

Queensland Race Walking Club Inc.

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



HEEL & TOE

September 9th 2021

Track Race Walks Coming Up

Queensland Masters Athletics

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.

Queensland Athletics

QSAC

Saturday October 2nd

1pm 3,000/5,000 metres Walk

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

2021 Australian Cross Country Championships – **Cancelled**

Invitation to all members and their families

*QRWC Presentations & Lunch
Sunday September 26th*

The QRWC Presentations & Lunch been planned for **Sunday September 26th**. It is not possible to schedule this event any earlier and once we get into October there is the track season and summer sports to contend with. There are other events that will involve some of our members that weekend but it is the same with every other weekend we looked at.

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.

RSVP Required

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.

Once all the details are finalised an Event will be set up on our RevSport portal to enable payment prior to the day. The lunch menu is still work in progress but we are looking at roast beef, salads, chicken curry & rice and tea and coffee. Canned soft drinks and light beer will be on sale, Depending on the number of members who RSVP the costs are tentatively: \$ 15 a single, \$ 25 for two or \$35 for a family of 3 or more.

So just a reminder to please RSVP ASAP to noelarhoda@gmail.com

Thank you to everyone who returned a perpetual trophy. We have now received back or located all the trophies so now we can get them engraved with the winners for 2021!



RESULTS RESULTS RESULTS

**Gold Coast Masters Meet
Runaway Bay September 5th**

Some good racing at the Gold Coast Masters Meet with Mia Bergh just getting the nod in a photo finish from Kai Dale.

2,000 metres

1. Mia Bergh 10.36.50
2. Kai Dale 10.36.91
3. Nyle Sunderland 11.55
4. Paul Lindenberg 12.25
5. Debbie Lindenberg 14.25

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.

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
	

World Athletics Race Walking Team Championships 2022

Oman will host a World Athletics Series event for the first time following the awarding of the 2022 World Athletics Race Walking Team Championships to its capital Muscat. The World Athletics Council has now confirmed the dates as March 4-5th 2022. Individual and teams honours in events for Open Men and Women and for U20 Men & women (10km).

Oceania Virtual Race Walk Series

Here are the rules:

- Must submit entry before midnight of week end date (e.g., week 1 cut off is 1st September 11:59pm), along with evidence of time* and distance** Include your name, gender and age on entry. Please share a photo of yourself on Race Walking New Zealand (RWNZ). Submit your entry to Alana.Barber.NZ@gmail.com or Alana Barber Olympic Racewalker.
- Maximum entry per person is 1 per week.
- Athletes can compete in higher age categories but not lower.
- Restricted to entries from Oceania countries only.
- Must follow local government COVID rules.
- Must comply with racewalking technique to the best of your ability.

* This could be a photo of your watch or screenshot of app activity if you have a GPS.

**This could be some sort of map of your route or an explanation of your route so we can measure it on Google. There is no need for further evidence if completed on an established measured track, just name the track it was completed on.

Awards:

- Best 4 of 6 races will count. Athletes need to compete in at least 4 of 6 races.
- RWNZ certificates for first, second, third place getters for overall male and female categories based on highest age-grade percentage.

RWNZ Virtual Race Series

Dates	Senior	U18	U13
26-1 Aug/Sept	3km	2km	1km
2-8 Sept	5km	3km	1.5km
9-15 Sept	10km	5km	2km
16-22 Sept	3km	2km	1km
23-29 Sept	5km	3km	1.5km
30-6 Oct	10km	5km	2km

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
qrwc REGISTRAR@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:

grwc1@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/>