

Queensland Race Walking Club Inc.

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



HEEL & TOE

March 31st 2022



Athletics Australia Track Championships Sydney Olympic Park Athletics Centre



It has been a big week in Sydney for our race walkers and they have risen to the challenge. there has been an endless stream of personal bests recorded and many of our walkers have shown their resilience and endurance in backing up to race in older age groups. The race walks conclude tomorrow with the U17 & U18 Men's 5,000 metres Well done everyone; we are extremely proud of you all and look forward to seeing you all competing in the forthcoming road walk season .

Women 3000 Metre Race Walk U15

1 Beck, Grace	08 NSW	15:35.50
2 Platt, Madeline	08 NSW	15:52.36
3 Sharpe, Milly	08 QLD	15:53.24
4 Bogaers, Kaytee	08 WA	16:08.99
5 McGregor, Madeleine	08 VIC	16:35.69
6 Flahey, Natasha	09 NSW	16:57.53
7 Bray, Katie	08 QLD	18:01.03
8 Bevis, Leila	08 WA	18:31.22

Women 3000 Metre Race Walk U16

1 Woods, Zoe	07 NSW	13:55.17
2 Pitcher, Sienna	07 NSW	13:59.75
3 Roberts, Darcey	07 ACT	14:42.29
4 Williams, Lyla	07 NSW	15:02.08
5 Teahen, Rebecca	07 QLD	15:06.66
6 Lynch, Emily	07 SA	15:28.24
7 Pashutina, Ariana	07 VIC	15:31.31
8 Cassilles, Ciara	07 NSW	15:44.73

9 De Ruvo, Katie	07 SA	15:51.36
10 Gourlay, Matilda	07 SA	16:10.61
11 Towler, Brooklyn	07 VIC	16:24.62
12 Newberry, Brooke	07 NSW	16:24.86
13 Lamb, Chloe	07 NSW	16:49.17
14 Sivaraj, Summer	07 NSW	17:32.34
15 Goulding, Lily	07 QLD	18:00.69
16 Morris, Taylah	07 QLD	19:12.65

Men 3000 Metre Race Walk U14

1 Pashutin, Daniel	09 VIC	16:17.15
2 Braendle, Alexander	10 NSW	16:28.20
3 Gordon, Harry	09 WA	16:44.22
4 Tilton, Noah	09 QLD	17:00.19
5 Horton, Jaxson	09 NSW	17:10.02

Men 3000 Metre Race Walk U15

1 Clarkson, Kodi	08 ACT	13:08.95M
2 Lindsay, Samuel	08 TAS	13:52.23
3 Sinnett, Alexander	08 NSW	15:55.94
4 Dale, Kai	08 QLD	15:56.65
-- Robson, Kane	08 NSW	DQ TR 54.7.1
-- Allabush, Dylan	08 NSW	DQ TR 54.7.1
-- Richards, Sebastian	08 SA	DQ TR 54.7.1

Men 3000 Metre Race Walk U16

1 Toyne, Owen	07 ACT	12:56.41
2 Ronan, John	07 WA	3:07.20
3 Coughlan, Riley	07 VIC	13:24.51
4 Housden, Bailey	07 QLD	13:46.09
5 Morgan, Oliver	07 TAS	14:32.05
6 Ashby, Myles	07 NSW	14:43.10
7 Rech, Cooper	07 SA	15:51.97
8 Spamer, Brodie	07 NSW	16:30.91
9 Byatt, Joel	07 NSW	16:55.12

Women 3000 Metre Race Walk U14

1 Mitchell, Maisie	09 NSW	15:22.08
2 Loring, Jessica	09 NSW	15:37.54
3 Webb, Matilda	09 NSW	15:48.22
4 Hearnden, Emma	09 NSW	15:58.42
5 Pickvance-Yee, Destinee	09 QLD	15:59.03
6 Curtis, Isabelle	09 WA	16:18.43
7 Clarke, Makenna	09 QLD	16:36.92
8 Flahey, Natasha	09 NSW	16:41.66
9 Pinches, Stella	09 NSW	16:47.39
10 Cosgrave, Ella	10 QLD	16:58.91
11 Horne, Lily	10 NSW	17:15.48
12 Borsic, Katica	09 WA	17:28.23
13 Hoskins, Emma	10 NSW	17:34.39
14 Morgan, Mietta	09 VIC	17:34.87
15 Ryan, Jillian	10 ACT	18:44.54
16 MacDonell, Charlotte	09 VIC	18:59.93

Women 10000 Metres Race Walk U20

1 Sandery, Olivia	03 SA	45:28.96M
2 Peart, Alanna	03 VIC	48:37.45
3 McMillen, Elizabeth	04 NSW	48:58.32
4 Novinetz, Camryn	03 QLD	50:10.78
5 Blanch, Emma	03 NSW	50:27.08
6 Hay, Char	03 VIC	51:55.09

7 Bolton, Hannah	03 NSW	52:29.14
8 Clarke, Anika	05 QLD	55:36.59
9 Millard, Summer	05 QLD	58:27.94
-- Boughton, Milly	06 NSW	DNF
-- Pitcher, Allanah	03 NSW	DNF

Women 10000 Metres Race Walk Open

1 Montag, Jemima	98 VIC	43:02.97M
2 Hayward, Katie	00 QLD	44:27.80
3 Henderson, Rebecca	01 VIC	44:40.09
4 Smith, Clara	98 QLD	46:30.09
5 Ruddick, Kelly	73 VIC	46:41.03
6 Mison, Hannah	01 NSW	49:49.41
7 Parker, Hannah	02 NSW	55:27.86
8 Bell, Bridget	02 NSW	57:38.19
9 Samanna, Claire	91 VIC	1:00:42.91

Women 5000 Metres Race Walk U17

1 Boughton, Milly	06 NSW	26:03.54	30s penalty applied
2 Nash, Maddison	06 VIC	26:14.40	
3 Pinches, Aiva	06 NSW	26:32.48	
4 Roberts, Chelsea	06 NSW	26:54.14	
5 Beck, Grace	08 NSW	27:37.73	
6 Smith, Emily	06 VIC	28:11.85	
7 Sharpe, Milly	08 QLD	28:13.08	
8 Heap, Ashanti	06 QLD	28:42.79	
9 Munroe, Ella	06 NSW	29:03.83	
10 Byatt, Laelia	06 NSW	29:39.51	
11 Lawson, Piper	06 QLD	29:45.32	
12 Housden, Lily	06 QLD	30:17.40	
13 Chadwick, Phoebe	06 QLD	30:21.50	
14 Norden, Lilah	07 NSW	31:06.20	
15 Grocott, Julia	06 ACT	31:18.99	
16 Krklinski, Chloe	06 NSW	32:05.31	

Women 5000 Metres Race Walk U18

1 Griffin, Alexandra	05 WA	24:03.15
2 Woods, Zoe	07 NSW	24:18.53
3 Langford, Nellie	05 SA	24:36.10
4 Anderson, Jayda	05 QLD	24:40.80
5 Pitcher, Sienna	07 NSW	24:56.63
6 Millard, Summer	05 QLD	26:39.78
7 Pashutina, Ariana	07 VIC	27:13.63
8 Cassilles, Ciara	07 NSW	27:35.37
9 Laytham, Tara	05 NSW	28:08.69
10 Lamb, Chloe	07 NSW	28:46.44
11 Bergh, Mia	05 QLD	28:46.87
12 Thomas, Emma	05 NSW	29:02.34
13 Sivaraj, Summer	07 NSW	29:06.46
14 Farrell, Isabella	05 NSW	29:22.12
15 Fisher, Torryn	05 QLD	29:53.83
16 Hickson, Alannah	05 NSW	31:19.61
-- Nilon, Isabelle	05 NSW	DNF

No introductions necessary!!



Photos courtesy of Shane Pearson

Queensland Masters Athletics

Saturday March 26th SAF

2000 Meter Race Walk

- 1 Gannon, Brenda W47 10:46.77
- 1 Jimenez Solis, Ignacio M56 9:05.29
- 1 Woodward, Erika W55 11:18.61
- 1 Bennett, Peter M66 12:29.47



Australian Masters Athl

Promoting active healthy athletics competition through our network of state and territory a

Walk Programme

Friday April 1st

- 4.30pm W30+ 1,500m Walk
- M80+ 1,500m Walk
- 4.50pm M30 -79 1,500m Walk

Saturday April 2nd

- 8.00am W30+ 5,000m Walk
- M75+ 5,000m Walk
- 8.50am M30-74 5,000 Walk

Sunday April 3rd QSAC Ring Road

8.00am W30+ 10km Road Walk

M30+ 10km Road Walk

- Note : Changed start time



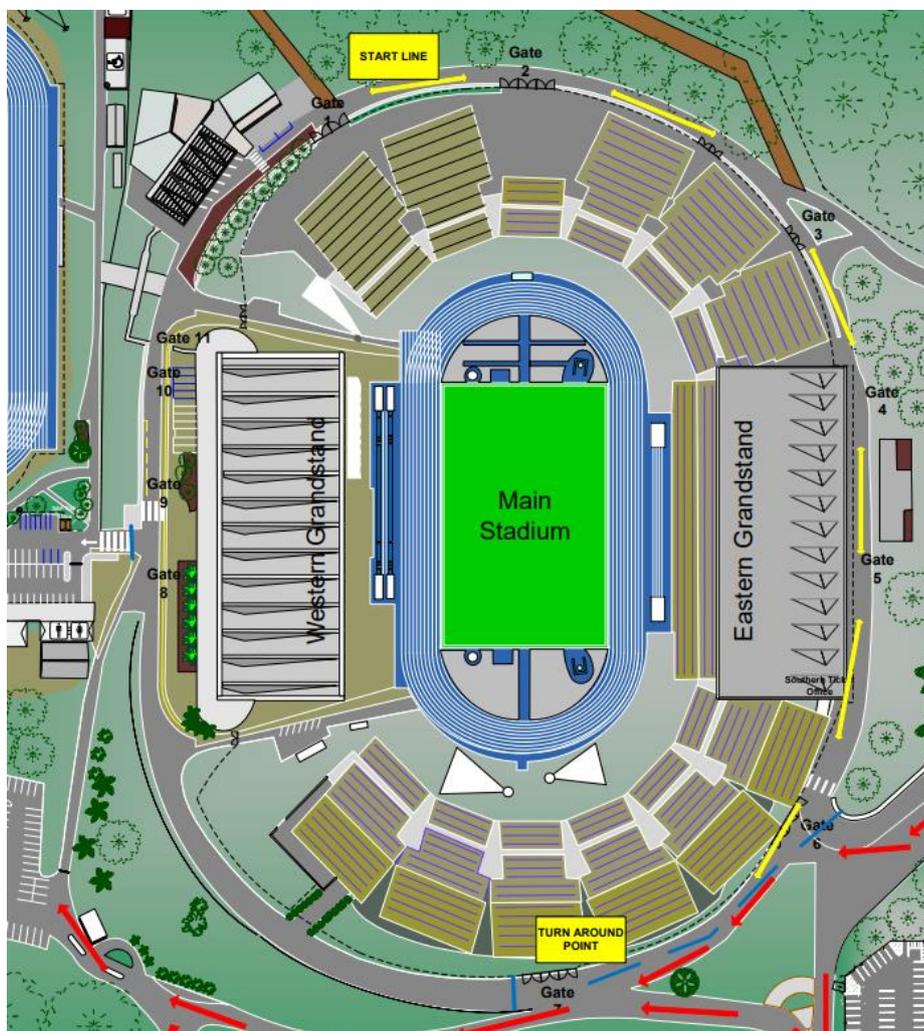
Volunteers - Road Walk Sunday April 3rd

Thank you to those wonderful members who have indicated that they will be able to help with the running of the road walk competition this Sunday morning.

The start time of the race has been changed to 8am to allow competitors who may need public transport to get there on time and to make life a little easier for our volunteers. It will be necessary to park in the lower carpark below the warm up track as the ring road will be closed off. Our club volunteers will be required to assist in setting up all the marker cones on the course, time keeping and lapscoreing (4 required), on the water station and a runner to collect the judges' red cards. We will also require you help in packing up the cones after the race (the road will re-open at 10am). After the race there will be a morning tea provided for all athletes, officials and volunteers. If you have a club polo shirt or other maroon shirt, please show your true colours and wear it on Sunday morning

If you are able to come along, please contact Noela at noelarhoda@gmail.com





1km race loop (indicated approx. by the yellow lines) is a World Athletics Certified Measured Course around the ring road at QSAC.

When and where can I pick up my competition numbers?

The registration desk will open from 1.00pm on Thursday 31st March inside the ground level of the Main Stadium at QSAC, where competitors can pick up their athletes' handbook, competition numbers etc.

Opening hours for the desk will be as follows:

Thursday	1.00pm to 6.00pm
Friday	7.00am to 3.30pm
Saturday	7.00am to 3.00pm
Sunday	7.00am to 1.00pm
Monday	7.00am to 11.00am

**Not Long Now. Have you Registered?
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

Sign-On Day /AGM

Sunday April 10th Woodlands Park, Swanton Drive, Mudgeeraba

No points races

8.00am 5km

8.30am 3km

9.00am 2km / 1km

9.30am AGM

NOTICE – ANNUAL GENERAL MEETING

Queensland Race Walking Club Inc known as Racewalking Queensland

Notice is hereby given that the Annual General Meeting of the Queensland Race Walking Club Inc. will be held at Swanton Drive, Mudgeeraba on Sunday, 10th April, 2022 commencing at 9.30am.

All positions within the club will be declared vacant at the meeting.

The Business of the meeting will be

* The Receiving and Confirmation of the minutes of the 2021 Annual General Meeting

- * The Receiving of the Management Committee Report for 2021
- * The Receiving and Adoption of the Statement of Income and Expenditure, Assets and Liabilities for the financial year
- * The election of the Officers and other members of the Management Committee
 - * The Appointment of a Patron
 - * The Appointment of a Registrar
 - * The Appointment of an Equipment Officer
 - * The Appointment of a Canteen Convenor
 - * The Appointment of a Newsletter Producer
 - * The Appointment of a Handicap/Results Person
 - * The Appointment of Publicity/Media Persons
 - * Any appropriate General Business

NOMINATIONS are invited for the following positions for 2022

*President *Vice President *Secretary *Treasurer
Registrar Equipment Officer Canteen Convenor

Newsletter Producer Handicap/ Results Publicity/Media Persons

*Not less than one (1) nor more than six (6) other committee members with the number to be decided at the Annual General Meeting

Positions marked with * are members of the Management Committee

All nominations to be forwarded to the Returning Office by April 4th Noela McKinven at noelarhoda@gmail.com

Age Races & Handicap #1

Sunday April 24th Riverside Place Morningside

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

Looking ahead it has been announced the Australian Road walk Championships / 2nd

Federation Carnival will be held in Melbourne on September 11th .

The QA Road Walk Championships will be held on Saturday August 6th on the ring road at QSAC.

MONTH		DATE	EVENT	VENUE
March		27	AA Track Championships - Walks	Sydney
April		3	AMA National Road Walk C'Ship	QSAC
April		10	QRWC Sign On Meet /AGM	Mudgeera
		17	Easter Sunday	
		24	QRWC Handicap Meet 1	Morningside
May		1	QRWC Handicap Meet 2	North Lakes
		8	Mother's Day	No club c
		15	Gold Coast Championships	Mudgeera
		22	QRWC Handicap Meet 4	TBC
		29	QRWC Handicap Meet 5	TBC
June		5	QRWC Handicap Meet 6	TBC
		12	LBG Federation Meet	Mt Stromboli
		19	QRWC Handicap Meet 7	TBC
		26	QRWC Handicap Meet 8	TBC
July		3	Gold Coast Marathon	Southport

		10	RWA Postal Challenge	TBC
		17	QRWC Track Championships	TBC
		24		TBC
		31	QRWC Handicap Meet 9	TBC
August	Saturday	6	QA Road Walk Championships	QSAC Ri
		14	QRWC Handicap Meet 10	TBC
		21	QRWC Club Championships	TBC
		28		
September		4	Father's Day	
		11	AA/Federation Championships	Melbourne
		18		
		25		
November		13	Pan Pacific Masters Games	Gold Coa

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.

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.

Canberra Federation Carnival

Sunday June 12th 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 55th 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

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 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.

Have you Registered for the Track Season?



Old 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
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 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/>