

Queensland Race Walking Club Inc.

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



HEEL & TOE

May 5th 2022

QRWC - Gold Coast Road Walk Championships **Entries Now Open**

Sunday May 15th

Venue is the Mudgeeraba Little Athletics Club ground at Woodlawn Park, Swanton Drive.

These Championships are open to all race walkers from all clubs and associations. You do not have to be a member of the QRWC to participate.

Programme

8.00am Open M/W 10km *

8.05am U10 M/W 1km

U8 M/W.5km

8.15am U20 M/W 5km

Invitation M/W 5km Non-Championship

U18 M/W 5km

8.45am U16 M/W 3km

U14 M/W 2km

U12 M/W 2km

*10 km walkers use the 2km loop.

1/2/3/5km walkers use the 1km loop.

U8 walkers use a 500 metre loop (250 metres out and back).

All races start and finish in the car park.

Important Information - Gold Coast Championships

1. All races are Age on the Day (i.e. Age as at May 15th)
2. Only one race per person
3. Records and medals will only be awarded to those who walk in their correct age group.
4. Athletes can walk out of their age groups but won't qualify for records or medals.
5. Entry is via RevSport portal. Non-Members can enter on the day. Entry fee is \$5 for all
6. Medals will be presented at the conclusion of the meet.

Thank you to the Gold Coast Victory Athletics Club and the Mudgeeraba Little Athletics Club for their support in making these Championships possible.

To Enter go to <https://www.revolutionise.com.au/qldracewalkingclub/events/>

Gold Coast Road Walk Championship Records

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 M. Clarke 3.12 2017

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. We would like to start have a canteen at meets. If you would like to help out, please talk to any member of the Committee.

WANTED: New Venues

The Management Committee is always on the look out for new venues. If you know of somewhere in your area you think may be suitable, please let us know the location details. What makes a suitable venue? Having public toilets (that are open on a Sunday morning), close by car parking and some shelter are necessities.

We look for a flat wide circuit of at least 500 metres out bound and with little other pedestrian or cycling traffic. Again, check what it is like around 8-9am on a Sunday. Some parks look serene and ideal on a Monday afternoon but maybe overrun with cars and other sports on Sunday morning. Even better go for a race walk along the course and then give your verdict. Try and pick out a suggested start/finish area. Let us know if you think a permit would be needed. Thank you.

**No Club Competition This Sunday May 8th
Enjoy a sleep in and be good to your mother**



RESULTS RESULTS RESULTS

QRWC Handicap #1

Aurora Park, North Lakes

Sunday May 1st

A Grade 10km

Men: (1) Ignacio Jimenez 52.38 (2) Argenis Guevara 1.06.44,

Women: (1) Anika Clarke 1.01.14 (2) Brenda Gannon 1.05.10 (3) Torryn Fisher 1.06.46 (4) Jennifer Stuckey 1.13.13 (5) Jasmine McRoberts 1.13.34 (6) Korey Brady 1.18.42 (7) Joy Dale 1.24.27 (8) Noela McKinven 1.28.40

B Grade 5km

Men: (1) Bailey Housden 25.52 (2) Alex Bradley 26.41 (3) Kai Dale 32.01 (4) Patrick Sela 43.09

Women: (1) Lily Goulding 32.21 (2) Lily Housden 33.22 (3) Phoebe Chadwick 34.19 (4) Sophie Porter 35.10 (5) Taylah Morris 37.21.

C Grade 3km

Women: Destinee Pickvance-Yee 16.44 (2) Makenna Clarke 17.47 (3) Katie Bray 18.16 (4) Mikaela McDonald 18.41 (5) Maya Barron 18.57 (6) Siaan Fisher 19.05 (7) Skye Presland 19.51

D Grade 2km

Men: (1) Hunter Sibenaler 15.03

Women: (1) Kiara Waterman 12.40 (2) Freya Williams 13.24 (3) Pippa Anderson 14.32 (4) Tully Fisher 15.01

E Grade 1km

Men: (1) Lachlan Moore 5.39

Women: (1) Isabella Welch 6.17 (2) Amelia Chisholm 7.55

F Grade .5km

Men: Dylan Moore 3.29

Women: Willow Nelisi 3.29 (2) Grace Taylor 4.12

It was our first handicap points meet of season so a good turnout of athletes and it is a pleasure to welcome all new members and their families to the club.

We began the season with a Mother's Day raffle. Thank you to everyone who purchased tickets . I believe the winners were Torryn (Scentsy prize) and Argenis (coffee goodies) Thank you to **Candace Collie** (Scentsy prize) & **Gladys Jimenez** (coffee goodies) for so kindly donating the prizes.



Thank you to **Joy Dale** for donating some passionfruit which were sold to raise some funds for the club. One passionfruit lover said they were much better than the ones from the supermarket.

Maxine brought along some delicious scones with jam and cream which were sold to hungry club members. Thank you so much Maxine.

55th ANNUAL LAKE BURLEY GRIFFIN WALKING CARNIVAL



RACE WALKING
AUSTRALIA
AUSTRALIAN FEDERATION
OF RACE WALKING CLUBS

Sunday 12 JUNE 2022 – STROMLO FOREST PARK CANBERRA

ENTRIES NOW OPEN (Closing May 25th)

The ACT Race & Fitness Walking Club Inc. (ACT Walkers), on behalf of Race Walking Australia, invite your members and race walkers affiliated with a National Athletics Association to participate in this year's

Annual Lake Burley Griffin Walking Carnival to be held on Sunday 12 June 2022. All events will be conducted on a 1 kilometre circuit on the cycling criterium track. The fitness walks are open to all, but participants in the race walking events must be members of a club affiliated with Race Walking Australia or an overseas World Athletics affiliated athletic club.

The venue for all events is Stromlo Forest Park, Opperman Avenue / Dave McInnes Road.

No.	Event	Start Time
1	RWA Open 30 km	8.00am
2	ACT Fitness 30 km	8.00am
3	AACT W&M 30 km Champ	8.00am
4	RWA Open Women's 15 km	8.00am
5	RWA Open Men's 15 km	8.00am
6	ACT Fitness 15 km	8.00am
7	ACT Fitness 8 km	9.00am
8	RWA Men's U20 10 km	10.30am
9	ACT Open (Over 19 years) 10 km	10.30am
10	RWA Women's U20 10 km	10.30am
	PRESENTATIONS EVENTS 1 -10 & SPECIAL AWARDS	
11	RWA Boys Under 10 1 km	12.15 noon
12	RWA Girls Under 10 1km	12.15 noon
13	RWA Boys Under 12 2km	12.25 pm
14	RWA Girls Under 12 2km	12.45 pm
15	RWA Boys Under 14 2km	13.05 pm
16	RWA Girls Under 14 2km	13.25 pm
17	RWA Boys Under 16 3km	13.45 pm
18	RWA Girls Under 16 3km	14.10 pm
19	RWA Boys Under 18 5km	14.40 pm
20	RWA Girls Under 18 5km	14.40 pm
21	RWA Women's & Men's Open 5km	15.10pm
	PRESENTATIONS EVENTS 11 - 21	16.00 pm

Entries

Competitors must complete an ON-LINE ENTRY. NO MANUAL ENTRIES WILL BE ALLOWED and LATE ENTRIES CANNOT BE ACCEPTED.

This applies to both Race Walks & Fitness Walks.

Entries are being taken online at- <http://vrwc.org.au/wp1/55th-lbg-walking-carnival/>

Entries close at 5:00 pm, Wednesday, 25th May 2022.

Entry Fees

Race Walking Australia Events;

- \$35.00 for first event, \$20.00 for second event (including an Athletics ACT Championship), or a \$60.00 cap for 3 events

- A family cap of \$150 will also apply.

Fitness Walks:

- Fitness Walk & Open 10k fee is \$20.00

QRWC Uniforms

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. Competitors not competing in a

Race Walking Australia event are also encouraged to wear their Walking Club uniform.

Updated Draft Calendar 24.04.2022

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	Mudgeeraba
		17	Easter Sunday	No club competition
		24	QRWC Warm Up Meet	Morningside
May		1	QRWC Handicap Meet 1	North Lakes
		8	Mother's Day	No club competition
		15	Gold Coast Championships	Mudgeeraba
		22	QRWC Handicap Meet 2	TBC
		29	QRWC Handicap Meet 3	Beenleigh
June		5	QRWC Handicap Meet 4	TBC
		12	LBG Federation Meet	Mt Stromlo Canberra
		19	QRWC Handicap Meet 5	TBC
		26	QRWC Handicap Meet 6	Morningside
July		3	Gold Coast Marathon	Southport
		10	RWA Postal Challenge	Beenleigh
		17	QRWC Handicap Meet 7	TBC
		24	QRWC Track Championships	St Lucia
		31	QRWC Handicap Meet 8	TBC
August	Saturday	6	QA Road Walk Championships	QSAC Ring Road
		14	QRWC Handicap Meet 9	TBC
		21	QRWC Handicap Meet 10	
		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.

OCEANIA CHAMPIONSHIPS / QMA STATE CHAMPIONSHIPS

The **QMA Track and Field Championships** for 2022 will be held in conjunction with the Oceania Open Championships.

Where: Mackay Aquatic and Recreation Centre

When: 9th, 10th and 11th June 2022

Master's members can enter the QMA Championships or the Oceania Masters Challenge or both if they like and want to score two medals for the one event!

Walk Events

Tuesday June 7th 10,000 metres M/W U20

10,000 metres M/W Open

Thursday June 9th 5,000 metres M/W U18

5,000 metres M/W U20

5,000 metres M/W Open

5,000 metres M/W Masters

Saturday June 11th 1,500 metres M/W Masters

To enter go to :

[Oceania Athletics Association Oceania Championships 2022 \(athletics-oceania.com\)](http://athletics-oceania.com)

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

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.

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/>