

# Queensland Race Walking Club Inc.

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



## HEEL & TOE

January 13<sup>th</sup> 2022



### Annual Walks Day

The Ashmore LAC held another successful Walks Day on Sunday thanks to all the athletes and parents that supported the event and to the coaches and judges who facilitated the day.

Robyn Wales reports that it all went very well with good engagement by the athletes and the technique was of a high standard.

Besides Robyn there was also Steve Langley and Shane Pearson taking care of the coaching .During the races there was six judges including Des Davis that parents were able to stand with .As well as the host club there were athletes from a whole host of others LA's clubs : Ormeau Little Athletics, Springwood Little Athletics, The Gap Little Athletics, Algester Little Athletics Centre, Mudgeeraba Little Athletics, Tweed Little Athletics, Helensvale Little Athletics, Arana Little Athletics, Bracken Ridge Little Athletics, Redcliffe Little Athletics, Aspley Little Athletics, Ipswich Little Athletics, Gold Coast Little Athletics.

Well done to everyone who participated on Sunday for helping to foster the sport and to help develop our young athletes.

*Some happy snaps of the day courtesy of Robyn Wales*





## RESULTS RESULTS RESULTS

**Ashmore Walks Day** – sorry that they are a bit blurred but the kids were going too fast !

Ashmore Walks Day Results					700m Walk	
Place	First Name	Last Name	Age	Gender	Club	Time
1st	Amelia	Chisholm	9	G	Ormeau	5:16.18

Ashmore Walks Day Results					1100m Walk	
Place	First Name	Last Name	Age	Gender	Club	Time
1st	Isabella	Weidh	10	G	Springwood	7:04.73
2nd	Elopath	Hooper	10	G	Ashmore	7:11.97
3rd	Nick	Bray	10	B	The Gap	7:13.15
4th	Elle	Eckstein	10	G	Ashmore	7:14.01
5th	Hunter	Siebnaler	11	B	Algerster	7:28.73
6th	Miles	Morrison	11	B	Mudgeeraba	8:11.82
7th	Aila	Martin	11	G	Tweed	8:15.33
8th	Grace	Veivers	10	G	Ashmore	11:01.19
9th	Jack	McGarrigle	10	B	Helensvale	11:06.45

Ashmore Walks Day Results					1500m Walk	
Place	First Name	Last Name	Age	Gender	Club	Time
1st	Bailey	Housden	15	B	Arana Hills	6:40.96
2nd	Kai	Norton	17	B	Arana Hills	7:46.83
3rd	Lyla	Williams	15	G	Tweed	8:03.13
4th	Lily	Housden	16	G	Arana Hills	8:22.67
5th	Kai	Dale	14	B	Ormeau	8:35.61
6th	Phoebe	Chadwick	16	G	Bracken Ridge	8:41.33
7th	Laura	Bray	12	G	The Gap	8:48.81
8th	Mia	Bergh	17	G	Ashmore	8:53.67
9th	Skye	Presland	14	G	Redcliffe	8:56.78
10th	Katie	Bray	14	G	The Gap	9:00.14
11th	Ella	Cosgrave	12	G	Ashmore	9:08.90
12th	Mikaela	McDonald	13	G	Mudgeeraba	9:10.43
13th	Natasha	Flahey	13	G	Tweed	9:24.87
14th	Korey	Brady	17	G	Aspley	9:25.85
15th	Olivia	Boulton	13	G	Gold Coast	9:37.15
16th	Maya	Barron	13	G	Mudgeeraba	9:52.56
17th	Lily	Goulding	15	G	Ipswich	10:11.26
18th	Chloe	Taylor	12	G	Ashmore	11:38.29
19th	Cooper	McGarrigle	12	B	Helensvale	13:37.20

### Queensland Masters Athletics

**Saturday January 8<sup>th</sup>**

**2,000 Meter Race Walk**

#### Juniors

Hunter, Sibenaler, Hunter M10 14:27.71

Davey, Caterina W13 13:30.19

#### Masters

Kirwin, Roslyn W32 15:17.32

Woodward, Erika W55 11:41.04

Connolly, Peter M69 16:58.78

McKinven, Noela W79 16:58.17

## **Important Update COVID Safe Rules for Queensland Athletics Competitions 13/1/2022**

Queensland Athletics has received detailed information from the Queensland Government on conducting COVID safe event in the current environment.

COVID 19 transmission is now widespread in the Queensland community. You should assume that others you have contact with may have asymptomatic COVID 19.

If we are to continue to deliver athletics competitions while there are significant numbers of COVID infections, we must all work together to ensure as safe an environment as possible. It is a high priority to ensure the safety of our volunteer officials and staff, without this group we cannot continue to deliver the sport.

Please abide by these simple rules.

1. If you have even the mildest symptoms do not attend.
2. If you believe you may have been exposed to COVID in a close contact situation, please do not attend until you have a negative test.
3. Please attend the competition for the shortest time possible
4. Other than when competing, masks should be worn at all times while at the venue
5. Please no physical greetings, hand shaking, hugs
6. Please avoid physical contact with other competitors and officials
7. At field events maintain social distancing with others in particular officials
8. The Control room is not to be entered other than for a few designated officials under any circumstances, your results will be posted online.

The usual low contact arrangements will be in place.

1. No need to check in
2. You do not need a bib
3. Go straight to your event site
4. Results will be posted online

## **2022 Track Race Walks**

### **Saturday 15<sup>th</sup> January**

8.00am 3,000m Walk

### **Saturday 22<sup>nd</sup> January**

8.10am 2,000m Walk

9.40am 1,500m Walk

### **Saturday 29<sup>th</sup> January**

8.00am 5,000m Walk

### **Saturday 12<sup>th</sup> February**

9.00am 1,500m Walk

### **Sunday 13<sup>th</sup> February**

8.15am 3,000m Walk

9.30am 800m Walk

### **Saturday 19<sup>th</sup> February**

8.00am QMA 3,000m Walk Championships

### **Wednesday 23<sup>rd</sup> February**

8.20pm 3,000m Walk

### **March 19<sup>th</sup>**

**Gold Coast Masters Championships**

**State Athletics Centre, Brisbane** (note the location and venue)

7.30am 5,000m Walk

Note: There is a 1,500 metre event on the programme but it is not confirmed if this is also a walk event

### **Qld Athletics Shield Meets**

Saturday January 29<sup>th</sup>

3/5km

Saturday February 19<sup>th</sup>

3/5km

### **QA State Championships**

March 3-6<sup>th</sup>

COVID Regulations for Queensland Athletics Competitions at QSAC

QA has received confirmation that proof of vaccination status will not be required to attend Queensland Athletics Shield Meets, or the Combined Events Championships, held at QSAC after the 17/12/21.

QA will send out a notification if there is any change to this status in the future.

## **Queensland Little Athletics 2022 State Championships**



**Date** 11th - 13th March 2022

**Venue** Queensland Sport & Athletics Centre (QSAC), Nathan, Brisbane. (Venue [link](#)).  
Needle spikes are not permitted at this venue .



### **55<sup>th</sup> Race Walking Australia LBG Carnival Canberra June 12<sup>th</sup>**

AA have scheduled their 35km Championships a few weeks before the Canberra Carnival where they missed the opportunity to incorporate the 35km race into the LBG programme.

## **2022 AA Championship dates**



### **Oceania & Australian 20km Race Walking Championships**

**Date:** Sunday 13th February

**Location:** War Memorial Drive, Adelaide, South Australia

**Entry Standard:** Open Athletes (for the 20km) must have achieved the Australian Entry Standard which can be found [here](#)

**Entries:** Entries will open in January and close on Thursday 27th January 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 20km Race Walk Championships

8:00am Oceania Under 20 10km Race Walk Championships

8:00am Invitational Under 18 5km Race Walk Championships

## Australian Track & Field Championships

**Date:** Saturday 26th March - Sunday 3rd April

**Location:** Sydney Olympic Park Athletics Centre

**Nominations:** Must be submitted through your State Association.

**Event contact:** [competitions@athletics.org.au](mailto:competitions@athletics.org.au)

**Covid Restrictions:** Athletics Australia advises all attendees to book refundable flights and accommodation where possible.

## 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

## AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS 2022



Brisbane, Queensland  
1 April to 4 April 2022

### **Draft Program**

**Friday April 1<sup>st</sup>**

1,500m Walk

**Saturday 2nd April 2<sup>nd</sup>**

5,000m Walk

**Sunday April 3<sup>rd</sup>**

10km Road Walk Davies Park, Riverside Drive, West End (preferred venue)

### **Registration Opens 3rd January 2022**

Registration for the 2022 Championships will not open until 3rd January 2022, and the final closing date for receipt of entries will be 7th March 2022. At this stage the intent is to maintain the 2020 entry fees, which are \$60 "early-bird" admin fee for those who register by 21st February 2022, else the admin fee will be \$110. In addition, entry fees will be \$20 per event.

## World Events 2022

**2022 World Athletics Race Walking Championships**

**Muscat, Oman, March 4-5<sup>th</sup>**

**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

#### 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



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 [qrwc REGISTRAR@gmail.com](mailto:qrwc REGISTRAR@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

### **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/>