

## Queensland Race Walking Club Inc.

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



### HEEL & TOE

July 7<sup>th</sup> 2022

#### AUSTRALIA TEAM ANNOUNCED FOR OREGON 2022 WORLD ATHLETICS CHAMPIONSHIPS



20km Walk	Jemima Montag VIC, Rebecca Henderson VIC
35km Walk	Kelly Ruddick VIC
20km Walk	Kyle Swan VIC, Declan Tingay WA, Rhydian Cowley VIC
35km Walk	Rhydian Cowley, Carl Gibbons NSW

#### Walks schedule

July 15 <sup>th</sup>	13.10pm 20km Women
	15.10pm 20km Men
July 22 <sup>nd</sup>	6.15am 35km Women
July 24 <sup>th</sup>	6.15am 35km Men

#### 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.



Congratulations to the six race walkers announced in the Australian Athletics Team for the 2022 Commonwealth Games:

10,000m Walk Men: Rhydian Cowley, Kyle Swan, Declan Tingay  
10,000m Walk Women: Katie Hayward, Rebecca Henderson, Jemima Montag

#### **THIS WEEK**

Registrations are now open for race this Sunday July 10<sup>th</sup> at the Logan River Parklands, Beenleigh (at the end of Blackbird Street, on the Western Side of the M1 freeway).

Registrations close at midday on Saturday, 9 July 2022. 'Age' is calculated as age-on-the-day (as at 10 July 2022).

Use the following link to register:

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

## **Sunday July 10th Racewalking Australia Postal Challenge Logan River Parklands, Beenleigh**

8.00am Open M/W 10km

U 20 M/W 10km

U18 M/W 8km

8.10am U10 M/W 1.5km

Invitation (Non-challenge event) 500 metres

8.30am Invitation 5km (non-challenge event)

U16 M/W 5km

U14 M/W 3km

U12 M/W 2km

## **QMA Short Course Road Walks Championship**

### **Sunday July 10th Logan River Parklands, Beenleigh**

This event will be held in conjunction with QRWC Postal Challenge meet.

8.00am QMA Masters Men 10km

QMA Masters Men 5km (M60+ option)

QMA Masters Women 5km

## **Don't Forget Entries close 9 am Friday 8th July**

Master's women & men entered in the 10km Challenge will have their 5km split recorded.

Those athletes only entered for the 5km will start with the Invitation 5km at 8.30am.

QMA members who are participating and wish to receive a QMA medal must enter and pay the QMA Championship fee ( additional entry to QRWC Challenge meet ).

Entries open July 1<sup>st</sup> on the QMA website [QMA Short Course Road Walk Championship - Old Masters Athletics Association Inc - revolutioniseSPORT](http://www.qma.org.au)

## **About The Postal Challenge**

This is a virtual interstate meet whereby all Federation Race walking clubs from around Australia conduct the same programme of events.

### **RWA Rules**

1. The Racewalking Australia State Challenge event is a RWA club-versus-club team's competition with points being awarded within each race to the top finisher for each club.
2. Walkers may compete in more than one event on the day provided the events are held at different times. A walker cannot walk in two different age groups in a concurrent race.
3. Age is 'age on the day' for all walkers including Masters.
4. Master's athletes will not be scored on their time but their age grading so all Masters athletes must submit their age at entry time

## **Raffle this Sunday**

We have some kindly donated prizes; we just need some ticket sellers and of course everyone to bring along some change to by a ticket or two.

## **Volunteers Needed!**

For all road walk meets this season we will 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.

# RESULTS RESULTS RESULTS



## Selected results from the road walks at the World Masters Athletics Championships in Finland

### WMA 2022 Road Race Walk 10 km Tampere 03.07.2022

Kesk. = DNF Hyl. = DQ

#### M65 : 10,0 km

1.	2897	Alfieri Edoardo	Italy	55:17	+0
2.	3752	Aranda Fernandez Pedro Jose	Spain	56:25	+1:07
3.	3517	Luniewski Miroslaw	Poland	58:47	+3:30

#### M70 : 10,0 km

1.	3021	Pio Alberto	Italy	58:15	+0
2.	3266	Lopez Camarena Jose Luis	Mexico	58:24	+8
3.	2536	Richards Ian	Great Britain and Northern Ire	1:03:54	+5:38

#### M75 : 10,0 km

1.	66	Jamieson Andrew	Australia	1:01:46	+0
2.	3217	Kavaliauskas Petras	Lithuania	1:06:49	+5:02
3.	4364	Norman Frable	United States of America	1:07:43	+5:56

#### M80 : 10,0 km

1.	1672	Valonen Martti	Finland	1:19:10	+0
2.	290	Leblanc Herve	Canada	1:24:48	+5:38
3.	4262	Volskyi Oleksandr	Ukraine	1:25:27	+6:17

#### M85 : 10,0 km

1.	1855	Jordana Alexis	France	1:16:18	+0
2.	3834	Gonzalez Martin Francisco Jav	Spain	1:23:42	+7:23
	947	Kiander Raino	Finland	Hyl.	

#### M90 : 10,0 km

1.	4254	Puskin Ivan	Ukraine	1:39:00	+0
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#### W60 : 10,0 km

1.	3714	Botha Ronelle	South Africa	1:07:55	+0
2.	3253	Cervantes Rosario	Mexico	1:10:20	+2:24
3.	2790	Tangestani Marzieh	Iran	1:14:28	+6:32

#### W65 : 10,0 km

1.	270	Flipsen Johanna	Canada	1:03:21	+0
2.	2933	Comba Giuseppina	Italy	1:05:19	+1:57
3.	3268	Lopez Serna Josefina	Mexico	1:05:30	+2:08

#### W70 : 10,0 km

1.	3715	Brand Edna	South Africa	1:05:06	
2.	3579	Mendes Maria	Portugal	1:06:48	+1:42
3.	4469	Martino Marianne	United States of America	1:08:11	+3:04

#### W75 : 10,0 km

1.	3375	Wilson Jacqueline	New Zealand	1:10:21	+0
2.	913	Karetie Pirjo	Finland	1:18:04	+7:42
3.	4363	Frable Kathleen	United States of America	1:20:07	+9:45

#### W80 : 10,0 km

1.	3740	Vey Hildegard	South Africa	1:20:28	+0
2.	1986	Dräger Helga	Germany	1:43:33	+23:04
	2040	Herrendoerfer Ursula	Germany	Hyl.	

#### W85 : 10,0 km

	1945	Anritter Erna	Germany	Hyl.	
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#### W35 : 10,0 km

1.	3181	Liepina Modra	Latvia	59:07	+0
2.	1930	Varoquier Elodie	France	59:47	+40
3.	3610	Sepulveda Rodriguez Milexisis	Puerto Rico	1:02:39	+3:31

#### W40 : 10,0 km

1.	3899	Perez Belloch M <sup>a</sup> Isabel	Spain	55:48	+0
2.	4205	Assawawongcharoen Tanaphon	Thailand	1:01:03	+5:14
3.	643	Ahvenus Heidi	Finland	1:02:43	+6:54

#### W45 : 10,0 km

1.	2669	Molnar Valeria	Hungary	52:24	+0
2.	2190	Schröter Brit	Germany	52:36	+11
3.	2179	Schenker Bianca	Germany	53:10	+45

#### W50 : 10,0 km

1.	2655	Bodorkós-Horváth Kata	Hungary	56:07	+0
2.	1789	Bray Violaine	France	57:01	+53
3.	3520	Morawczynska Jolanta	Poland	57:19	+1:11

#### W55 : 10,0 km

1.	3373	Smith Corinne	New Zealand	1:00:50	+0
2.	269	Falcon Line	Canada	1:03:23	+2:32
3.	466	Slabáková Lenka	Czech Republic	1:04:22	+3:31

#### M35 : 10,0 km

1.	2457	King Dominic	Great Britain and Northern Ire	45:44	+0
2.	2456	King Daniel	Great Britain and Northern Ire	47:52	+2:07
3.	388	Ochoa Vergara Juan Fernando	Colombia	52:58	+7:13

#### M40 : 10,0 km

1.	3877	Morales Del Castillo Juan Man	Spain	46:22	+0
2.	3951	Traid Tirado David	Spain	48:11	+1:48
3.	3783	Castro Mateo Victor Manuel	Spain	48:48	+2:25

#### M45 : 10,0 km

1.	3260	Gonzalez Muñoz Ricardo	Mexico	48:22	+0
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2.	3280	Soto Maldonado Etiel	Mexico	50:37	+2:14
3.	3732	Pellissier Marquard	South Africa	51:26	+3:03

#### M50 : 10,0 km

1.	3168	Ivzans Normunds	Latvia	49:34	+0
2.	4232	Swaieh Meftah	Tunisia	53:39	+4:04
3.	4135	Svensson Christer	Sweden	53:42	+4:08
4.	123	Kropik Franz	Austria	58:01	+8:26

#### M55 : 10,0 km

1.	3779	Carvajal Ortega Miguel Angel	Spain	49:00	+0
2.	3903	Periañez Garcia Miguel	Spain	50:10	+1:09
3.	387	Moreno Munar Rodrigo	Colombia	51:26	+2:26

#### M60 : 10,0 km

1.	2191	Schröter Uwe	Germany	54:20	+0
2.	406	Gutierrez Brenes Sergio Ant.	Costa Rica	54:49	+28
3.	3744	Abadias Palacin Luis	Spain	56:37	+2:17
7.	47	Cassidy Kevin	Australia	1:03:32	+9:11

### WMA 2022 Road Race Walk 20 km Tampere 06.07.2022

#### W35 : 20 km

1.	1330	Peltoniemi Marika	Finland	2:13:50	
2.	997	Korpi Jonna	Finland	2:23:07	+9:16

#### W40 : 20 km

1.	4205	Assawawongcharoen Tanaphon	Thailand	2:09:28	+0
2.	451	Nedvidkova Pavla	Czech Republic	2:12:31	+3:03
3.	1062	Lahtinen Jenni	Finland	2:23:07	+13:38

#### W45 : 20 km

1.	2669	Molnar Valeria	Hungary	1:52:11	+0
2.	2179	Schenker Bianca	Germany	1:53:17	+1:05
3.	421	Borovickova Lenka	Czech Republic	2:08:37	+16:26

#### W50 : 20 km

1.	2655	Bodorkós-Horváth Kata	Hungary	1:54:53	
2.	736	Harju Marita	Finland	1:59:20	+4:26
3.	1921	Sina Laurence	France	1:59:51	+4:57

#### W55 : 20 km

1.	3373	Smith Corinne	New Zealand	2:06:06	+0
2.	226	Rocha de Souza Bagur Tri Esme	Brazil	2:12:54	+6:48
3.	251	Brooke Susan	Canada	2:16:37	+10:31

#### W60 : 20 km

1.	1182	Mertanen Maijaliisa	Finland	2:22:23	+0
	2095	Köhler Antje	Germany	Hyl.	
	2790	Tangestani Marzieh	Iran	Hyl.	

#### W65 : 20 km

1.	1991	Echle Marita	Germany	2:18:54	+0
2.	1785	Bonvarlet Liliane	France	2:20:53	+1:59

**W70 : 20 km**

1.	3715	Brand Edna	South Africa	2:15:16	+0
2.	3579	Mendes Maria	Portugal	2:18:12	+2:55
3.	1767	Anxionnat Claudine	France	2:33:11	+17:55

**W75 : 20 km**

1.	3375	Wilson Jacqueline	New Zealand	2:25:37	+0
2.	4363	Frable Kathleen	United States of America	2:45:07	+19:29

**W80 : 20 km**

1.	3740	Vey Hildegard	South Africa	2:44:07	
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**M35 : 20 km**

1.	2457	King Dominic	Great Britain and Northern Ire	1:35:57	+0
2.	2456	King Daniel	Great Britain and Northern Ire	1:39:16	+3:19
3.	1846	Herida Nadir	France	1:53:07	+17:10

**M40 : 20 km**

1.	3747	Aledo Jose Ignacio	Spain	1:31:46	
2.	1858	Landron Roland	France	1:41:05	+9:19
3.	3783	Castro Mateo Victor Manuel	Spain	1:41:12	+9:26

**M45 : 20 km**

1.	450	Nedvidek Martin	Czech Republic	1:37:57	+0
2.	244	Babenko Dmitry	Canada	1:38:31	+34
3.	3260	Gonzalez Muñoz Ricardo	Mexico	1:42:18	+4:21

**M50 : 20 km**

1.	3168	Ivzans Normunds	Latvia	1:42:40	+0
2.	4135	Svensson Christer	Sweden	1:44:46	+2:05
3.	4232	Swaieh Meftah	Tunisia	1:54:18	+11:38

**M55 : 20 km**

1.	3779	Carvajal Ortega Miguel Angel	Spain	1:42:46	+0
2.	387	Moreno Munar Rodrigo	Colombia	1:44:55	+2:08
3.	3903	Periañez Garcia Miguel	Spain	1:46:02	+3:15

**M60 : 20 km**

1.	2191	Schröter Uwe	Germany	1:50:40	+0
2.	406	Gutierrez Brenes Sergio Ant.	Costa Rica	1:53:02	+2:21
3.	1845	Haumesser Marc	France	1:57:24	+6:43
5.	47	Cassidy Kevin	Australia	2:05:54	+15:13

**M65 : 20 km**

1.	2897	Alfieri Edoardo	Italy	1:56:12	+0
2.	3931	Ruata Martín Angel Octavio	Spain	1:58:37	+2:25
3.	3517	Luniewski Mirosław	Poland	2:02:17	+6:05

**M70 : 20 km**

1.	3266	Lopez Camarena Jose Luis	Mexico	2:14:00	+0
2.	2107	Lehmann Stefan	Germany	2:17:35	+3:35
3.	1061	Lahtinen Heikki	Finland	2:19:53	+5:53

**M75 : 20 km**

1.	66	Jamieson Andrew	Australia	2:08:36	+0
2.	4364	Frable Norman	United States of America	2:24:13	+15:36
3.	2058	Hölters Bernd Ocker	Germany	2:28:16	+19:39

#### M80 : 20 km

290	Leblanc Herve	Canada	Hyl.
1672	Valonen Martti	Finland	Hyl.
4262	Volskyi Oleksandr	Ukraine	Hyl.

#### M85 : 20 km

1.	1855	Jordana Alexis	France	2:43:49	+0
	861	Jumisko Timo	Finland	Hyl.	

## Coming Up

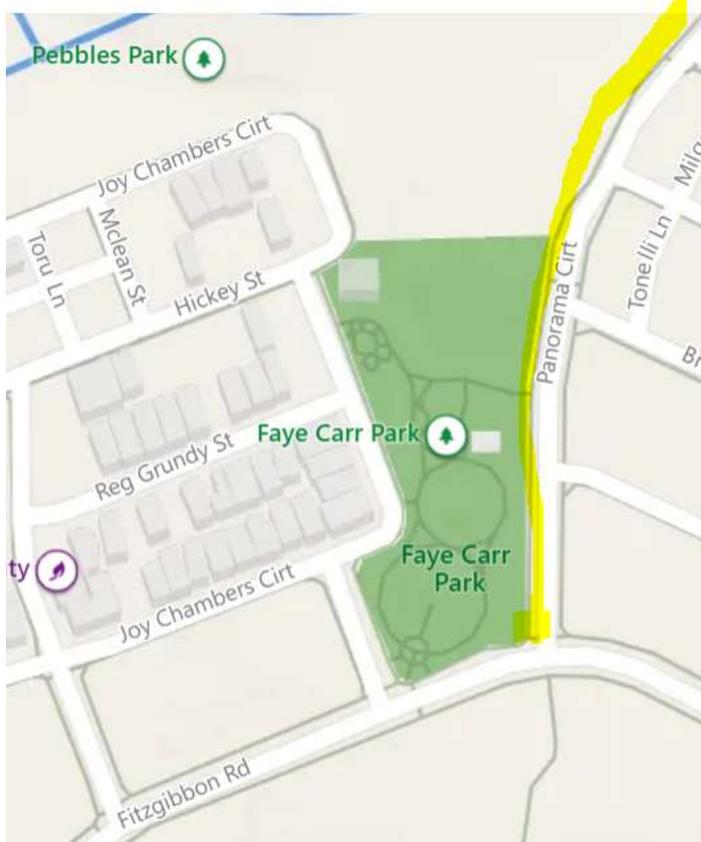
Sunday July 17<sup>th</sup>

### QRWC Handicap #6

New Venue Ripley (believe it or not)

Set up / Race Start & Finish: Cnr Fitzgibbon Road & Panorama Circuit, Faye Carr Park , Ripley

The course is a 1km loop along Panorama Circuit



**USCAC Winter Carnival**  
**Sunday July 24<sup>th</sup> USC Athletics Track**  
**Sippy Downs Drive, Sippy Downs**



The program and entry details are on the QA website at  
<https://www.qldathletics.org.au/index.cfm/competition/details/?id=681>

The short walks are from 12.30 -1.30pm but depending on numbers, the races may be combined with shoulder ribbons for each distance. The 3,000m Walk is on at 3.15pm.

**Entry Fees:** U10 – U18 \$10 per event  
U20, Open & Masters \$12 per event

**Entries Close:** Thursday July 21st 8am

The QRWC road meet is on at Skippy Park, Landsborough at 8am that morning and USCAC organisers have scheduled their programme to enable our walkers to participate in both meets and to make a day of it.

USCAC would appreciate any of our QRWC volunteers officials making themselves available to assist in the afternoon you could muster for the afternoon (and I have heard that there be some refreshments in the Officials room).

**Walks Programme**

12.30pm 700m Walk 8Years B/G

12.45pm 1,100m Walk 9- & 10 Years B/G

1.00pm 1,500m Walk 11-17 Years B/G

3.15pm 3,000 Walk U14&U16, U18 & U20, Open, Masters M/F

**Sunday July 31st QRWC Track Championships**

**University of Qld St Lucia**

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

**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.

**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 - Old Masters Athletics Association Inc - revolutioniseSPORT](#)

This event is also the Queensland event for entering the AMA virtual 20 km Championships (see below).

**PROGRAM OF EVENTS**

RACE #	START	DISTANCE	AGE GROUP	YEAR BORN
<b>1</b>	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			
<b>2</b>	9.00am	5km	Under 18 Girls	2005 / 2006
			Under 16 Boys	2007 / 2008
			Under 16 Girls	
<b>3</b>	9.30am	3km	Under 14 Girls Under 14 Boys	2009 / 2010
<b>4</b>	10.00am	2km	Under 12 Girls Under 12 Boys	2011 / 2012
		1km	Under 10 Girls Under 10 Boys	2013- 2016



## AMA 20KM WALK POSTAL CHAMPIONSHIPS

**Sunday 7<sup>th</sup> August or agreed date (States and Territories are expected to conduct their races between the dates of July 23<sup>rd</sup> and August 21<sup>st</sup>) Entry Fee \$20 (separate from any local entry fee!)**

**Entries Close on Sunday 31st July for all entrants or 3 days before an Interstate race held earlier than the 31<sup>st</sup>.**

Contact: George White      [gwhite@adam.com.au](mailto:gwhite@adam.com.au)      Mobile 0419 348 888

It is now a little over 6 weeks to the AMA 20km walk and an entry form will shortly be available on the AMA website. While athletes are welcome to compete in Adelaide the competition is also being run as a Postal Competition. The 20km postal event needs to be held between the dates of July 23<sup>rd</sup> and August 21<sup>st</sup>.

### Updated Draft Calendar 30.06.2022

MONTH	DATE	EVENT	VENUE
<b>March</b>	27	AA Track Championships—Walks	Sydney
<b>April</b>	<b>3</b>	<b>AMA Road Walk C'Ship</b>	<b>QSAC</b>
<b>April</b>	10	QRWC Sign-On Meet /AGM	Mudgeeraba
	<b>17</b>	<b>Easter Sunday</b>	<b>No competition</b>
	24	QRWC Warm-Up Meet	Morningside
<b>May</b>	1	QRWC Handicap Meet 1	North Lakes
	<b>8</b>	<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
	<b>12</b>	<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>	<b>3</b>	<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>

## Handicap Points - What does it all mean?

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

**Starting points** are awarded for starting the event.

**Completed points** are awarded for finishing the race distance.

The **Best Season Performance**. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

**Handicap points** are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points.

## 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](mailto:qrwcregistrar@gmail.com)

## **World Events 2022**

**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

Automatic Qualifier: Men 39:30.00 / Women 44:30.00

### 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



**Entries Open next Tuesday**



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.

## 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

## 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](mailto:grwc1@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/>