

Queensland Race Walking Club Inc.

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



HEEL & TOE

September 16th 2021

AA Athlete to Coach Pathway Programme Underway

Six athletes, including an Olympian and multiple Commonwealth Games representatives, will begin their transition to become world-class coaches as part of Athletics Australia's new Athlete to Coach Pathway program.

The Athlete to Coach pathway program, funded by the AIS Performance Pathway Grant, aims to assist recently retired athletes or athletes who are moving towards retirement, to use the knowledge and experiences gained as competitors in the coaching arena.

The program is a key initiative of Athletics Australia's High Performance Coach Strategy which aims to support and develop system and personal coaches for the Paris 2024 and Los Angeles 2028.

Athletes who will be the first to undergo the program include: **Jared Tallent**, Lyndsay Troode, Nicole Fagan, Robbie Crowther, Kim Mulhall and Larissa Pasternatsky.

"When an athlete's competitive career is finished, the knowledge and experience about what it takes to win in high performance sport is often lost as they move on to their next phase of life," Athletics Australia National Performance Pathway Lead – Coaching, Dianne Huxley said. "This program specifically focuses on helping high level athletes who have retired or athletes that have the desire to coach at an elite level to use their knowledge experiences gained as competitors in the coaching career."

"We believe that these athletes selected today have the commitment and dedication to our sport, and with help from our program, they will have what it takes to help foster a new generation of athletes to succeed at the highest level," Athletics Australia National Coach Development Coordinator, Mark Stewart said. "I'd like to congratulate each of them on their selection to the pilot program, and we look forward to working with them as they embark on this new chapter of their athletics journey."

Australia's most decorated track and field athlete, Olympic gold medallist Jared Tallent is just one of the recently retired athletes who has aspirations to develop the sport. "I really enjoyed my time coaching my sister to Olympic representation in 2016 and sharing my knowledge and experiences with her. The thrill of seeing her compete and knowing I had helped get her there was humbling," Tallent said. "However, to take the next step in becoming a coach at an elite level, I need to gain further expertise from other coaches to truly be able to develop my coaching and mentoring skills. I want to start by working with athletes in my home state of South Australia, helping them in their daily training environment, and my main goal in becoming a coach will be to help the athletes reach the same levels that I did during my career."

The Athlete to Coach Pilot Program has commenced, with each successful applicant working on a development plan tailored to their individual needs with guidance and support from key AA coaches and support staff.

Jared Tallent

Jared has had a very long international race-walking career, which began in 2001 at the World

Youth Championships and culminated in multiple Olympic medals. Jared is one of Australia's most successful athletes, having won medals at 12 major international competitions including Gold, Silver and Bronze at the Olympics. While Jared has experienced many highs throughout his career, he has also had his share of setbacks and disappointments both of which he can draw on as a coach. Jared has coaching experience, working with his sister Rachel Tallent as she won the 20km Walk National title and achieved Olympic representation. Capturing this knowledge and experience and helping him through the program to harness this into coaching is very exciting for both Jared and the sport, and specifically for the walks community in Australia.

QRWC Presentations & Lunch *Sunday September 26th*

The QRWC Presentations & Lunch will be held on **Sunday September 26th**.

This is a day for recognising the achievements of our members during the season. We will be presenting the trophies & awards for:

- Grade Handicap trophies
- Club Championships
- Club Track Championship medals
- Perpetual and other awards



A wonderful meal has been planned by the hosts and a swimming pool awaits for those wanting a pre-lunch dip. The venue is at a private residence in Stafford Heights. After two seasons of Covid regulations at meets this is a time for us all to relax, chat and get to know each other a bit better.

The lunch menu is looking like being roast beef, salads, chicken curry, potato vegetable curry, rice and pappadums & tea and coffee. Canned soft drinks and light beer will be on sale, Depending on the final number of members who RSVP the costs will be: \$ 15 a single, \$ 25 for two or \$35 for a family of 3 or more. Arrive from 11.00-11.30am to start lunch at midday. If you want to have a pre-lunch swim arrive around 11am (and with your swimmers on).

RSVP Required - last call

It is very important for us in planning the catering that we know how many people will be attending as we don't want to run out of food or have too much and have to throw it out. If you have not already done so could you please email Noela at noelarhoda@gmail.com if you will be attending (and the number of family members) and please advise of any special dietary requirements.

So just a reminder to please RSVP ASAP to noelarhoda@gmail.com no later than Saturday 18th.

Track Race Walks Coming Up

Saturday September 18th

8:00am 3,000m Walk

10:00 1,500m Walk

Saturday September 25th

8.00am 5,000m Walk

Saturday October 2nd

8.00am 3,000m Walk

10.00am 1,500m 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.

Update on new QMA Championship Medals These are still on a slow boat from China and hopefully will arrive in October. All new medals featuring the new QMA logo have been ordered but we have been advised that the delivery date may be impacted by unexpected delays along the way.

Gold Coast Masters Runaway Bay

Sunday September 19th

8.00am 3,000m Walk

Queensland Athletics

QSAC

Saturday October 2nd

1pm 3,000/5,000 metres Walk

QLD All Schools Championships

October 16-17th

Boys and Girls 15yrs to 19yrs

October 30-31st

10yrs to 14yrs

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

2021 Australian Cross Country Championships – **Cancelled**

Queensland Athletics Membership 2021/22

Changes coming up for QA membership for the new season commencing October 1st.

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

Membership to all clubs will be open when registrations open to the [2021 Qld All Schools Championships](#) on Monday the 4th of October 2021.

CLUB UNIFORMS – ONLINE SHOP

<https://www.revolutionise.com.au/qldracewalkingclub/> You can now order and pay for club uniforms at the QRWC RevSport portal.

UPDATE to Pre-Loved Uniforms

Contact Jen at qrwcregistrar@gmail.com if you have any questions about the above preloved uniforms .

Pre-Loved Uniforms For Sale

Cross-Back Singlet - \$14



Size – Child 10



Size – Child 8

Pre-Loved Items - Free

Qld Athletics (QA)
Bike Pants
Size - XX Small



Maroon Shorts
Size – Child 8



QRWC memberships for 2021/2022

\$15.00 for students

\$25.00 for non-students

*QRWC fee only, does not include Qld Athletics membership.

Members to go to the page

<https://www.revolutionise.com.au/qldracewalkingclub/registration/> and enter their National ID, Surname and DOB - click RENEW if you have been on RevSport before and the new payment classes will be there to select.

If you have any problems or queries about club membership contact ;

david.brown@qldathletics.org.au or QRWC Registrar Jenny Stuckey

qrwcregistrar@gmail.com

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

The following information is to clear up any of the misunderstandings and misinformation about the QRWC.

As Qld Athletics seasons operate October - September and QRWC seasons operate April - March we offer our members a customised approach:

Join QRWC for \$15 (students) and \$25 (non-students)

here <https://www.revolutionise.com.au/qldracewalkingclub/registration/> - this covers your membership with QRWC/ Race Walking Australia within the April-March period.

As many walkers are also members of another track and field club there is no need to pay for another QA membership fee. If you are not a member of another track and field club and only wish to have membership with QRWC then you can obtain a standalone \$12 Base Membership here <https://www.revolutionise.com.au/qldathleticsbase/registration/> - this covers your membership with QA and provides you with access to QA events within the October-September period.

"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 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/>