

Queensland Race Walking Club Inc.

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



HEEL & TOE

August 11th 2022

Commonwealth Games Gold to Jemima Montag



AA Report :

Jemima Montag became a Commonwealth Games champion once more, this time surrounded by a roaring crowd for the Women's 10,000m race walk. One of Australia's strongest medal changes going into this campaign, Montag took victory with ease, as she lapped almost every competitor in the field. An early pack of three athletes formed in the 25-lap race, with Montag on the shoulder of India's Priyanka and Kenya's Emily Ngi. But it was with 12 laps to go that Montag made her move. Creating a huge lead which only continued to grow, the gold medal became hers when she clocked 42:34.30 - a Games record and a new personal best for the 24-year-old Melbournian.

“At the last Commonwealth Games, having Nathan Deakes, one of our best, put the gold medal around my neck was a real life changing moment. It almost felt like the baton was being handed over for me to carry on the legacy,” Montag said. “Today was a different beast. I did enjoy it a lot today, mostly the crowd, and it's an extra challenge going that extra ten seconds per kilometre. I really enjoyed the opportunity to perform in front of 20,000 people today, it was incredible”.

Montag soaked up the atmosphere in her final lap, acknowledging the track and field fans as well as her family and friends in the grandstand. She also wore a bracelet made from a cut-down piece of a necklace once worn by grandmother, a Holocaust survivor, to remind her of her sacrifice and the perseverance of her family. “In some of her journal entries, she wrote about trying to make it through the next hour, the next day, hoping to meet her dad at the gate with a piece of bread. (What) I think I take from that in a race, is that it is one kilometre at a time, one step at a time, not thinking about the finish line...” “This is fun and this is something

I choose to do, and yes, it's hard but someone just two generations ago had that level of strength, I know that's with me now."

Fellow Australians **Rebecca Henderson** and **Katie Hayward** took their marks at Alexander Stadium in the same event, with Henderson placing a fantastic fourth in 44:44.58 - just four seconds shy of her personal best, while Hayward clocked 46:09.51 to place seventh, after receiving a one minute penalty for losing contact with the ground on three occasions.

When it comes to racing an Olympic great, a silver medal is as good as gold and this was the case today for the newly minted Commonwealth silver medallist **Declan Tingay**. Tingay was one of three Australians to toe the line in the Men's 10,000m race walk and put on a sublime show over 25 laps of the track in his best efforts to take the crown. A medal favourite, Tingay from the start, with only Canadian veteran Evan Dunfee on his shoulder. The Western Australian walker looked to have grasped the gold medal, but was outpaced in the final 300m as Dunfee surged forward, increasing the gap between himself and Tingay until he crossed the finish line in 38:36:37. The Canadian defeated the Australian by nearly six seconds, as Tingay took silver in lifetime best of 38:42:33. "I came here wanting a medal," the 23-year-old said after the race. "Gold would have been nice but I got outkicked by one of the best in the world and a massive PB so I am absolutely happy with it all." "I backed myself, attended to all my physical and mental cues and executed my movement as best as I could."

In the same race, **Kyle Swan and Rhydian Cowley** placed fifth and eighth respectively. Swan clocked 40:49.79 after receiving a one minute penalty after receiving three red cards for lifting his feet off the ground during the race, while Cowley battled through cramps to finish in 41:28.05.

World Under 20 Championships Cali

Only a one-minute time penalty could deny world leader **Olivia Sandery** the bronze medal in the 10,000m Race Walk, with the Australian crossing the line in third place in a time of 46:37.85 before sliding to a consequential fourth-place finish having not served her penalty after three cards.

Sandery walked the most mature of races in a see-sawing affair that saw multiple attacks from the world's best young walkers, but the Australian remained patient and only cracked in the 25th and final lap as Mexico's Karla Ximena Serrano charged to a popular victory in the dying metres.

Describing the result as "disappointing", the harsh self-critic has made strong impressions on the world stage in 2022 after finishing in fifth place of the 10km at the World Athletics Race Walking Team Championships in March, but an individual medal will have to wait – and it might not be long.

QUEENSLAND ROAD WALKING CHAMPIONSHIPS

QSAC Sunday 7th August

It was good to see so many athletes and supporters turn up at QSAC on Sunday for the QA Road Walk championships. While there was elation for some for others there was disappointment for others. I think Robyn's tee shirt slogan below says it all. Congratulations to all our new State Champions and medal winners. Excellent performance for 15-year-old Sam McCure breaking 50 minutes for the 10km. Well done to Jasmine in becoming Open Women's 20km Champions and Iggy the Men's 20km.



Photos above courtesy Julius Bergh

RESULTS RESULTS RESULTS

**Commonwealth Games Birmingham
10,000m Race Walks August 6-7th**

Mens 10km

1 Jemima MONTAG AUS 42:34.30

2 PRIYANKA IND 43:38.83

3 Emily Wamusyi NGII KEN 43:50.86
4 Rebecca HENDERSON AUS 44:44.58
5 Heather LEWIS WAL 45:09.19
6 Bethan DAVIES WAL 45:45.59
7 Katie HAYWARD AUS 46:09.51
8 Bhawna JAT IND 47:14.13

Women's 10km

1 Evan DUNFEE CAN 38:36.37
2 Declan TINGAY AUS 38:42.33
3 Sandeep KUMAR IND 38:49.21
4 Callum WILKINSON ENG 39:06.28
5 Samuel Kireri GATHIMBA KEN 39:23.14
6 Kyle SWAN AUS 40:49.79
7 Tom BOSWORTH ENG 40:58.64
8 Rhydian COWLEY AUS 41:28.05
9 Amit AMIT IND 43:04.97
-- Quentin REW NZL DQ

World Athletics U20 Championships Cali, Columba

Women's 10km

1 Karla Ximena SERRANO MEX 46:24.35
2 Ai OYAMA JPN 46:24.44
3 Ayane YANAI JPN 46:43.07
4 Olivia SANDERY AUS 47:37.85
5 Valeriya SHOLOMITSKA UKR 47:40.67
6 Lisbeth Carolina LÓPEZ JAYES GUA 47:45.63
7 Alanna PEART AUS 47:47.55
8 Giada TRAINA ITA 47:48.78
9 Lucia REDONDO ESP 48:00.50
10 Natalia PULIDO COL 48:21.65

Queensland Road Walk Championships

Qld Sport & Athletic Centre

Girls 1000 Metre Race Walk Under 10

1 Williams, Freya 14 QRUN 5:55.00
2 Fisher, Tully 13 QRW 6:02.00 ~~
3 Chisholm, Amelia 13 QRW 6:30.00
4 Korade, Aarya 13 QA 7:24.00
5 Vanner, Emily 14 TWH 9:47.00

Girls 2000 Metre Race Walk Under 12

1 Welch, Isabella 12 QRW 11:45.00 ~
2 Waterman, Kiara 11 QRW 11:55.00
3 Renton, Zoe 11 TWH 12:27.00
4 Dunleavy, Savannah 12 QRW 14:09.00
5 Vanner, Alexandra 12 TWH 14:22.00
6 Vicary, Dakota 12 QRW 15:49.00

Women 20000 Metre Race Walk Open

1 McRoberts, Jasmine-Rose 02 QA 2:25:45.00

Women 10000 Metre Race Walk Under 20

1 Clarke, Anika 05 QRW 57:38.00
2 Fisher, Torryn 05 RED 1:01:20.00

Women 5000 Metre Race Walk Under 18

1 Heap, Ashanti 06 GCA 28:17.00 >~
2 Bergh, Mia 05 GCV 28:26.00 ~

3 Chadwick, Phoebe 06 QRW 31:25.00

4 Brady, Korey 05 QRW 33:29.00 >

5 Housden, Lily 06 QRW 34:11.00 >

Women 5000 Metre Race Walk Under 16

1 Williams, Lyla 07 QRUN 27:41.00

2 Sharpe, Milly 08 QRW 29:54.00

3 Bray, Katie 08 QRW 31:40.00

4 Goulding, Lily 07 QRW 31:44.00 ~

5 Morris, Taylah 07 QRW 34:25.00

Women 3000 Metre Race Walk Under 14

1 Pickvance-Yee, Destinee 09 QRW 16:32.00 >

2 Clarke, Makenna 09 QRW 17:03.00 ~>

3 Flahey, Natasha 09 QRW 17:21.00

4 Cosgrave, Ella 10 BOR 17:35.00

5 Boulton, Olivia 09 QRW 17:40.00

6 Barron, Maya 09 QRW 18:02.00

Women 30-39 10000 Metre Race Walk Masters 30+

1 Newington, Dash 84 QMA 1:11:58.00

Women 40-49 10000 Metre Race Walk Masters 30+

1 Gannon, Brenda 74 QMA 1:00:48.00

Women 50-59 10000 Metre Race Walk Masters 30+

1 Stuckey, Jennifer 65 QMA 1:09:28.00

2 Dale, Joy 71 QMA 1:22:53.00

Women 80-89 10000 Metre Race Walk Masters 30+

-- McKinven, Noela 42 QRW DQ TR54.7.5 ~>>>

Boys 1000 Metre Race Walk Under 10

1 Simpson, Kingsley 13 IGN 6:29.00

-- Moore, Dylan 13 QRW DQ TR54.7.1 >~~

Boys 2000 Metre Race Walk Under 12

1 Robertson, Payten 11 QE2 12:17.00

2 Sibenaler, Hunter 11 QRW 14:07.00

-- Moore, Lachlan 11 QRW DQ TR54.7.1 >~~

Men 20000 Metre Race Walk Open

1 Jimenez Solis, Ignacio 65 QMA 1:43:19.00

Men 10000 Metre Race Walk Under 18

1 McCure, Sam 06 QRW 49:34.00

2 Bradley, Alex 06 QRW 59:58.00 >

Men 5000 Metre Race Walk Under 16

1 Housden, Bailey 07 QRW 24:22.00 ~~

2 Dale, Kai 08 QRW 29:55.00 >

3 Wheeley, Roel 07 QRW 30:05.00

Men 3000 Metre Race Walk Under 14

1 Tilton, Noah 09 QRW 19:57.00 ~

2 Melinz, Eli 10 QRW 24:40.00 ~>

-- Wheeley, Noah 09 QRW DQ TR54.7.1 >>>

Men 50-59 20000 Metre Race Walk Masters 30-59

1 Jimenez Solis, Ignacio 65 QMA 1:43:19.00

Men 60-69 10000 Metre Race Walk Masters 60+

1 Bennett, Peter 55 QMA 1:08:29.00 >>>

Men 80-89 10000 Metre Race Walk Masters 60+

-- Sela, Patrick 39 QMA DQ TR54.7.5 >>>>



Photos above courtesy Daniele Sibenaler

QMA LONG COURSE ROAD WALK CHAMPIONSHIPS

QE2 Ring Road, Sunday 7th August 2022

Women 10 km

W35 Newington, Dash 1:11:58 1

W45 Gannon, Brenda 1:00:48 1

W50 Dale, Joy 1:22:53 1

W55 Stuckey, Jennifer 1:09:28 1

W80 McKinven, Noela DQ

Men 20km

M55 Jimenez Solis, Ignacio 1:43:19 1

Men 10 km

M65 Bennett, Peter 1:08:29 1

M80 Sela, Patrick DQ



2022 QRWC RACE WALK JUDGING SEMINAR

The QRWC is excited to announce that we are organising a race walk judging seminar in September. We want to build up the quantity and quality of race walk judging in Queensland for now and into the future. Remember, that without qualified race walk judges we do not have a sport.

Date : Saturday September 17th 2022

Venue : Sprinters Room, QSAC

The seminar will be presented by Zoë Eastwood-Bryson, World Athletics International Race-Walking Judge and notably officiated at the Tokyo Olympics last year .

Zoë has conducted numerous Racewalk Judging seminar in Adelaide, Perth and Melbourne and Brisbane in early 2021. Zoë has also lectured and been examiner for the RWJECS Level II Course in 2018 on behalf of Oceania Athletics and IAAF.

The seminar will be open to anyone interested in becoming a qualified Race Walk Judge, existing judges to upgrade and refresh their qualifications or to anyone who just wants to learn about the rules of Race Walking and how they should be applied. We especially encourage race walkers, their coaches and parent to come along.

The seminar is to both prepare for professional development as well as enabling current judges to undertake the current Athletics Australia Racewalk Judging exams (Level 1, 2 and 3). Judges that have their current Level 1 and 2 are required to undertake at least one seminar as part of the Athletics Australia Education Scheme before they can proceed to the next Level (level 1 to 2, Level 2 to 3). This seminar will count towards this.

The full agenda for the seminar is still be finalised but if there are any aspects of race walk judging you would like explained in more detail, please let us know.

Thank you to those that have already flagged their interest in attending .To register an expression of interest in attending this seminar please email Noela at noelarihoda@gmail.com or Peter at peter.bennett@live.com

THIS WEEK

QRWC Handicap #8

Sunday August 14th John Frederick Park, Capalaba

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

Enter via the RevSport portal

Handicap Meet #8 - 14 August 2022 - Qld Race Walking Club – revolutioniseSPORT

Race Fees

Club Members \$5

Non Member on the day \$10

JOHN FREDERICK PARK - located at 2-14 Old Cleveland Road, Capalaba. It is adjacent to Clubhouse Niteclub Bar & Grill and the BWS store at Capalaba. If you are travelling along Old Cleveland Road in an Easterly direction, turn left into Banfield Lane (next left turn after Camrose Street) and go straight ahead along the unsealed road to park. The start line is in the park on your left. If you pass the KFC and Guzman y Gomez stores on your left, you have gone too far.

The venue and path for the race is highlighted in red on the map.

<https://cdn.revolutionise.com.au/cups/qldracewalkingclub/files/zbyi3yuyqu0ynhmm.jpg>

There are only two more Handicap meets left in the season to score points. Just a reminder that you need to have started in at least 5 Handicap meets to be eligible for Handicap trophies for the season. If you have a QRWC perpetual trophy from last season could you please bring it to a road walk meet or contact Noela to make other arrangements to return your trophy

noelarhoda@gmail.com

PERPETUAL TROPHIES 2021

U10 Girls Harrison Trophy Tully Fisher

U12 Girls Siaan Fisher

U12 Boys Hunter Sibenaler

U14 Girls Lily Goulding

U14 Boys Bailey Housden

U16 Girls Aleksia Thomasson

U16 Boys 5km Sam McCure

U18 Women 5km Gabriella Hill

U20 Women Jasmine-Rose McRoberts

Open Men 10km Championship Ignacio Jimenez

Open Women 10km Championship Clara Smith

NEXT WEEK

QRWC Handicap #9

Sunday August 21st

Logan River Parklands, Beenleigh

Because of the longer distances, the A & B grade races will start at 7.30am and all other races at 8.00am.

Programme

7.30am A Grade M 15km

A Grade W 10km

B Grade 8km

8.00am C Grade 5km

D Grade 3km

E Grade 2km

F Grade 1km

This meet is also the club 15km Championships for Men & Women and an opportunity for Masters athletes to attempt to break a State Record.

Qld Masters Women 15km

W45 Brenda Gannon 2021 1:32.24
W50 Nyle Sunderland 2019 1:32.01
W60 Noela McKinven 2005 1:53.31
W75 Noela McKinven 2018 2:09.36

Qld Masters Men 15km

M30 Ignacio Jimenez 1999 1:15.51
M35 Andrew Ludwig 2004 1:13.59
M40 Iggy Jimenez 2009 1:14.23
M45 Peter Bennett 2002 1:16.11
M50 Iggy Jimenez 2018 1:15.28
M55 Peter Bennett 2011 1:18.02
M60 Peter Bennett 2016 1:19.31
M65 Peter Bennett 2021 1:39.05
M70 Patrick Sela 2011 1:39.11
M75 Dick Keatinge 2000 1:45.20

COMING UP

QRWC Club Championships

Sunday, August 28th at the Logan River Parklands, Beenleigh.

Programme

8.00am Open & Masters 10km
 Under 20 M & W 8km
 Under 18 M & W 6km
8.15am Under 10 M & W 0.75km
 Under 12 M & W 1.5km
8.30am Under 14 M & W 2km
 Under 16 M & W 4km

Note

- Age is taken as Age on the Day. Athletes eligible for awards in their own age group event only.
- Trophies will be awarded to the first three placings of registered club members in each age group (male & female) and medals in the Masters age group.
- For Masters Athletes the first three finishers of registered club members in Open races will be the Open place getters and the next three Masters Age competitors to finish after that will be eligible for Masters Medals.

Club Championship Entry Fee \$10 / Non-Members entry Fee \$15 (not eligible for championship awards)

Invitation 5km \$5 (pay on the day)

QRWC Club Championship Records

Men's Open 10 km Rhydian Cowley 2012 40:38.00
Under 20 Men 8 km Dane Bird-Smith 2009 34:59.00
Under 18 Men 6 km Dane Bird-Smith 2009 26:16.00
Under 16 Men 4 km Jesse Osborne 2010 18:30.00
Under 14 Boys 2 km Bailey Housden 2020 8:59.00
Under 12 Boys 1.5 km Myles Callaghan 2019 7:28.00
Under 10 Boys 750 m Mathew Houston 1995 3:40.00
Women's Open 10 km Karen Foan 2002 49:15.00
Under 20 Women 8 km Jessica Pickles 2013 38:55.00
Under 18 Women 6 km Katie Hayward 2016 27:13:00

Under 16 Women 4 km Clara Smith 2013 18.59.00
 Under 14 Girls 2 km Jayda Anderson 2018 9.20.00
 Under 12 Girls 1.5 km Rachel Barker 2007 7.29.00
 Under 10 Girls 750 m Theresa Dorman 1994 3:47.00
 Men's Master's 10 km Ignacio Jimenez 2012 49:41.00
 Women's Master's 10 km Nyle Sunderland 2013 57:22.00

MONTH		DATE	EVENT	VENUE
August		7	QA Road Walk Championships	QSAC Ring Road
		14	QRWC Handicap Meet 8	Capalaba
		21	QRWC Handicap Meet 9	Beenleigh
		28	QRWC Club Championships	Beenleigh
September		4	Father's Day	No club competition
		11	AA/Federation Championships	Melbourne
		18		
		25		
November		13	Pan Pacific Masters Games	Gold Coast

Australian Road Walking Championships
In conjunction with the RWA Carnival (2nd Federation event)
Sunday September 11th
Middle Park, Melbourne

Entries: Entries now open

Entries close : 28th August at 5.00pm. Athletes need to login in with their rev sport log in information. Any issues with entries please email competitions@athletics.org.au

Entries for the U10 race and the Open 5km will be taken on the day by the VRWC.

Programme

- 8.00 am A.A Open Men 20 km Championship
 R.W.A Masters Men 20 km Championship
 R.W.A Open Men 20 km Teams Race
- 8.00 am A.A. Open Women 20 km Championship
 R.W.A Open Women 10 km Teams Race
- 8.30 am R.W.A. Open Women 10 km Championship
 R.W.A. Open Women 10 km Teams Race
 R.W.A. Masters Women 10 km Championship
- 8.30 am A.A. Under 20 Men 10 km Championship
 R.W.A Under 20 Men 10 km Teams Race
- 8.30 am A.A. Under 20 Women 10 km Championship
 R.W.A Under 20 Women 10 km Teams Race
- 8.30 am A.A. Under 18 Men 10 km Championship
 R.W.A Under 18 Men 10 km Teams Race
- 9.30 am R.W.A. Under 12 Boys 2 km Championship
 R.W.A. Under 12 Boys 2 km Teams Race
- 9.30 am R.W.A. Under 12 Girls 2 km Championship
 R.W.A. Under 12 Girls 2 km Teams Race
- 9.50 am A.A. Under 14 Boys 3 km Championship
 R.W.A Under 14 Boys 3 km Teams Race

9.50 am A.A. Under 14 Girls 3 km Championship
R.W.A Under 14 Girls 3 km Teams Race
10.15 am A.A. Under 16 Boys 5 km Championship
R.W.A Under 16 Boys 5 km Teams Race
10.15 am A.A. Under 16 Girls 5 km Championship
R.W.A Under 16 Girls 5 km Teams Race
10.45 am A.A. Under 18 Women 5 km Championship
R.W.A Under 18 Women 5 km Teams Race
10.45 am V.R.W.C. Open 5 km
10.50 am V.R.W.C. Under 10 Boys 1 km Championship
V.R.W.C. Under 10 Girls 1 km Championship

Note that entrants in the Australian Open Women 20 km championship are automatically eligible to score points in the R.W.A. 10 km Teams Championship provided they are members of one club. 10 km split times will be used for this purpose.

This event is held in Partnership between Athletics Australia, the Victorian Race Walking Club (VRWC) and Race Walking Australia (RWA) The Victorian Race Walking Club invites all athletes, coaches, spectators and technical officials to their Centenary Celebrations, and the committee of VRWC welcomes all athletes and families to join the celebrations after the completion of the races. commencing at midday

QMA GOLD COAST DATES 2022-23 TRACK SEASON

Competition will be held at the Gold Coast Performance Centre at Runaway Bay.

4th September 2k race/walk
18th September 3k race/walk
2nd October 1k race/walk
16th October 2k race/walk
30th October 2k race/walk

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/o7nbn9qclpzuvpdn.pdf>

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

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/>