

# Queensland Race Walking Club Inc.

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



## HEEL & TOE

July 28<sup>th</sup> 2022

**HAVE YOU ENTERED? TRACK CHAMPIONSHIPS OPEN TO ALL**

**Sunday July 31st QRWC Track Championships  
University of Qld St Lucia**

### **Programme**

8.00am Open M/W 5,000 metres  
    U20 M/W 5,000 metres  
    U18 M/W 5,000 metres  
8.45am U16 B/G 3,000 metres  
9.10am U14 B/G 1,500 metres  
    U12 B/G 1,500 metres  
9.25am U10 B/G 1,000 metres

Registrations are open for this event. <https://www.revolutionise.com.au/qldracewalkingclub/events/149474/>

If you have any questions, please contact our Registrar at [qrwcregistrar@gmail.com](mailto:qrwcregistrar@gmail.com)

**Entry Fees:** Members \$ 10 / Non-Member Guests \$ 15.00. (This includes UQ Track Fee surcharge).

### **Age is Age on Day.**

Medals for these Championships will be presented at the Club Relay / Trophy Day.

**IMPORTANT** We will need a number of volunteers to assist with judging, lap scoring and time keeping for these track races. We will need extra lapscorers than our road walk meets so please help out even if it is only for the one race . Races will not be able to start until we have sufficient judges, lap scorers and time keepers in place.

### **PLEASE NOTE**

The charity group Youngcare will be holding a fun run at UQ this Sunday July 31st . They will use the Park Run course (dirt track ) and will start and finish at the community playground near the netball courts.

No road closures are planned but there will be some traffic delays with marshals in place to manage traffic while participants cross the road. The event runs from 7.30am to 11.00am on the day. They will not be using the athletics track so no impact on our Track Championships other than that Sir William MacGregor Drive (river side) will experience traffic delays on this morning.

Please allow plenty of time before your their event in case there are delays in trying to find a park.

## **Race Walking Qld Track Championship Records**

Open Men's 5,000 metres Dane Bird-Smith 2012 19.22.22  
Under 20 Men's 5,000 metres Luke McCutcheon 2016 21.48.98  
Under 18 Men's 5,000 metres Brad Aiton 2010 22.25.90  
Under 16 Boys 3,000 metres Nelson McCutcheon 2017 13.20  
Under 14 Boys 1,500 metres Bailey Housden 2021 6:30  
Under 12 Boys 1,500 metres Jonathan Wearne 2015 7.00.24  
Under 10 Boys 1,000 metres Flynn Callaghan 2018 6.00.00  
Open Women's 5,000 metres Jessica Pickles 2017 23.03  
Under 20 Women's 5,000 metres Jessica Pickles 2013 24.26.00  
Under 18 Women's 5,000 metres Katie Hayward 2017 21:56  
Under 16 Girls 3,000 metres Katie Hayward 2015 13.23.97  
Under 14 Girls 1,500 metres Jayda Anderson 2018 6.46  
Under 12 Girls 1,500 metres Lyla Williams 2019 7:18.00  
Under 10 Girls 1,000 metres Lyla Williams 2016 5.22.27

## **Our Volunteers**

For all our road walk and track meets we 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. If you would like to help out, please talk to any member of the Committee.

Everyone who helps out to run our events are volunteers who freely give up their time so that our athletes can race. Please treat them with respect and appreciation at all times and offer to assist them whenever possible. Without judges, time keepers and lapscorers we don't have a race walk competition we just have a walk and no matter how fast you go your result will not be official or accepted for qualifying purposes. Judges are there to ensure no one gets an unfair advantage and to assist the athletes. If you get a caution or a report, use it as a learning experience. Find out what you have done wrong from the judge and talk to your coach to see if you need to correct your technique. If you do nothing and just blame the judges then you will never learn or get ahead in the sport.

All our members, whether an athlete, coach, volunteer official or a parent should be aware of their obligations and responsibilities under these policies.

### **Code of Conduct**

<https://cdn.revolutionise.com.au/cups/aa/files/ygnnmgantcgp7j5d.pdf>

### **Member Protection Policy**

<https://cdn.revolutionise.com.au/site/o7nbnm9qclpzuvpdn.pdf>

## **RESULTS RESULTS RESULTS**

### **QRWC Handicap #7**

### **Skippy Park**

### **July 24<sup>th</sup>**

Thank you to everyone who travelled up to Landsborough on Sunday to participate in our Handicap meet. Special thanks to those volunteers that helped set up & pack up, time kept, judged or lap scored. Your efforts are greatly appreciated by all. Well done to all the athletes especially those that competed again in the afternoon at the track meet at Sippy Downs.

### **A Grade 10km**

**Men:** (1) Ignacio Jimenez 51.33 (2) Argenis Guevara 1.02.59 (3) Peter Bennett 1.11.20

**Women:** (1) Brenda Gannon **SB** 1.02.02 (2) Torryn Fisher 1.02.33 (3) Lily Housden 1.09.13  
(4) Jasmine-Rose McRoberts 1.09.28 (5) Jennifer Stuckey 1.12.23 (6) Joy Dale **SB** 1.18.57  
(7) Noela McKinven 1.30.23.

### **B Grade 5km**

**Men:** (1) Bailey Housden 24.31 (2) Kai Dale 32.09

**Women:** (1) Lyla Williams 28.54 (2) Lily Goulding 32.33 (3) Phoebe Chadwick 33.13 (4) Korey Brady 34.15 (5) Taylah Morris 35.53.

Also Kai Norton 29.04 and Amber Norton 29.18.

### **C Grade 3km**

**Men:** (1) Eli Melitz 23.13.

**Women:** (1) Destinee Pickvance Yee 17.39

### **D Grade 2km**

**Men:** (1) Lachlan Moore 11.42 (2) Hunter Sibenaler 15.33.

**Women:** (1) Kiara Waterman **SB** 12.45 (2) Freya Williams 14.18 (3) Savannah Dunleavy 15.15.

### **E Grade 1km**

**Men:** (1) Dylan Moore 8.15

**Women:** (1) Amelia Chisholm 7.02.

### **Judge's Report**

416 c

391 k



*Photos Courtesy Danielle Sibenaler*

**USCAC Winter Carnival**

**USC Athletics Track**

**July 24th**

**Girls 11-13 1500 Meter Race Walk**

1 Flahey, Natasha 13 Gold Coast Victory 8:18.23

2 Waterman, Kiara 11 Qld Race Wal 9:22.77

**Girls 14-17 1500 Meter Race Walk**

1 Morris, Taylah 15 Qld Race Wal 9:41.98

**Girls 1100 Meter Race Walk Under 12**

1 Chisholm, Amelia 9 Qld Race Wal 7:17.29

2 Niehus, Indi 9 Usc 7:25.02

3 Korade, Aarya 9 QA 8:57.88

**Girls 700 Meter Race Walk 8yrs**

1 Hagen, Layla 8 Usc 6:21.23

**Girls 13-15 3000 Meter Race Walk**

1 Pickvance-Yee, Destinee 13 Canterbury T 16:59.19

2 Flahey, Natasha 13 Gold Coast Victory 17:23.51

3 Goulding, Lily 15 Qld Race Wal 18:18.13

4 Barron, Maya 13 Ignition Ath 18:28.98

5 Bray, Katie 14 Ashgrove Ran 18:47.21

6 Morris, Taylah 15 Qld Race Wal 20:57.89

**Girls 16-19 3000 Meter Race Walk**

1 McDonald, Mikaela 12 Qld Race Wal 18:31.69

2 Brady, Korey 17 Qld Race Wal 19:21.42

3 Chadwick, Phoebe 16 Qld Race Wal 20:20.5

**Women 50-59 3000 Meter Race Walk Open**

1 Dale, Joy 51 Qld Race Wal 24:05.56

**Boys 11-13 1500 Meter Race Walk**

1 Moore, Lachlan 11 Qld Race Wal 8:43.86

2 Sibenaler, Hunter 11 Qeii Track Club 10:50.34

3 Melinz, Eli 12 Qld Race Wal 10:51.05

**Boys 14-17 1500 Meter Race Walk**

1 Dale, Kai 14 Qld Race Wal 7:52.59

**Boys 1100 Meter Race Walk Under 12**

1 Moore, Dylan 9 Qld Race Wal 9:00.96

2 Menner, Tommy 9 Usc 11:52.21

**Boys 13-15 3000 Meter Race Walk**

1 Dale, Kai 14 Qld Race Wal 17:49.62

**Boys 16-19 3000 Meter Race Walk**

1 Melinz, Eli 12 Qld Race Wal 23:53.27

**World Athletics Championships**

**Oregon USA**

**Women's 35km**

1 Kimberly GARCÍA LEÓN PER 2:39:16 CR

2 Katarzyna ZDZIEBŁO POL 2:40:03 PB

3 Shijie QIEYANG CHN 2:40:37 AR

4 Antigoni NTRISMPIOTI GRE 2:41:58 NR

5 Raquel GONZÁLEZ ESP 2:42:27 PB

6 Laura GARCÍA-CARO ESP 2:42:45 PB

7 Maocuo LI CHN 2:44:28 PB

8 Viviane LYRA BRA 2:45:02 NR

9 Serena SONODA JPN 2:45:09 PB

10 Lamei YIN CHN 2:46:02 PB

**34 Kelly RUDDICK AUS 3:11:55**

**Men's 35km**

1 Massimo STANO ITA 2:23:14 CR

2 Masatora KAWANO JPN 2:23:15 AR

Perseus KARLSTRÖM SWE 2:23:44 PB

4 Brian Daniel PINTADO ECU 2:24:37 AR

5 Xianghong HE CHN 2:24:45 NR  
6 Evan DUNFEE CAN 2:25:02 AR  
7 Caio BONFIM BRA 2:25:14 NR  
8 Eider ARÉVALO COL 2:25:21 NR  
9 Tomohiro NODA JPN 2:25:29 PB  
10 Miguel Ángel LÓPEZ ESP 2:25:58 NR  
**18 Rhydian COWLEY AUS 2:30:34 NR**  
**Carl GIBBONS AUS DNF**

## Birmingham 2022 Commonwealth Games

The Commonwealth Games will be held from Thursday 28 July to Monday 8 August with the Athletics competitions to be conducted from Tuesday 2 August through to Sunday 7 August at Alexander Stadium.



**Friday August 6<sup>th</sup>** Women's 10,000m Walk: Katie Hayward, Rebecca Henderson, Jemima Montag

**Saturday August 7<sup>th</sup>** Men's 10,000m Walk: Rhydian Cowley, Kyle Swan, Declan Tingay

## NEXT WEEK

## QUEENSLAND ROAD WALKING CHAMPIONSHIPS + QMA Long Course Road Walk Championships

Sunday 7th August 2022  
QSAC, Nathan

### Entries

- Entries are taken online at [www.qldathletics.org.au](http://www.qldathletics.org.au) and close at 9.00am Thursday 4<sup>th</sup> August. There are strictly no late entries to this event.
- Qld Athletics Base Members - \$30.00 / Gold Members - \$20.00 / Platinum Members – Free

QMA members who are participating and wish to receive a QMA medal must also enter and pay the QMA Championship fee.

Enter at [QMA Long Course Road Walk Championship - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

This event is also the Queensland event for entering the AMA virtual 20 km Championships.

## PROGRAM OF EVENTS

RACE #	START	DISTANCE	AGE GROUP	YEAR BORN
1	8.30am	20km	Open Men	Open
			Open Women	
			Masters Men (30-59)	30-59
		10km	Under 20 Men	2003 / 2004
			Under 20 Women	
			Under 18 Boys	2005 / 2006
Masters Women/Masters Men (60+)	30+ Women/60+ Men			
2	9.00am	5km	Under 18 Girls	2005 / 2006
			Under 16 Boys	2007 / 2008
			Under 16 Girls	
3	9.30am	3km	Under 14 Girls Under 14 Boys	2009 / 2010
4	10.00am	2km	Under 12 Girls Under 12 Boys	2011 / 2012
		1km	Under 10 Girls Under 10 Boys	2013- 2016



## JUNIOR PARTICIPATION SURVEY

Athletics Australia is seeking feedback from the athletics community on junior sport participation products to help inform the AA future junior athletics participation strategy and offerings. The survey will be open until Friday 5th August, 2022 and will take approximately 15 minutes to complete. Responses to the survey will remain completely anonymous. By completing the survey, you can have a chance of winning one of three \$50 eGift Cards. Complete the survey via the link below.

[Qualtrics Survey | Qualtrics Experience Management](#)

## Updated Draft Calendar 30.06.2022

MONTH		DATE	EVENT	VENUE
<b>March</b>		27	AA Track Championships – Walks	Sydney
<b>April</b>		3	<b>AMA Road Walk C'Ship</b>	<b>QSAC</b>
<b>April</b>		10	QRWC Sign-On Meet /AGM	Mudgeeraba
		17	<b>Easter Sunday</b>	<b>No competition</b>
		24	QRWC Warm Up Meet	Morningside
<b>May</b>		1	QRWC Handicap Meet 1	North Lakes
		8	<b>Mother's Day</b>	<b>No competition</b>
		15	No race	Wash-out
		22	QRWC Handicap Meet 2	Brisbane Corso
		29	QRWC Handicap Meet 3	Beenleigh
<b>June</b>		5	Gold Coast Championships	Mudgeeraba
		12	<b>LBG Federation Meet</b>	<b>Canberra</b>
		19	QRWC Handicap Meet 4	North Lakes
		26	QRWC Handicap Meet 5	Brisbane Corso
<b>July</b>		3	<b>Gold Coast Marathon</b>	<b>Southport</b>

		10	RWA Postal Challenge	Beenleigh
		17	QRWC Handicap Meet 6	Ripley
		24	QRWC Handicap Meet 7	Skippy Park
		24	USCA Winter Track Champs	Sippy Downs
		31	QRWC Track Championships	UQ
<b>August</b>		<b>7</b>	<b>QA Road Walk Championships</b>	<b>QSAC Ring Road</b>
		14	QRWC Handicap Meet 8	TBC
		21	QRWC Handicap Meet 9	TBC
		28	QRWC Club Championships	Beenleigh
<b>September</b>		<b>4</b>	<b>Father's Day</b>	<b>No club competition</b>
		11	AA/Federation Championships	Melbourne
		18		
		25		
<b>November</b>		<b>13</b>	<b>Pan Pacific Masters Games</b>	<b>Gold Coast</b>

## Pan Pacific Masters Games



**Entries Now Open** 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 at Runaway Bay

[Enter | Pan Pacific Masters Games](#)



### QRWC Uniforms

Wearing a club uniform at our club meets is desirable but not compulsory. 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.

### 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

## **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/qqmoo3oyiealblrd.pdf>

If you would like more information regarding membership options, please contact Jenny at [qrwcregistrar@gmail.com](mailto:qrwcregistrar@gmail.com)

## **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/>