

# Queensland Race Walking Club Inc.

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



## HEEL & TOE

June 23<sup>rd</sup> 2022

**Mid-Season Meet at Yeronga**  
(Hopefully without the rain and muddy puddles this time)

**Sunday June 26<sup>th</sup> John Walker Park, Brisbane Corso, Yeronga**  
**Age Races & Handicap #5**

8.00am A Grade 10km  
8.05am F Grade 1km  
8.15am B Grade 5km  
8.30am C Grade 3km  
D Grade 2km  
E Grade 2km

### **ENTER NOW VIA REVSPORT**

Registrations are now open for our race this Sunday 26 June at John Walker Place (Brisbane Corso Park), Yeronga. **Registrations close at midday on Saturday 25 June 2022.** Use the following link to register: <https://www.revolutionise.com.au/qldracewalkingclub/events/>

**Raffle** We will be having a raffle on Sunday morning so please bring along some change and we would welcome anyone who can spare the time to sell some tickets during the morning

### **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.

### **Coming Up**

**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

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

## **Sunday July 31<sup>st</sup> 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

## **RESULTS RESULTS RESULTS**

**19<sup>th</sup> June, 2022**

**Aurora Park, North Lakes**

**Handicap #4**

**A Grade 10km**

**Men:** (1) Ignacio Jimenez 1.01.35 (2) Argenis Guevara 1.03.31 (3) Peter Bennett **SB** 1.12.29

**Women:** (1) Torryn Fisher 1.08.18 (2) Jennifer Stuckey **SB** 1.10.05 (3) Joy Dale **SB** 1.19.23

(4) Noela McKinven 1.31.14

**B Grade 5km**

**Men:** (1) Kai Dale 32.57

**Women:** (1) Lyla Williams 28.28 (2) Lily Goulding 33.14 (3) Korey Brady **SB** 34.37. Phoebe Chadwick DNS

**C Grade 3km**

**Women:** (1) Destinee Pickvance-Yeo 17.07 (2) Skye Presland 19.30

**D Grade 2km**

**Men:** (1) Lachlan Moore 11.10 (2) Hunter Sibenaler 14.38

**Women:** (1) Kiara Waterman 13.11 (2) Freya Williams **SB** 14.26 (3) Tully Fisher 16.34

**U10 1km**

**Men:** (1) Dylan Moore **SB** 7.24

**Women:** (1) Amelia Chisholm 7.12 (2) Willow Nelisi 7.35



## 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>.

### Queensland Masters Athletics competitors in 90s defy age barriers at track and field championships

For more than two decades Christiane & Maurice Dauphinat were active participants in QRWC & QMA events. They moved away from the Gold Coast a numbers of years ago and now reside in Bundaberg.

So, what do you do when you reach your nineties? You start competing again and break Queensland & Australian records in track and field. Wonderful to see Christiane & Maurice, you are an inspiration to us all

#### **This Report by Jessica Lamb and Tessa Mapstone**

On a bush athletics track surrounded by cane fields, 96-year-old Maurice Dauphinat tosses a javelin nine metres and the crowd gives him a standing roar. His spear might have fallen 44 metres short of the longest throw in the competition, but no one really cares. After all, he does have 66 years on the youngest competitors. Age was no barrier at the Queensland Masters Athletic Championships recently, where for the first time it was held in conjunction with the Oceania Athletics Championships in Mackay, north Queensland. These days running is off the cards for Maurice following a hip operation, but it did not stop him competing in shot-put, discus, javelin and the hammer throw. The Bundaberg couple were an inspiration to competitors but claimed there was no secret to their long athletic careers, just an active lifestyle that included Sunday morning track and field training, followed by a croissant and the newspaper puzzles. But the Masters Athletic Championships is about much more than winning medals and breaking records. For some, it is one of the few times each year they travel to catch up with like-minded people. Maurice was one of 200 competitors, aged 30 years and older, who took part in events from the pole vault to the hammer throw, high jump and steeple chase. His runner wife Christiane, 91, was another. They joined a masters athletic club 34 years ago in 1988, and have not looked back

Christiane Dauphinat W90 (91yrs) There were not any previous Qld Records. Christiane bettered the Australian Records 60 Metres 20.32s Not a Record due to Wind Assistance of

2.2m/s (must be 2.0m/s or less) 100 Metres 34.02s Queensland and Australian Record 200 Metres 76.28s Queensland and Australian Record 400 Metres 3:14.42 Queensland and Australian Record Maurice is now competing in the M95 age group (96yrs) and there were no previous QMA records in that age group. Javelin Throw 9.09m Queensland and Australian Records Discus Throw 11. 3 7 m Queensland and Australian Records Shot Put 4. 4 9 m Queensland and Australian Records Hammer Throw 9. 7 7 m Queensland and Aust



**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 21<sup>st</sup> 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

### 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

### PROGRAM OF EVENTS

RACE #	START	DISTANCE	AGE GROUP	YEAR BORN
1	8.30am	20km	Open Men	Open
			Open Women	
			Masters Men	35+ (30+ for QMA)
		10km	Under 20 Men	2003 / 2004
			Under 20 Women	
			Under 18 Boys	2005 / 2006
			Masters Women	35+ (30+ for QMA)
2	9.00am	5km	Under 18 Girls	2005 / 2006
			Under 16 Boys	2007 / 2008
			Under 16 Girls	
3	9.30am	3km	Under 14 Girls	2009 / 2010
			Under 14 Boys	
4	10.00am	2km	Under 12 Girls Under 12 Boys	2011 / 2012
		1km	Under 10 Girls	2013- 2016
			Under 10 Boys	

### 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

## Updated Draft Calendar 26.05.2022

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	TBC
		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/>