

## Queensland Race Walking Club Inc.

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



### HEEL & TOE

March 17<sup>th</sup> 2022

## Athletics Australia Track Championships Sydney Olympic Park Athletics Centre

Saturday 26th March - Sunday 3rd April



### Walk Programme

#### Saturday 26<sup>th</sup>

5.20pm U15/U16 3,000 metres Women

5.45pm U14 3,000 metres Men

#### Sunday 27<sup>th</sup>

10.30am U14 3,000 metres Women

12.45pm U15/U16 3,000 metres Men

#### Wednesday 30<sup>th</sup>

6.10pm 10,000 metres U20/Open Women

7.30pm 10,000 metres U20/Open Men

#### Thursday 31<sup>st</sup>

2.20pm U17/U18 5,000 Women

#### Friday 1<sup>st</sup> April

3.00pm U17/U18 5,000 Men

## QMA GOLD COAST MASTERS T&F CHAMPIONSHIPS

### March 19th SAC, Brisbane

QMA Gold Coast Masters Track & Field Championships will be held this Saturday morning at the State Athletics Facility, Nathan,

7.30am 5,000m Walk **Note the earlier start time**

10.45am 1,500 Metre Walk

## QRWC 2022 WINTER ROAD WALKING SEASON (APRIL to SEPTEMBER 2022)

With the start of our winter road walking season not too far away, now is the time to start thinking about membership options for the upcoming winter season.

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.

QA has a 3 different membership levels (platinum, gold and base). QA membership fees are in addition to QRWC membership fees (as above).

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](mailto:qrwcregistrar@gmail.com)

#### **2022 Season Commencement**

We are currently reviewing our 2022 winter racewalking program, as several of our usual venues have been affected by the recent weather events. If anyone knows of a venue that may be suitable for racing (requires a carpark, toilets, reasonably flat, wide path/road, not too much traffic) please let us know and we will check it out. The season will commence on April 10 with our annual sign-on day and AGM. Please ensure that memberships are renewed prior to or at the sign-on day or before your first race. Memberships can be renewed at:

<https://www.revolutionise.com.au/qldracewalkingclub/registration/>

#### **QRWC Handicap Meets and Points**

**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. To maximise your points for the season it is recommended that an athlete stays in the same grade for the season.

### Sign-On Day /AGM Schedule Sunday April 10th Venue TBC

No points races

8.00am 5km

8.30am 3km

9.00am 2km / 1km

9.30am AGM

### Age Races & Handicap #1 Sunday April 24<sup>th</sup> Venue TBC

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

### Draft dates only – all the be confirmed

<b>April</b>	<b>1</b> <b>0</b>	QRWC Sign On Meet /AGM
	<b>1</b> <b>7</b>	<b>Easter Sunday</b>
	<b>2</b> <b>4</b>	QRWC Handicap Meet 1
<b>May</b>	<b>1</b>	QRWC Handicap Meet 2
	<b>8</b>	<b>Mother's Day</b>
	<b>1</b> <b>5</b>	Gold Coast Championships

	2 2	QRWC Handicap Meet 4
	2 9	QRWC Handicap Meet 5
June	5	QRWC Handicap Meet 6
	1 2	<b>LBG Federation Meet Canberra</b>

Dates to be determined in the second half of the season for :  
RWA Postal Challenge  
Club Track Championships  
Club Road Walk Championships  
AA Winter Road Walk Championships / 2<sup>nd</sup> Federation Meet

## **RESULTS RESULTS RESULTS**

### **Queensland Little Athletics State Championships QSAC March 11<sup>th</sup>**

#### **Girls Under 11 1100 Meter Walk**

1 Procter, Ella	Caloundra Lac	5:46.52
2 Renton, Zoe	Toowong Harriers	6:03.48
3 Kratzmann, Keilani	Redlands Lac	6:17.01
4 Bandidt, Mackenzie	Centenary Lac	6:33.56
5 Martin, Aila	Tweed Lac	6:55.57
6 Stewart, Sian	Caloundra Lac	7:09.35
7 Waterman, Kiara	Deception Bay Lac	7:24.85
8 Greaves, Jayde	Mudgeeraba Lac	7:25.29
9 Gibbs, Sienna	Gold Coast Lac	7:36.48
10 Jack, Shayla	Arana Lac	8:23.15
11 Harrison, Skye	Deception Bay Lac	8:38.10
-- McCoombes, Jada	West Bundaberg Lac	DQ
-- Habermann, Lakeisha	West Bundaberg Lac	DQ
-- Shields, Ebony	Ipswich Lac	DQ
-- Sheridan, Grace	Gracemere Lac	DQ

#### **Boys Under 11 1100 Meter Walk**

1 Moore, Lachlan	Redlands Lac	5:57.86
2 Robertson, Payten	Mt Gravatt Lac	6:04.53
3 Clark, Hudson	Caloundra Lac	6:31.81
4 Sibenaler, Hunter	Algerster Lac	6:45.73
5 Berry, Thomas	Rosewood Lac	6:50.26
6 O'Brien, Patrick	Gold Coast Lac	7:38.96
7 Smith, Hayden	University	8:16.86
-- Morrison, Miles	Mudgeeraba Lac	DQ
-- Wepener, Adriaan	Maroochy Lac	DQ

#### **Girls Under 10 1100 Meter Walk**

1 Welch, Isabella	Springwood Lac	6:04.67
2 Hooper, Elspeth	Ashmore Lac	6:32.70
3 Vanner, Alexandra	Toowong Harriers	6:45.51
4 Dunleavy, Savannah	Deception Bay Lac	6:58.00
5 Pallentine, Ruby	Bribie District Lac	7:22.64

6 Gilchrist, Drew	Springwood Lac	7:28.07
7 Larsen, Emma	Springwood Lac	7:34.64
8 Vicary, Dakota	City North Lac	7:45.04
9 Don, Charlotte	Aspley Lac	7:46.88
10 Russell, Kaydence	Ipswich Lac	7:48.34
11 Hermus, Eliana	Noosa Lac	7:48.55
12 Sassen, Autumn	Mudgeeraba Lac	8:36.38
-- Lucas, Teegan	Redlands Lac	DQ
-- Stansfield, Indiana	Toowong Harriers	DQ
-- Farquhar, Brianna	Arana Lac	DQ

#### **Boys Under 10 1100 Meter Walk**

1 O'Neill, Leylan	Caloundra Lac	6:50.17
2 Buncuga, Luka	Balmoral Lac	7:48.17
3 Kennedy, Lucas	Mudgeeraba Lac	7:55.93
4 Millar, Sonny	Toowong Harriers	8:06.69
5 Hunter, Thomas	Mudgeeraba Lac	8:15.06
6 Shonhan, Jasper	Nth Rockhampton	8:53.17
-- Burrows, Grayson	Springwood Lac	DQ
-- Byrn, Lachlan	Wynnum Manly Lac	DQ
-- Cook, Cameron	Bargara Lac	DQ
-- Hodgson, Nicholas	Mt Gravatt Lac	DQ

#### **Girls Under 9 700 Meter Walk**

1 Kanages, Asha	Mt Gravatt Lac	4:18.24
2 Niehus, Indi	Caloundra Lac	4:18.96
3 Rich, Cedar	Arana Lac	4:26.11
4 Fisher, Tully	Redlands Lac	4:27.98
5 Kettley, Erin	Ipswich Lac	4:45.53
6 Bozhoff, Piper	Ipswich Lac	4:45.65
7 Rohrig, Lola	Toowong Harriers	4:45.87
8 Chisholm, Amelia	Ormeau Lac	4:47.95
9 Farquhar, Asha	Arana Lac	5:05.22
10 Small, Alice	Bli Bli Lac	5:11.99
11 Buckby, Grace	Redlands Lac	5:17.52
12 Moore, Ebony	Tweed Lac	5:39.76
13 Pauly, Alyssa	Strathpine Lac	5:49.59
-- Thierjung, Cate	Tweed Lac	DQ
-- McGregor, Lucy	University	DQ
-- Holloway, Charlotte	Bribie District Lac	DQ
-- Rameshkumar, Akshi	Centenary Lac	DQ

#### **Boys Under 9 700 Meter Walk**

1 Simpson, Kingsley	Gold Coast Lac	4:37.97
2 O'Neill, Declan	Maroochy Lac	4:38.29
3 Talbot, Dominic	Toowoomba Lac	4:56.99
4 Moore, Dylan	Redlands Lac	5:00.04
5 Paterson, Koby	Runaway Bay Lac	5:35.07
6 Thomas, Isaac	Deception Bay Lac	5:58.88
-- Blake, Alexander	Deception Bay Lac	DQ
-- Raginekanth, Lavin	Centenary Lac	DQ
-- Ablang, Duke	Mudgeeraba Lac	DQ
-- Sheridan, Tomas	Gracemere Lac	DQ
-- Whittle, Cruz	Caloundra Lac	DQ
-- Durre, Max	Runaway Bay Lac	DQ

#### **Girls Under 12 1500 Meter Walk**

1 Cosgrave, Ella	Ashmore Lac	8:02.23
2 Fisher, Siaan	Redlands Lac	8:54.04

3	Anderson, Pippa	Redlands Lac	9:09.15
4	McLean, Lilly	Redlands Lac	10:07.12
5	Moore-Kirkland, Bethany	Warwick Lac	11:06.95
6	Lucas, Rihanna	Redlands Lac	11:08.48
--	McDonald, Madison	Maroochy Lac	DQ
--	McDonald, Mikaela	Arana Lac	DQ
--	McDonald, Makayla	Ormeau Lac	DQ
--	Chester, Ruby	Townsville Cent	DQ
--	Lavell, Michaela	Caboolture Lac	DQ
--	Rutten, Olivia	Deception Bay Lac	DQ

#### **Boys Under 12 1500 Meter Walk**

1	Cooke, Noah	Arana Lac	8:29.65
2	Miller, Brock	Strathpine Lac	9:12.14
3	Hoyling, Angus	Toowong Harriers	9:41.26
4	Melinz, Eli	University	10:39.63
5	Irvine, Koby	West Bundaberg Lac	10:50.99
6	Vagne, Aidan Max	Mt Gravatt Lac	11:02.84
--	Burrows, Hayden	Springwood Lac	DQ
--	Little, Austin	Bli Bli Lac	DQ
--	Svensson, Joshua	Strathpine Lac	DQ
--	Hermus, Linden	Noosa Lac	DQ

#### **Girls Under 14 1500 Meter Walk**

1	Sharpe, Milly	Gladstone Lac	7:53.78
2	Tudor, Anna	Noosa Lac	8:04.95
3	Presland, Skye	Redcliffe Lac	8:05.00
4	Bray, Katie	The Gap Lac	8:05.99
5	Wasson, Ava	Caboolture Lac	9:14.84
6	Jaekel, Tara	Mudgeeraba Lac	9:15.13

#### **Boys Under 14 1500 Meter Walk**

1	Dale, Kai	Ormeau Lac	7:41.55
2	Jendra, Tomas	Ipswich Lac	10:07.96
3	Lucas, Jaydon	Redlands Lac	10:08.03

#### **Girls Under 13 1500 Meter Walk**

1	Flahey, Natasha	Tweed Lac	7:34.63
2	Clarke, Makenna	Redlands Lac	7:44.64
3	Pickvance-Yee, Destinee	Springwood Lac	7:55.72
4	Barron, Maya	Mudgeeraba Lac	8:12.78
5	Stewart, Mia	Caloundra Lac	8:13.34
6	Baker, Amber	Redcliffe Lac	8:44.35
7	Gaviglio, Zara	Algester Lac	8:51.14
8	Kororiko, Awhena	Gayndah Lac	9:01.77
9	Sheehan, Emma	Toowong Harriers	9:43.20
10	White, Alison	Caloundra Lac	9:55.83
11	Armstrong, Taya	Nth Rockhampton	10:45.61
12	Cordwell, Shylah	Nambour Lac	11:18.06
--	Woodward, Madi	Strathpine Lac	DNF
--	Mehta, Hannah	Mudgeeraba Lac	DQ

#### **Boys Under 13 1500 Meter Walk**

1	Tilton, Noah	Tweed Lac	8:31.56
2	Blair, Xavier	Bundaberg Lac	8:36.46
3	Bricknell-Hewitt, Korbyn	Mudgeeraba Lac	8:37.37
4	Athousis, Costa	Algester Lac	9:44.25
5	Kopittke, Joshua	Algester Lac	10:48.63
6	Jenner, Joshua	Warwick Lac	10:56.77
--	Alcott, Harrison	Caloundra Lac	DQ

#### **Girls Under 15 1500 Meter Walk**

1 Williams, Lyla	Tweed Lac	6:55.65
2 Teahen, Rebecca	Toowong Harriers	7:09.63
3 Goulding, Lily	Ipswich Lac	8:49.74
-- Bridge, Tahni	Springwood Lac	DNF
-- Lucas, Hayley	Redlands Lac	DQ

#### **Boys Under 15 1500 Meter Walk**

1 Lavell, Nicholas	Caboolture Lac	6:59.62
-- Housden, Bailey	Arana Lac	DQ

#### **Girls Under 16 1500 Meter Walk**

1 Heap, Ashanti	Gold Coast Lac	7:28.74
2 Lawson, Piper	Redlands Lac	7:49.43
3 Housden, Lily	Arana Lac	7:56.70
4 Lourigan, Daniella	Maryborough Lac	8:06.40
5 Chadwick, Phoebe	Bracken Ridge Lac	8:09.28

#### **Boys Under 16 1500 Meter Walk**

1 Bradley, Alex	Laidley Lac	7:00.06
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#### **Girls Under 17 1500 Meter Walk**

1 Clarke, Anika	Redlands Lac	7:16.17
2 Bergh, Mia	Ashmore Lac	7:36.09
3 Fisher, Torryn	Redlands Lac	8:04.75
4 Sentance, Charlotte	Arana Lac	8:23.75
5 Porter, Sophie	Aspley Lac	8:39.16
6 Brady, Korey	Aspley Lac	8:48.73
7 McNamara, Rachael	Rosewood Lac	9:06.70
8 Heath, Lauren	Algester Lac	9:23.59

#### **Boys Under 17 1500 Meter Walk**

1 Wasson, Seth	Caboolture Lac	6:45.55
2 Norton, Kai	Arana Lac	6:57.59

## AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS 2022



Brisbane, Queensland  
1 April to 4 April 2022

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

### **ENTRIES CLOSED**

1,500m Walk

**Saturday 2nd April 2<sup>nd</sup>**

5,000m Walk

**Sunday April 3<sup>rd</sup>**

10km Road Walk **QSAC \***

**\*Note the change of venue for the road walks from Riverside Drive, West End to part of the ring road around QSAC**

*The former West End walks venue on Monday, there is a good reason it is called Riverside Drive.*

### **Call for Volunteers**

Please let Noela ([noelarhoda@gmail.com](mailto:noelarhoda@gmail.com)) or myself know if you and/or members of your family will be available to help out at the Masters Road Walks on Sunday April 3<sup>rd</sup> at QSAC. Expressions of interest in judging positions should be made to Greg Ison

at QA. We require volunteers for lap scoring, timekeeping, water stations, runner/cyclist for collecting judges' cards and general setting up the course and packing up afterwards. I understanding planning is already underway for the traditional post race morning tea to which all volunteers are invited.

## Canberra Federation Carnival

Sunday June 12<sup>th</sup> Mt Stromlo

The annual Carnival is held each June in Canberra and brings together race walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the Australia Federation of Race Walking Clubs (Race Walking Australia) and has a strong team emphasis. The carnival is now in its 55<sup>th</sup> year and involves over 300 walkers of all ages. This is a chance for EVERY member of the club to represent your State. There are individual, team and handicap medals and trophies to be won in all age groups. For those who are not race walkers there are non judged races over distances of 5,10 or 20 miles. There is a race for every member of the family. So now is the time to start looking at accommodation and flights.

## 2022 AA 35km Race Walking Championships

### 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](mailto: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

### World University Games

Chengdu, China June 26<sup>th</sup> July 7<sup>th</sup>

### 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 2-7<sup>th</sup> 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 1<sup>st</sup> 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 [qrwc REGISTRAR@gmail.com](mailto:qrwc REGISTRAR@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  
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:**

[qrwc1@optusnet.com.au](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club  
[racewalkqld@outlook.com](mailto: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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>

