

# Queensland Race Walking Club Inc.

*Building on a fine tradition of race walking, 66 years in the making.*



## HEEL & TOE

October 7<sup>th</sup> 2021

### **Time to Register 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 [qrwcregistrar@gmail.com](mailto:qrwcregistrar@gmail.com) if you have any questions about the membership options or registration/renewal process.

### **Queensland Athletics Membership 2021/22**

**QA membership for the new season commencing October 1<sup>st</sup>.**

Whilst Base and Platinum remain, we are reintroducing Gold (this used to be called Traditional).

- Base will limit you to 3 Shield meets, and you can't represent Qld at national in-stadia events.
- Gold will allow you all events with a reduced pay-as-you-go fee, and you can represent Qld at national events.
- Platinum remains unchanged - free to all Shield meets and Championships, and you can represent Qld at all national events.

	PLATINUM	GOLD	BASE
<b>FREE ENTRY</b> into all QA Shield Meets	✓	✗	✗
<b>FREE ENTRY</b> into QA Track & Field Championships	✓	✗	✗
<b>FREE ENTRY</b> into QA Walks & Cross Country Champs	✓	✗	✗
Eligible to represent Qld at 2022 Aust Athletics Championships	✓	✓	✗
Discounted entry fees for QA Track & Field competitions	<b>FREE ENTRY</b>	✓	<b>HIGHER ENTRY FEES</b>
Eligible to compete in all QA Track & Field Competitions	✓	✓	<b>MAXIMUM OF 3 MEETS †</b>
Eligible to compete in all QA Cross Country Competitions	✓	✓	✓
Suitable for Club Training & Club Competitions	✓	✓	✓
	<b>\$220</b> + CLUB FEE	<b>\$110</b> + CLUB FEE	<b>\$12</b> + CLUB FEE ^

All membership types will be available when you join a club. If you choose not to join a club, you can only access Base membership.

If you wish to take up no-club Base membership, you are able to upgrade and transfer into a club by emailing your request to [transfer@qldathletics.org.au](mailto:transfer@qldathletics.org.au)

## RESULTS RESULTS RESULTS

Good to see so many club athletes out having a walk over the weekend with many of our juniors getting a race in before the upcoming All Schools track championships. Outstanding efforts in the 1,500 metres at the Master s meet by Dane Bird-Smith ( 5:37) and Clara Smith ( 6.08) . I would just like to be able to run 1,500 metres that fast!

### QMA October 2<sup>nd</sup> SAC

#### 3,000 Metre Race Walk

Gannon, Brenda W47 16:32.76 (15:18.31 75.68%)

Woodward, Erika W55 17:41.57 (15:00.43 77.19%)

McKinven, Noela W79 25:28.57 (16:49.17 68.87%)

#### 1,500 Metre Race Walk

##### Open

Smith, Clara W23 6:08.40 (6:08.41 91.48%)

Bird-Smith, Dane M29 5:37.43 (5:37.44 91.57%)

##### Masters

Woodward, Erika W55 8:38.94 (7:21.10 76.40%)

McKinven, Noela W79 12:30.24 (8:25.59 66.65%)

*Age Graded Times & Percentages in Brackets*

### QA 2021 Road To 32 Series: Meet #4

#### October 2<sup>nd</sup> QSAC

##### Women 3000 Metre Race Walk

1 Clarke, Makenna 12 Redlands Athletics 18:32.77

2 Presland, Skye 13 QA 19:21.00

3 Lawson, Piper 15 Redlands Athletics 19:22.40

4 Bray, Katie 13 Ashgrove Rangers 19:27.00

5 Chadwick, Phoebe 15 QRWC 19:35.00

6 Goulding, Lily 14 QRWC 20:03.00

7 Housden, Lily 15 QRWC 21:11.16

8 Wasson, Ava 13 Qrun 23:20.00

**Men 3,000 Metre Race Walk**

1 Housden, Bailey 14 QRWC 13:56.47

2 Dale, Kai 13 QRWC 16:46.79

-- Bannister, Jack 15 USC DQ

**Women 5,000 Metre Race Walk**

1 Hayward, Katie 21 GCA 23:47.81

2 Clarke, Anika 16 Redlands Athletics 28:48.94

3 Bergh, Mia 16 Gold Coast Victory 31:15.38

4 Fisher, Torryn 16 QRWC 31:21.84

5 Brady, Korey 16 QA 32:45.66

**Men 5,000 Metre Race Walk**

1 Wasson, Seth 16 Qrun 25:33.75

2 Bradley, Alex 15 QRWC 30:02.41

-- Norton, Kai 16 QA DQ

**Gold Coast Masters October 3<sup>rd</sup> Runaway Bay**

**2,000 Metre Race Walk**

Nyle Sunderland 11:50.4

Paul Lindenberg 12:14

Debbie Lindenberg 14:08

## Track Race Walks Coming Up

**Saturday 9 October 9<sup>th</sup> SAF (Please note: Afternoon Competition)**

5.45pm 5,000m Walk

**Saturday 16 October 16<sup>th</sup> QSAC Main Track**

8.00am 3,000m Walk

10.00am 1,500m Walk

**Wednesday October 20<sup>th</sup>**

7.00pm 2,000m Walk

**Wednesday October 27<sup>th</sup>**

7.00pm 3,000m Walk

8.00pm 1,500m Walk

**Saturday 6 November 6<sup>th</sup>**

8.00am 3,000m Walk

9.40am 1,500m Walk

**Saturday November 13<sup>th</sup>**

8.00am 5,000m Walk

**Saturday November 27<sup>th</sup>**

8.00am 3,000m Walk

9.45am 1 Mile Walk

**Important Information for Masters athletes and Juniors wanting to compete as a Visitor at QMA meets.**

*All members, visitors and accompanying persons MUST check in at the gate using the Queensland QR code.*

*QMA members are requested to register and pay ground fees on-line.*

*Visitors and members unable to register on-line will be able to enter and pay ground fees (\$10 cash) at the track on the morning.*

*Current singlet numbers must be worn. Visitors will receive a temporary number.*

*New numbers will be issued later in the season to members who have renewed and new members.*

**QLD All Schools Championships**

## **Saturday October 16<sup>th</sup>**

8.00am 3,000 metres M/F U16

8.00am 5,000 metres M/F U17-U20

## **Sunday October 31<sup>st</sup>**

9.30am 3,000 metres M U14-U15

9.30am 3,000 metres F U14-U15

## **UQ 1,500 metre Classic**

UQ Sport Athletics Centre

## **Wednesday October 20<sup>th</sup>**

5:40pm Girl's 1,500m Walk

Boy's 1,500m Walk

Note: UQ have confirmed this race is Open to all ages not just Juniors.

***Entries NOW open. Must be registered with QA to enter.***

## **QA Dane Bird-Smith Shield SAC**

November 13<sup>th</sup>

6.00pm 3,000 metres M/F

6.30pm 5,000 metres M/F

2021 Australian Winter Road Walk Championships – **Postponed**

2021 Australian Cross Country Championships – **Cancelled**

**QRWC is a Queensland Athletics - associated track and field club.**

*"Queensland Athletics has no intention of changing the recognition and registration of the Queensland Race Walking Club and any such rumours are completely unfounded."* QA  
CEO David Gynther

**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

**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/>