske 94 New Zealand 50:41.28

Women 5,000 m Race Walk Masters

1 Anne Weekes 62 Oceania Masters

2 Jodie Craswell 68 Oceania and Qld

3 Dash Newington 84 Oceania and Qld



*Great to have our Club Captains Jasmine & Sam presenting the medals on Sunday.
Here they are congratulating Kai Dale on his silver medal in the U16 3km*

NEXT 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

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.

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.

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

It is important to note that your handicap grade is determined from your first handicap race of the season so to maximise points it is best to remain in the same grade all season. If you start in A grade for example and drop back for a race in C grade you will get far less handicap points and may not be eligible for seasons best performance points. The handicap points system rewards those athletes that participate each week of the season and can improve on their performance each week.

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/>