

Queensland Race Walking Club Inc.

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



HEEL & TOE

June 30th 2022

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

2022 Race Walking Australia AGM June 22nd

Summary of Key Points from the AGM

Congratulations to Shane Pearson for taking over the role of President of the Federation. Shane becomes the first Queenslander to fill the role since Dave Smith in 2016/17.

Election of Office Bearers

President: Shane Pearson

Secretary: Terry Swan

Treasurer: Andrew Mitchell

Motion: 'That the nominations of, Shane Pearson, Terry Swan and Andrew Mitchell be received, and that they be duly appointed to the positions of Vice President, Secretary and Treasurer respectively. Shane Pearson advised the group that he would fulfil the president role, leaving the VP role vacant.

Nomination of Patron: No Motions received; however, Bob Cruise was re-elected and Tim Erickson was invited to accept an invitation to also become Patron, both duly accepted.

Service Pins – Recommendations from the Special Investigations Committee: NSW nominated Kirsten Crocker and Nicolle Challinor for services to the sport. Unanimously agreed to by the meeting to award 40 Year Merit pins. Merit Awards to be presented in September at 2 Federation event in Melbourne

General Business

Tim E – Suggested a Teams Shield for the Annual 35km Championship in Fawkner Park – to be included for 2023 Agenda for discussion - all agreed

Peter B – should RWA become a NSO, what is required, benefits etc. - RWA Exec to follow up and research - all agreed

Jenny L – suggested race prices too high for younger athletes at Canberra- No support to change pricing from committee

Sam Manning – suggested renaming the Canberra open 30km to honour Robin Whyte, Phillipa H to liaise with Val Chesterton to select a suitable name – carried unanimously.

Tim E – Maintenance of perpetual Shields – Tim to Head up a subcommittee, Heather M and Phillipa to review what we do with them

Heather M – raised concerns with “transient” members, only joining for the Canberra event and 2nd Fed, not being good team or club members - no resolution, just discussion

Year Highlights

Retirement of Dane Bird Smith

Olympics 7 Athletes, 2 x Top 10 performances

WWTC Oman Juniors x 4, Seniors 7 men, 3 Women, Silver Teams Medal Junior Women, 4th Place Men’s 20km

June -Stromlo Carnival - 160 entrants, up slightly on 2020

May - Heather Mitchell AOM & Appointment to Board of Australian Little A’s

May - Robin Whyte Passed away in May

May - Judges Seminar, 25 participants, Zoe ran the morning session, Lunch provided courtesy RWA

Dec 2021 - Alanna Peart Alf Robinson Fund recipient

March 2022 - AA’s response to U16 racing 10km events

2nd Federation on Melbourne 12 September

RESULTS RESULTS RESULTS

Birthday Cake, chocolates and some race walking!!

Happy Birthday Noela

It was a pleasure to be able to help Noela start her 80th birthday celebrations a day early at the meet on Sunday

1942 THE YEAR

You Were Born



U.S.
POPULATION
134.9 MILLION

U.S. PRESIDENT



Franklin Roosevelt

People Born

HARRISON FORD • BARBRA STREISAND
MARTIN SCORSESE • ARETHA FRANKLIN
MUHAMMAD ALI • PAUL MCCARTNEY

AVERAGE INCOME
PER YEAR

\$1,810

EVENTS IN 1942

- ANNE FRANK STARTS WRITING HER DIARY ON 14 JUNE IN AMSTERDAM.
- MIGHTY MOUSE FIRST APPEARS IN "THE MOUSE OF TOMORROW".
- BING CROSBY RECORDS 'WHITE CHRISTMAS', THE BEST SELLING SINGLE OF ALL TIME.
- FRANK SINATRA RECORDS HIS FIRST SOLO TRACKS.
- COMEDY DUO ABBOTT AND COSTELLO LAUNCH THEIR WEEKLY RADIO SHOW.



ON THE
Radio

White Christmas
(Bing Crosby)
There Are Such Things
(Tommy Dorsey)
I Had The Craziest
Dream
(Harry James)
Tangerine
(Jim Dorsey)

Average Cost

A dozen eggs	\$0.39
A gallon of gas	\$0.19
A movie ticket	\$0.35
A postage stamp	\$0.03
A new home	\$4,200.00

Fashion

WOMEN: Shoulder Pads, Defined Waistlines, Skirts above the Knee

MEN: Zoot Suits, Fedora Hats, Knit V-neck Vests, Gabardine Jackets

WHAT'S ON TELEVISION?

Due to the World War the commercial development of televisions were halted around the world.



June 26th Yeronga

QRWC Handicap #5

A Grade 10km

Men: (1) Ignacio Jimenez 51.31, (2) Sam McCue 53.01 (3) Argenis Guevara SB 1.01.58 (4) Peter Bennett SB 1.10.31

Women: (1) Torryn Fisher SB 1.02.33 (2) Jennifer Stuckey SB 1.09.03 (3) Jasmine-Rose McRoberts 1.13.02 (4) Korey Brady SB 1.15.04 (6) Joy Dale SB 1.19.01 (7) Noela McKinven 1.32.12

B Grade 5km

Men: (1) Bailey Housden 27.28 (2) Kai Dale SB 29.04 (3) Patrick Sela 43.46

Women: (1) Lyla Williams SB 27.46 (2) Natasha Flahey SB 30.11 (3) Lily Housden 35.20

C Grade 3km

Men: (1) Roel Wheeley 16.37

Women: (1) Katie Bray 18.53 (2) Siaan Fisher 19.06

D Grade 2km

Men: (1) Lachlan Moore SB 11.01 (2) Hunter Sibenaler 14.29

Women: (1) Makenna Clarke 11.09 (2) Maya Barron 11.58 (3) Kiara Waterman SB 12.57 (4) Pippa Anderson SB 13.03 (5) Freya Williams SB 13.21 Tully Fisher 16.40

F Grade 1km

Women: (1) Amelia Chisholm 7.21 (2) Dakota Vicary 7.59

Thank you to all our judges, lapscorers and timekeepers who made this competition possible, your valuable contributions are appreciated by all.

Judges' Report

7 kk

11 k

219 kK

289 k

314 k

315 c

382 k
388 kk
389 c
392 c
398 kkKc
415 k
416 kKc
422 k

There were reports for 374 (k) and 423 (k) but those numbers did not appear, so the judge has misread the bib number in these cases.

Please note that the wearing of tights is not allowed in races as it restricts the judges' view

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

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

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 1st on the QMA website [QMA Short Course Road Walk Championship - Qld Masters Athletics Association Inc - revolutioniseSPORT](http://www.qma.org.au/short-course-road-walk-championship-2017)

Entries close 9 am Friday 8th July.

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

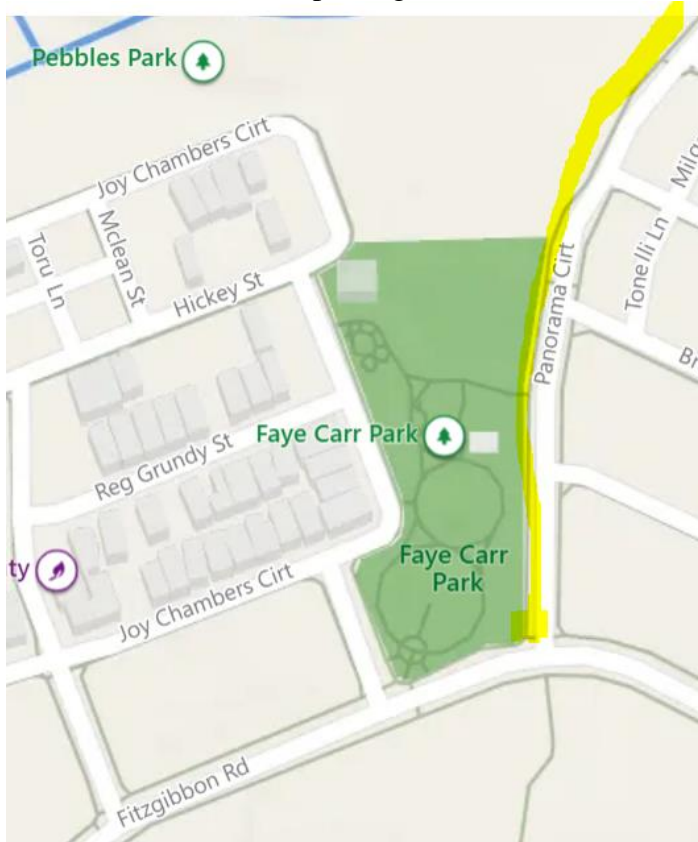
1. The Racewalking Australia State Challenge event is a RWA club-versus-club team's competition with points being awarded within each race to the top finisher for each club.
2. Walkers may compete in more than one event on the day provided the events are held at different times. A walker cannot walk 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

Sunday July 17th 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 24th 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

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.

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 and close at 9.00am Thursday 4th 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 - Qld 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
1	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			
2	9.00am	5km	Under 18 Girls	2005 / 2006
			Under 16 Boys	2007 / 2008
			Under 16 Girls	
3	9.30am	3km	Under 14 Girls Under 14 Boys	2009 / 2010
4	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 7th August or agreed date (States and Territories are expected to conduct their races between the dates of July 23rd and August 21st) 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 31st.

Contact: George White 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 23rd and August 21st.

Updated Draft Calendar 30.06.2022

MONTH	DATE	EVENT	VENUE
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March		27	AA Track Championships—Walks	Sydney
April		3	AMA Road Walk C'Ship	QSAC
April		10	QRWC Sign-On Meet /AGM	Mudgeeraba
		17	Easter Sunday	No competition
		24	QRWC Warm Up Meet	Morningside
May		1	QRWC Handicap Meet 1	North Lakes
		8	Mother's Day	No competition
		15	No race	Wash out
		22	QRWC Handicap Meet 2	Brisbane Corso
		29	QRWC Handicap Meet 3	Beenleigh
June		5	Gold Coast Championships	Mudgeeraba
		12	LBG Federation Meet	Canberra
		19	QRWC Handicap Meet 4	North Lakes
		26	QRWC Handicap Meet 5	Brisbane Corso
July		3	Gold Coast Marathon	Southport
		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
August		7	QA Road Walk Championships	QSAC Ring Road
		14	QRWC Handicap Meet 8	TBC
		21	QRWC Handicap Meet 9	TBC
		28	QRWC Club Championships	Beenleigh
September		4	Father's Day	No club competition
		11	AA/Federation Championships	Melbourne
		18		
		25		
November		13	Pan Pacific Masters Games	Gold Coast

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

World Events 2022

World University Games

Chengdu, China June 26th July 7th

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 2-7th 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 1st 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 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/>