

# Queensland Race Walking Club Inc.

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



## HEEL & TOE

April 7th 2022

### Athletics Australia Track Championships Sydney Olympic Park Athletics Centre

Race walking finished at the Australian Track Championships in Sydney last Friday with our U17 & U18 men in action over 5,000 metres.

Sam McCure came away with a medal taking third place in the U17 event in 23:30.07.

#### Men 5000 Metre Race Walk U17

1 Wakim, Marcus	06 VIC	21:56.98
2 Clarkson, Kodi	08 ACT	22:39.92
<b>3 McCure, Sam</b>	<b>06 QLD</b>	<b>23:30.07</b>
4 Platt, Grady	06 NSW	23:50.46
5 Lindsay, Samuel	08 TAS	24:14.11
6 Peart, Scott	06 VIC	24:34.23
7 Allabush, Dylan	08 NSW	25:54.29
<b>8 Bradley, Alex</b>	<b>06 QLD</b>	<b>26:27.12</b>
9 Matters, Zachary	06 VIC	27:14.90
-- Bell, Darcy	06 NSW	DQ TR 54.7.5

#### Men 5000 Metre Race Walk U18

1 Toyne, Owen	07 ACT	21:59.30
2 Coughlan, Riley	07 VIC	22:24.96
3 Bottle, Will	05 TAS	22:58.96
4 Ronan, John	07 WA	23:07.12 +30s added TR 54.7.3
<b>5 Housden, Bailey</b>	<b>07 QLD</b>	<b>23:32.22</b>
<b>6 Wasson, Seth</b>	<b>05 QLD</b>	<b>24:56.81</b>
7 Ashby, Myles	07 NSW	25:42.15
8 Morgan, Eden	05 VIC	26:04.80
9 Robson, Jack	05 NSW	27:17.45
10 Pospischil, Brendan	05 NSW	28:53.89
-- Morgan, Oliver	07 TAS	DNF



## 2022 Australian Masters Athletics Championships

### W30 1500 Metre Race Walk

1 Kirwin, Roslyn W33 QMA 11:51.11 (11:51.12 47.39%)

### W35 1500 Metre Race Walk

1 Newington, Dash W37 QMA 9:19.84 (9:14.58 60.77%)

### W50 1500 Metre Race Walk

1 Irshad, Kylie W50 Vma 8:13.34 (7:17.84 76.97%)

2 Craswell, Jodie W54 QMA 9:18.91 (8:16.04 67.94%)

3 Dale, Joy W50 QMA 11:11.91 (9:56.33 56.51%)

### W55 1500 Metre Race Walk

1 Woodward, Erika W55 QMA 8:25.88 (7:10.00 78.37%)

### W60 1500 Metre Race Walk

1 Withnall, Susan W61 Nswma 14:16.68 (11:34.43 48.53%)

### W65 1500 Metre Race Walk

1 Woodward, Antoinette W65 Nswma 10:07.56 (7:46.73 72.21%)

### W70 1500 Metre Race Walk

1 Carr, Heather W72 Vma 9:04.57 (6:33.51 85.64%)

### W80 1500 Metre Race Walk

1 Schickert, Lynne W80 Mawa 11:46.58 (7:19.64 76.66%)

### W85 1500 Metre Race Walk

1 Mews, Pam W87 Vma 19:04.06 (10:49.03 51.92%)

### M35 1500 Metre Race Walk

1 Vicente, Mario M36 NT 6:51.00 (6:42.29 76.81%)

### M45 1500 Metre Race Walk

1 Prasad, Pramesh M47 Vma 7:44.75 (7:02.32 73.17%)

### M50 1500 Metre Race Walk

1 Guevara, Argenis M53 QMA 8:54.57 (7:45.94 66.32%)

### M55 1500 Metre Race Walk

1 Jimenez Solis, Ignacio M56 QMA 6:44.28 (5:37.38 91.59%)

2 Smith, Michael M56 Actma 7:13.43 (6:01.70 85.43%)

### M60 1500 Metre Race Walk

1 Cassidy, Kevin M61 Vma 7:36.04 (6:03.01 85.12%)

### M65 1500 Metre Race Walk

1 Heywood, Colin M67 NT 8:10.19 (6:10.44 83.41%)

2 Bennett, Peter M66 QMA 9:14.94 (6:59.37 73.68%)

3 Riddoch, Clyde M68 Vma 10:49.78 (8:11.04 62.93%)

### M70 1500 Metre Race Walk

1 Prowse, Frank M70 Vma 9:45.19 6:57.48 74.02%

2 McDonagh, John M73 Mawa 9:55.43 7:04.78 72.74%

### M75 1500 Metre Race Walk

1 Jamieson, Andrew M75 Vma 8:08.77 (5:27.14 94.46%)

2 White, George M76 Sama 9:30.98 (6:22.16 80.86%)

**M80 1500 Metre Race Walk**

1 Thomas, Bryan M80 Actma 10:53.78 (6:47.57 75.82%)

2 Seymon, Jim M84 Nswma 11:43.03 (7:18.27 70.50%)

3 Sela, Patrick M82 QMA 12:02.47 (7:30.39 68.61%)

**W30 5000 Metre Race Walk**

1 # 3004 Kirwin, Roslyn W33 QMA 44:13.44 (44:13.45 44.73%)

**W35 5000 Metre Race Walk**

1 # 3509 Newington, Dash W37 QMA 34:51.32 (34:31.67 57.30%)

**W50 5000 Metre Race Walk**

1 # 5021 Irshad, Kylie W50 Vma 30:45.69 (27:16.39 72.54%)

2 # 5012 Dale, Joy W50 QMA 40:15.41 (35:41.51 55.43%)

**W55 5000 Metre Race Walk**

1 # 5535 Woodward, Erika W55 QMA 31:04.36 (26:15.58 75.34%)

**W65 5000 Metre Race Walk**

1 # 6509 Woodward, Antoine W65 Nswma 34:37.77 (26:04.15 75.89%)

**W70 5000 Metre Race Walk**

1 # 7002 Carr, Heather W72 Vma 33:22.23 (23:25.57 84.45%)

**W75 5000 Metre Race Walk**

1 # 7505 McKinven, Noela W79 QMA 44:57.32 (29:08.41 67.89%)

**W80 5000 Metre Race Walk**

1 # 8004 Schickert, Lynne W80 Mawa 41:39.41 (24:37.66 80.33%)

**M35 5000 Metre Race Walk**

1 # 3723 Vicente, Mario M36 NT 25:57.66 (25:28.54 70.50%)

**M45 5000 Metre Race Walk**

1 # 4742 Prasad, Pramesh M47 Vma 27:18.10 (24:55.26 72.07%)

**M50 5000 Metre Race Walk**

1 # 5219 Guevara, Argenis M53 QMA 31:57.41 (27:59.46 64.16%)

**M55 5000 Metre Race Walk**

1 # 5718 Jimenez Solis, Ig M56 QMA 23:57.65 (20:06.19 89.34%)

2 # 5734 Smith, Michael M56 Actma 26:55.72 (22:35.59 79.49%)

**M60 5000 Metre Race Walk**

1 # 6206 Cassidy, Kevin M61 Vma 27:25.42 (21:57.33 81.80%)

-- # 6213 Dawe, Mick M60 QMA DQ

**M65 5000 Metre Race Walk**

1 # 6717 Heywood, Colin M67 NT 29:04.42 (22:05.76 81.28%)

2 # 6703 Bennett, Peter M66 QMA 33:11.00 (25:13.17 71.21%)

3 # 6737 Riddoch, Clyde M68 Vma 39:44.23 (30:12.02 59.47%)

**M70 5000 Metre Race Walk**

1 # 7231 McDonagh, John M73 Mawa 35:57.55 (25:46.97 69.66%)

-- # 7220 Prowse, Frank M70 Vma DQ

**M75 5000 Metre Race Walk**

1 # 7708 Jamieson, Andrew M75 Vma 29:07.50 (19:33.98 91.79%)

2 # 7720 White, George M76 Sama 32:54.13 (22:06.23 81.25%)

**M80 5000 Metre Race Walk**

1 # 8211 Sela, Patrick M82 QMA 42:07.68 (26:18.29 68.28%)

-- # 8212 Seymon, Jim M84 Nswma DQ

-- # 8214 Thomas, Bryan M80 Actma DQ

**W30 10000 Metre Race Walk**

3 # 2002 Shaw, Kirstin W30 Vma 1:07:04 (1:07:04.01 61.06%)

**W45 10000 Metre Race Walk**

1 # 4511 Gannon, Brenda W47 QMA 1:02:00 (57:17.66 71.47%)

**W50 10000 Metre Race Walk**

-- # 5021 Irshad, Kylie W50 Vma DNF

**W55 10000 Metre Race Walk**

2 # 5535 Woodward, Erika W55 QMA 1:05:45 (55:07.10 74.29%)

**W65 10000 Metre Race Walk**

4 # 6509 Woodward, Antoine W65 Nswma 1:10:27 (52:07.99 78.55%)

**W70 10000 Metre Race Walk**

5 # 7002 Carr, Heather W72 Vma 1:15:45 (51:58.78 78.78%)

**W75 10000 Metre Race Walk**

6 # 7505 McKinven, Noela W79 QMA 1:36:22 (1:00:39.20 67.52%)

**W80 10000 Metre Race Walk**

-- # 8004 Schickert, Lynne W80 Mawa DQ

**M35 10000 Metre Race Walk**

2 # 3723 Vicente, Mario M36 NT 55:31 (54:39.71 68.02%)

**M45 10000 Metre Race Walk**

3 # 4742 Prasad, Pramesh M47 Vma 58:33 (53:47.05 69.13%)

**M50 10000 Metre Race Walk**

8 # 5219 Guevara, Argenis M53 QMA 1:07:25 (59:27.29 62.54%)

**M55 10000 Metre Race Walk**

1 # 5718 Jimenez Solis, Ig M56 QMA 49:23 (41:44.63 89.08%)

**M60 10000 Metre Race Walk**

4 # 6206 Cassidy, Kevin M61 Vma 58:48 (47:27.81 78.34%)

7 # 6219 Evans, Simon M61 Vma 1:01:35 (49:42.61 74.80%)

**M65 10000 Metre Race Walk**

6 # 6717 Heywood, Colin M67 NT 1:01:18 (46:58.46 79.16%)

10 # 6703 Bennett, Peter M66 QMA 1:11:48 (55:01.23 67.58%)

**M70 10000 Metre Race Walk**

11 # 7231 McDonagh, John M73 Mawa 1:22:04 (59:17.60 62.71%)

**M75 10000 Metre Race Walk**

5 # 7708 Jamieson, Andrew M75 Vma 1:00:26 (40:50.46 91.04%)

9 # 7720 White, George M76 Sama 1:08:25 (46:14.16 80.42%)

**M80 10000 Metre Race Walk**

12 # 8211 Sela, Patrick M82 QMA 1:25:35 (53:36.57 69.36%)

-- # 8212 Seymon, Jim M84 Nswma DQ

-- # 8214 Thomas, Bryan M80 Actma DQ

*Age Graded Times & Percentages in Brackets*



All smiles after finishing a hot AMA 10km on the road at QSAC on Sunday

# Well Done Everyone

A big Thank You all our wonderful members who answered the call to help set up and run the road walk events at the Australian Masters Championships on Sunday.

The old adage of many hands make light work was certainly apt for this event. It was so good to see so many club members turn up early on Sunday morning to support the club and get straight into organising the race. This is what we do best and we received plenty of good feedback from interstate athletes, Qld Masters officials & QSAC management.

Maxine & Gladys put on a morning tea after the races and this was very well received. The interstate athletes were certainly appreciative of this gesture.

## Are you Ready? It's Time for the Road Season to Begin QRWC 2022 Winter Road Walk Season

The 2022 winter road walking season will kick off this Sunday April 10<sup>th</sup> with our traditional Sign On Day meet at Mudgeeraba. All race walkers and their families are welcome to come along on Sunday ; current, past and future members can participate in this low key meet before the racing season ( for handicap points ) starts after Easter on April 24<sup>th</sup> .

### 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

All races on a 1km loop

Please register at RevSport [Events - Old Race Walking Club - revolutioniseSPORT](#)

### Race Fees

For all members \$5

Non Member on the day \$10

### Club Uniforms

**Looking for a club uniform? Go to [Shop - Old Race Walking Club - revolutioniseSPORT](#)**

### QRWC 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.

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](mailto:qrwcregistrar@gmail.com)

**Tour de Brisbane**  
**CHANGED TRAFFIC CONDITIONS THROUGHOUT**  
**BRISBANE**  
**Sunday 10 April 2022**

**IMPORTANT NOTICE FOR BRISBANE RESIDENTS PLANNING ON HEADING TO  
MUDGEERABA ON SUNDAY MORNING**

<https://tourdebrisbane.org/roads/>

There will be major road closures and changed traffic conditions throughout Brisbane under the professional management of Queensland Police Service and Altus Traffic Control.

Motorists are advised to make alternate travel arrangements and give extra time to reach your destination as your normal route may experience delays or be unavailable. Roads will be progressively reopened throughout the event.

Should you wish to discuss your individual requirements, please do not hesitate to contact us.

**P: 07 3124 6099 E: [tourdebrisbane@nxsports.org](mailto:tourdebrisbane@nxsports.org)**

**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

## NEXT WEEK

### Age Races & Handicap #1

#### Sunday April 24<sup>th</sup> 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 6<sup>th</sup> on the ring road at QSAC. The QRWC race walking season will consist of 10 Handicap Points races ( see below for details ) , a Gold Coast Road Walk Championship,

The Race Walking Australia Postal Challenge (a virtual interstate meet), QRWC Track Championships and our club Road Walk Championships

The first Federation meets is always held in Canberra in June. Once the season starts there is plenty of race walking on offer .

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 c
		24	QRWC Handicap Meet 1	Morningside
May		1	QRWC Handicap Meet 2	North Lakes

		<b>8</b>	<b>Mother's Day</b>	<b>No club c</b>
		15	Gold Coast Championships	Mudgeera
		22	QRWC Handicap Meet 3	TBC
		29	QRWC Handicap Meet 4	TBC
<b>June</b>		5	QRWC Handicap Meet 5	TBC
		<b>12</b>	<b>LBG Federation Meet</b>	<b>Mt Strom</b>
		19	QRWC Handicap Meet 6	TBC
		26	QRWC Handicap Meet 7	TBC
<b>July</b>		<b>3</b>	<b>Gold Coast Marathon</b>	<b>Southpor</b>
		10	RWA Postal Challenge	TBC
		17	QRWC Track Championships	TBC
		24	QRWC Handicap Meet 8	TBC
		31	QRWC Handicap Meet 9	TBC
<b>August</b>	<b>Saturday</b>	<b>6</b>	<b>QA Road Walk Championships</b>	<b>QSAC Ri</b>
		14	QRWC Handicap Meet 10	TBC
		21	QRWC Club Championships	TBC
		28		
<b>September</b>		<b>4</b>	<b>Father's Day</b>	<b>No club c</b>
		11	AA/Federation Championships	Melbourne
		18		
		25		
<b>November</b>		<b>13</b>	<b>Pan Pacific Masters Games</b>	<b>Gold Coa</b>

## 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 12<sup>th</sup> 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 55<sup>th</sup> 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](mailto: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 26<sup>th</sup> July 7<sup>th</sup>**

### 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 2-7<sup>th</sup> 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 1<sup>st</sup> 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?



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.

## 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](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/>