

Queensland Race Walking Club Inc.

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



HEEL & TOE

August 18th 2022

2022 QRWC RACE WALK JUDGING SEMINAR Saturday September 17th

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.

AGENDA

09:00am	Registration
09:15 am	Race Walk Rules - General seminar, all aspects of Race Walk Judging and associated rules. *
11:00am	Break
11:15am	Completing paperwork. Red Cards, Judges Record Sheet, Summary Sheet
12:30pm	Lunch
13:15pm	Video presentation: Judging Knees Video Trial
14:30pm	Close

*The morning session will include a talk by an elite athlete on what the athletes want of judges.

To register for the seminar please complete a registration form which can be downloaded from the QRWC website, the Queensland Masters Athletics website or contact Dave Brown at Queensland Athletics and return the form to Noela at noelarhoda@gmail.com

This seminar is Free of charge. Morning tea will be provided.

PERPETUAL TROPHIES 2021

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

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

THIS WEEK

QRWC Handicap #9

Sunday August 21st

Logan River Parklands, Beenleigh

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

Registrations now open online at:

<https://www.revolutionise.com.au/qldracewalkingclub/eventsregister/152763/>

Please Note:

1. Due to the longer race distances, race times have been brought forward and some races will commence at 7:30am on Sunday.
2. A Grade women wishing to do a 15km race should enter the Women's 15km non-handicap race. A 10km split time will be recorded in order to calculate the A Grade Women's handicap time.

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

Old 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

NEXT WEEK

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
 Invitation Open 5km (non-championship)
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.

Registrations now open

Enter online at: <https://www.revolutionise.com.au/qldracewalkingclub/events/152770/>

Club Championship Entry Fee

Members \$10

Non-Members entry Fee \$15 (not eligible for championship awards)

Invitation 5km \$5 (please register and 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

Coming Soon

End of Season BBQ/Relay/Trophy Day

Sunday September 18th

Dowse Lagoon, Sandgate

A lap of the lagoon for the relay is 1,500 metres so all parents that want to have a go at race walking on this fun day start doing some training now!

More details on the day will be in the newsletter next week.

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
		17	Judging Seminar	QSAC
		18	Relay / Trophy Day	Sandgate
		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 Closing 28th August at 5.00pm. Athletes need to login in with their rev sport log in information. Entry queries 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

RESULTS RESULTS RESULTS

QRWC Handicap #8

July 14th Capalaba

A Grade 10km

Men: (1) Ignacio Jimenez 1.02.32 (2) Argenis Guevara 1.06.03 (3) Peter Bennett 1.08.59
 Women: (1) Torryn Fisher 1.02.28 (2) Brenda Gannon 1.04.00 (3) Jasmine-Rose McRoberts
 SB 1.07.59 (4) Jennifer Stuckey SB 1.08.51 (5) Joy Dale SB 1.18.50 (6) Noela McKinven
 1.33.07

B Grade 5km

Men: (1) Kai Dale 32.12 (2) Patrick Sela 43.29
 Women: (1) Lyla Williams 28.15 (2) Milly Sharpe 30.41 (3) Phoebe Chadwick SB 30.53 (4)
 Natasha Flahey 31.08 (5) Katie Bray 31.44 (6) Korey Brady 32.48 SB (7) Taylah Morris
 33.43

C Grade 3km

Women: (1) Maya Barron 18.04 (2) Lily Goulding 18.17 (3) Siaan Fisher 19.24

D Grade 2km

Men: (1) Hunter Sibenaler 15.47

Women: (1) Kiara Waterman 12.14 (2) Freya Williams SB 12.18 (3) Pippa Anderson 13.49
(4) Savannah Dunleavy SB 13.55 (5) Tully Fisher 15.15

E Grade 1km

Women: (1) Amelia Chisholm 6.49 (2) Willow Nelisi 8.14

Judges' Reports

292 k
312 kkK*c
314 k
315 c
356 kk
371 ccK*
382 kK
385 k
389 cC
399 ck
407 k
413 c

* Stopped race walking just before the finish line. It ain't over till it's over.

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/qqmoo3oyiea1blrd.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/>