

Queensland Race Walking Club Inc.

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



HEEL & TOE

August 26th 2021

Club Race Walking Championships Logan River Parklands Sunday August 29th

Programme

QRWC Club Championships

Logan River Parklands

8.00am Open & Masters 10km

 Invitation 5km (non championship)

 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

Enter via our RevSport Portal

<https://www.revolutionise.com.au/qldracewalkingclub/events/111100/>

- 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.

Exceptional Circumstance Allowance

As noted last week our NSW based members that cannot cross the border because of current COVID regulations imposed by both the Queensland & New South Wales. The club will allow these athletes enter the Championships online as normal and will use times from the road walk season (or as determined by the handicapper for a distance that they have not walked during the year) to determine their race position. It is very pleasing to see the level of support from our members for this arrangement. Sportsmanship at its best.

This arrangement is for the exceptional circumstance they have found themselves in through no fault of their own and over which they have no control. This arrangement is only for athletes who live south of the border impacted by lockdown regulations.

We want to make sure that no one is disadvantaged (those at the meet or those in NSW) so, for example, in the case of a competitor crossing the line in 3rd place in the actual race but

gets relegated to 4th when the virtual result is added in that athlete would also get a trophy for 3rd. Lets support each other in these difficult times.

Notes from the Handicapper: *As two of the walkers have not done the required distance this season, that cannot be taken into account for them so it will be a very careful assessment. As handicapper and a competitor, I realise that courses differ in degree of difficulty and have taken that into consideration. In the cases where a previous time was done at Mudgeeraba, I will allow for the turns and the difficult area under the bridge. There is a slightly difficult camber at part of the Beenleigh course and for most distances there is a U-turn before finishing. I am taking all this into consideration. Virtual times cannot be used to claim a record.*

After entries close on Saturday laps sheets for the various races will be drawn up. For the NSW walkers their time will be put in the Finish Time field on the lap sheet. Everyone at the race on Sunday can see these times prior to the start of the races.

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

August	8	QRWC Handicap Meet 9	Kalinga Park 7.30am Canceled
	15	QRWC Handicap Meet 10 / M&W Club 15km C/ship	Morningside 7.30am Canceled
	22	QRWC Club Championships	Beenleigh 8.00am Postponed
	29	QRWC Club Championships	Beenleigh 8.00am
		QRWC Relay/ Trophy Day/ Lunch	Kalinga Park TBA
September	12	AA/Federation Championships	Melbourne Postponed TBA

2020 Perpetual trophies

There are still some age group perpetual trophies to be returned. Please bring your trophy along on Sunday or contact Noela to make other arrangements to return your trophy

noelarhoda@gmail.com

U12 Girls Destinee Pickvance

U12 Boys Blake Gee
U14 Girls Tamika Gee
U14 Boys Bailey Housden
U16 Girls Jayda Anderson
U16 Boys Lachlan McCure
U18 Women Gabriella Hill
U18 Men Riley Whatman

RESULTS RESULTS RESULTS

Nyle has sent in this report and results of the walk event on the Gold Coast last weekend.
“There were 4 walkers and 2 runners who lined up to race in perfect conditions. No breeze, no humidity and shade for 200m on the home stretch every lap!”

3,000 metres Walk

1. Kai Dale QA 17:30.18
2. Nyle Sunderland QMA 17:51.22
3. Paul Lindenberg QMA 19:27.09
4. Debbie Lindenberg QMA 22:19.73

Oceania Virtual Race Walk Series

From Alana Barber

Everyone get outside and racewalk!! On behalf of RWNZ I am excited to present to you a virtual series.

I hope those based in Oceania can join in on this, you don't need to be a member of RWNZ.

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

About Alana Barber



Alana Barber was the silver medal winner behind Jemima Montag at the 2018 Gold Coast Commonwealth Games .

Barber made her major international debut in 2015 at the IAAF Beijing World Track & Field Championships. She followed that up with a 35th place at the Rio 2016 Olympic Games. She has since lowered her New Zealand record for 20km to 1:32:23.

Alana was based in England for a number of years where she developed her race walking skills. She is not the first in her family to represent New Zealand in athletics, her mother Shirley Barber ran at the 1974 Commonwealth Games finishing eighth in the 800m final. Ever since she was a small girl Alana has wanted to emulate her mother and represent New Zealand.

Alana splits her time between Auckland, Australia and various other locations around the world for specific training blocks.

CLUB UNIFORMS – ONLINE SHOP

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

You can now order and pay for club uniforms at the QRWC RevSport portal. Orders are taken on the understanding that they will be able to be picked up on race day.

Pre-Loved Uniforms For Sale

Cross-Back Singlet - \$17



Size – Child 10



Size – Child 8

Free

Qld Athletics (QA) Bike Pants



Size XX Small

Contact Jen at qrwcregistrar@gmail.com if you have any questions about the above preloved uniforms .

Wearing the QRWC uniform is not compulsory at club meets but it is encouraged. For Federation Meets like the Canberra Carnival wearing the club uniform is compulsory.

2021 Australian Winter Walks Championships Postponed TBA

Athletics Australia (AA) wishes to advise that the Australian Winter Walks Championships and the Australian Road Running Championships have been postponed.

The events which were set to take place on the 12th and 19th of September respectively, have been postponed due to COVID-19 impacting border closures, restricting athletes, coaches and officials from participating in either event.

Athletics Australia Chief Executive Officer Peter Bromley said it was disappointing to postpone another event due to the pandemic, and confirmed AA would be doing everything possible to hold both events at another time.

“While it is becoming increasingly difficult to hold national events due to the ongoing concerns associated with the pandemic, Athletics Australia will endeavour to hold the Australian Winter Walks Championships and the Australian Road Running Championships at a time when all participants are able to travel interstate.

“In the meantime, we urge everyone to stay safe and remain diligent with their precautionary safety measures.”

The Australian Winter Walks Championships is an annual event organised in collaboration with Race Walking Australia and the host race walking club.

President of Race Walking Australia Simon Baker said: “On behalf of the members of Race Walk Australia and all Race Walkers inspired by the terrific performances by our Olympic walkers, it is disappointing that the Athletics Australia Winter Race Walking Championships must again be postponed. Given the uncertainty due to the COVID-19 pandemic, it is obviously the right decision to postpone this event to protect the health of athletes, officials and spectators. “RWA looks forward to working with Athletics Australia and the host, the Victorian Race Walking Club to eventually conduct these championships in safety.”

More information about the Australian Road Running Championships, which were to be held in conjunction with City to Bay, and the Australian Winter Walks Championships will be announced in due course.

Sascha Ryner, Athletics Australia

PAN PACIFIC MASTERS GAMES 2021



Entries Now Open

The Queensland Race Walking Club has been appointed to deliver the 10km road walks at the 2021 Pan Pacific Masters Games.

Check out the Road Walk page at <https://mastersgames.com.au/ppmg/sports/>

The walks will take place on Sunday November 14th at the Luke Harrop Cycling Circuit at Runaway Bay at 7am

Competitor Games Fee

\$125 Early Bird Fee (16 March – 31 August 2021)

\$145 standard fee (from 1 September 2021)

Sport Fee: \$20 per person

Entries Close Wednesday 3 November 2021 (11:59pm AEST)

What happens if the event is cancelled or entries are restricted due to COVID-19?

Should an entrant have COVID-19 like symptoms, have COVID-19 or be a close contact of a COVID-19 case, we encourage them to be responsible by staying away from the event. If they are affected in these circumstances or a government health order prevents them from attending, PPMG will refund fees paid less a \$20 processing fee if they advise management by 11:59pm Sunday 14 November 2021. To process a refund in this situation please email info@mastersgames.com.au together with evidence of a COVID-19 test taken within 72 hours of your planned event.

If the PPMG21 is cancelled, or entries restricted, due to COVID-19 or restrictions placed by government preventing the staging of the PPMG21, we will refund fees paid less a \$20 processing fee.

Event Enquiries: Pan Pacific Masters Games Email: info@mastersgames.com.au Phone: +61 7 5668 9888

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 QWRC 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/>