

Queensland Race Walking Club Inc.
Building on a fine tradition of race walking, 62 years in the making.



HEEL & TOE

March 15th 2018

2018 Australian Junior Championships **Sydney Olympic Park Athletics Centre**

The Australian junior track championships start in Sydney tomorrow with the walks scheduled over the first three days. The U17 & U18 5,000 metre races are on Wednesday afternoon. The U14 3,000 metres races are on Thursday with the U20 10,000 metres on Friday morning and the U15 & U16 3,000 metre races in the afternoon. We wish all our State representative walkers the very best at these Championships are hope you all achieve your goals. There are some very talented walkers in the Queensland line-up but we won't jinx them by making any predictions but do know you will all do Queensland proud.

Men 5,000 Metre Race Walk Under 17

Wednesday 14th 4.30pm

- 1 McCutcheon, Nelson 02 QLD
- 2 Stewart, Ryan 02 QLD

Women 5,000 Metre Race Walk Under 18

Wednesday 14th 5.25pm

- 1 Hamman, Charlotte 01 QLD
- 2 Hannigan, Caitlin 02 QLD
- 3 Rowbotham, Milla 01 QLD

Men 3,000 Metre Race Walk Under 14

Thursday 4.45pm

- 1 McCure, Sam 06 QLD

Women 3,000 Metre Race Walk Under 14

Thursday 15th 4.45pm

- 1 Anderson, Jayda 05 QLD
- 2 Clarke, Anika 05 QLD
- 3 Dagan, Quinella Jade 06 QLD
- 4 Schofield, Scarlett 06 QLD

Women 10,000 Metre Race Walk Under 20

Friday 16th 8.00am

1 Hayward, Katie 00 QLD

Women 3,000 Metre Race Walk Under 15

Friday 16th 5.40pm

1 Ofield, Mackenzie 04 QLD

2 Sullivan, Bridget 04 QLD

Women 3,000 Metre Race Walk Under 16

Friday 16th 5.40pm

1 Hill, Gabriella 03 QLD

2 Novinetz, Camryn 03 QLD

3 Schofield, Amelia 03 QLD

RESULTS RESULTS RESULTS

Qld Masters Athletics QSAC Saturday March 10th

5,000 Meter Race

Charlotte Hamann W17 Visitor 35:22.26

Ignacio Jimenez M52 24:41.48 21:37.63 83.04%

Peter Bennett M62 28:21.39 22:42.14 79.11%

Patrick Sela M78 39:12.96 26:20.72 68.17%

Noela McKinven W75 41:40.86 27:01.06 73.22%

-- Mark Carlile M44 DQ

(Age Graded Times & Percentages in Brackets)

This Week

The Australian junior track championships run from Wednesday to Sunday in Sydney this week with the walk events on Wednesday – Friday.

This Saturday, March 17th. Qld Masters have a 3,000 metres walk at the SAF starting at 8.00am. A reminder to masters walkers to get your entry in for the QMA State Championships. The 5,000 metres will be conducted on Saturday April 21st

On-line entries are now open or put in a paper entry at the next Masters meet. Entries close April 11th. Entry Fees: Admin fee \$20 plus \$7 per event. Enter online at

<http://www.qldmastersathletics.org.au/> lodge an entry form at the next Masters track meet.

Commonwealth Games Road Walks

Post-Race Get Together

Currumbin Beach Vikings Surf Lifesaving Club

Sunday, April 8th will be an exciting morning with the Commonwealth Games 20km walks being held along the Currumbin beach front. *Race Walking Queensland* would like to invite all our members and their families as well as members of the race walking “family” from around Australia and around the world to meet up and come together at the Surf Club at the conclusion of the races.

QRWC Winter Road Walk Season / AGM

Sunday April 22nd

The 2018 Winter Road Walk season kicks off on **Sunday April 22nd** with a Sign on Day and Annual General Meeting at the Logan River Parklands, Beenleigh.

The **Annual General Meeting** of the club will be held after the races conclude at **9.15am**. This is the opportunity for members to put their hand up to be elected to the Management Committee or to be appointed to a number of other important volunteer roles within the club.

Please download a nomination form from the QRWC Website: www.qrwc.com.au
Please return your signed nomination form to the Returning Officer, Mr. Andrew Wearne by April 8th.

“HAVE A GO” Activation CG2018 Currumbin Walks

Race Walking Queensland will be conducting a “HAVE A GO” Activation at the 2018 Gold Coast Commonwealth Games walk events on the Currumbin beachfront on Sunday April 8th. This is a GOLDOC sanctioned event and are honoured to have been given this unique opportunity to showcase race walking and our club.

The pergola at the southern end of the course and you will not miss us with all our colourful signage (including Games mascot Borobi) and backdrops. There will be lots of opportunities for selfies or to pin on a mock Games race bib. Not only will the bibs make a great souvenir they can also be used to collect autographs or display a message of support to your favourite Games athlete.

Our mission is to give spectators an overview of the rules, the technique and the opportunities that exist in the sport. Newcomers to the sport will have the chance to walk a on section of road (Pacific Parade) with guidance from our coaches and athletes.

There are three sessions for the Have a Go activation but the pergola will be manned throughout the morning to provide information on race walking and the activities of the club. Our snappily dressed Activation Team will be keen to talk about getting started in race walking and the opportunities (Have a Go polo shirts, black shorts and white shoes) within the sport.

Session 1 6.20am - 6.50am (**Men's 20km race start 7.00am**)

Session 2 8.35am - 9.05am (**Women's 20km race start 9.15am**)

Session 3 12.00pm - 12.30pm

Each session will have a couple of our junior walkers demonstrating race walking technique with senior club members on hand to explain how to race walk and encourage members of the public to "Have a Go" (we will have a coned off section of the road for this purpose). As time is short they will not strictly be coaching sessions. It is just to provide an overview of the rules and the basic technique. The emphasis is on showing that the sport is for all ages and abilities and is about having fun and getting fit.

To local walkers, come along and support the club and your fellow team members. Bring along your friends especially those who are interested in having a go at race walking. To all overseas and interstate members of the race walking community please drop by and say "hello" and get to meet our happy crew. They will only be too happy to have a chat and answer any questions you may have. The pergola will also make an ideal "meet up" point for families and friends.

Getting to the GC2018 road walks Pacific Parade Currumbin Sunday April 8th

Bus

Bus routes, including 700, 760, 767 and 768 will run frequently during the Games and can take you close to the venue. Allow at least 15 minutes to walk to the venue from the nearest bus stop.

700 bus service will connect you to Currumbin Beachfront. This service will run every 15 minutes, 24 hours a day from 4 – 15 April.

- Get off at the Currumbin Wildlife Sanctuary stop. It is a short walk from here to the race venue on Pacific Parade.

- Games Volunteers can get off at the Gold Coast Highway at Currumbin Hill stop and walk down the hill along Duringan Street toward the volunteer check in area.

Train

Catch the train to Varsity Lakes station and from there you can take a local bus

760. The heavy rail network will operate 24 hours a day between 5 and 15 April.

G:link

Walk or catch a bus to the G:link light rail, then get off at Broadbeach South Station and take the **700** bus service which will take you within walking distance of the venue. The G:link will operate 24 hours a day between 5 and 15 April.

Route GC2018

During the Games, Route GC2018 will travel between Helensvale and Nerang stations, connecting key transport interchanges and GC2018 venues along the route including Labrador, Southport, Surfers Paradise and Broadbeach, where the **700 bus service will connect you to Currumbin Beachfront. This service will run every 15 minutes, 24 hours a day from 4 – 15 April.**

Parking

Parking at or near GC2018 venues will not be an option. Please note that parking restrictions will be in place on the Gold Coast during the Games, especially in proximity to venues.

Taxi or Rideshare

Taxi or passenger drop off and pick up options are available near the venue.

Note: There are no cycle storage facilities at the Currumbin Beachfront venue.

Canberra Federation Carnival

Mt Stromlo Canberra Sunday June 10th

This annual Carnival is held each June in Canberra and brings together races walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the AFRWC and has a strong team emphasis. The carnival is over 50 years of age and involves over 300 walkers of all ages. This is a chance for EVERY member of the club to represent your State.

UNIFORMS

The wearing of a club uniform is compulsory at Federation carnivals and failure to do so can result in disqualification. We do not carry a large stock of uniforms so if you are planning on going to Canberra start thinking about ordering a uniform. Contact Noela at noelarhoda@gmail.com

Canberra Programme – There is an event for everyone

1. Open 20 Miles 8.00am
2. Fitness 20 Miles 8.00am
3. Men & Women ACTA 30km C/Ship 8.00am
4. Open & Vet Women 10 Miles 8.00am
5. Open & Vet Men 10 Miles 8.00am
6. Fitness 10 Miles 8.00am
7. Fitness 5 Miles 9.00am
8. Men 10,000 Metres 10.30am
9. Men U20 ACTA 10km C/Ship 10.30am

10. Women U20 10,000 Metres 10.30am
11. Open (over 20 years) 10km 10.30am
12. Boys U10 1,000 Metres 11.40am
13. Girls U10 1,000 Metres 11.40am
14. Boys U12 2,000 Metres 11.50am
15. Girls U12 2,000 Metres 11.50am
16. Boys U14 2,000 Metres 12.10pm
17. Girls U14 2,000 Metres 12.30pm
18. Boys U16 3,000 Metres 12.50pm
19. Girls U16 3,000 Metres 1.15pm
20. Boys U18 5,000 Metres 1.40pm
21. Girls U18 5,000 Metres 1.40pm
22. Women's Open 5,000 Metres 2.20pm

Events 1, 4, 8, 12-22 are Racewalking Australia individual and team events.

Events 4 & 5 incorporate Racewalking Australia Masters men's & women's individual competition only

Play by the Rules online training

Play by the Rules is online training for everyone involved in sport and recreation organisations, including: coaches, administrators, officials, players, parents and spectators. It offers free courses on some of the most important topics in sport, including: child protection, harassment and discrimination and complaint handling.

The QRWC recommends that our volunteers and parents familiarize themselves with the Play by the Rules and the on-line courses offered. These are applicable to all sports and recreational activities. By taking these courses you will upgrade your knowledge and skills, which will help to create safer, fairer and more inclusive environments for all people involved in our sport.

Anyone undertaking AA coaching courses at Levels 1 & 2 will need to do some of these modules as a course pre-requisite. To access the courses and to find out more on what other resources are available go to; <https://www.playbytherules.net.au/>

Child Protection

This is a free, interactive online training course suitable for coaches, administrators, officials, players, parents and spectators. Main areas covered;

- what child abuse is
- your rights and responsibilities under child protection laws
- how the laws apply to sporting organisations, clubs, their employees and volunteers
- when, where and how to report incidents
- how to establish a welcoming and inclusive environment at your club or organisation.

Complaint Handling

The course is aimed at administrators, coaches, officials and anyone with an interest in the welfare of sports club members. The modules are:

1. Introduction
2. Complaint Resolution Procedure
3. Member Protection and the Law
4. Listening and Responding Effectively (Communication Skills)
5. Meeting with a Contact (Complaint Handling – The Starting Point)
6. Ethical and Practical Considerations
7. Nipping it in the Bud (Early Intervention Strategies)
- 8.

Harassment and discrimination

The course provides information to help you understand:

- what harassment and discrimination is
- your rights and responsibilities under equal opportunity and laws
- how the laws apply to sporting organisations, clubs, their employees and volunteers
when, where and how to report incidents
- how to establish a welcoming and inclusive environment at your club or organisation.

Get Covered!

QA Registration for Volunteers: The club encourages all club volunteers, officials, committee members and coaches to register with Queensland Athletics through their Free member option. This membership is valid up until 30th September 2018 and includes coverage for Personal Accident Insurance under the [National Insurance Program](#).

Go to the QA website membership page and register as a QRWC volunteer.

<http://www.qldathletics.org.au/Membership/Membership-Information>

Blue Cards

BlueCard: The club recommends that all volunteers and athletes over 18 apply for a Queensland Government BlueCard. Please read the requirements on who needs a card at the following website. <https://www.bluecard.qld.gov.au/volunteers/howdoiapply.html>

An application form can be printed off from this site.

Beginners race walk judging course

AA have developed an on-line Level 1 race walk judging course.

<http://athletics.com.au/Officials/Level-1-Important-Information>

Once you have completed this course ask to stand with one of our qualified judges at a road walk meet to learn practical side of judging.



ENTRIES ARE NOW OPEN

The QRWC is the host organisation for Athletics - Road Race Walks for the 2018 Pan Pacific Masters Games. The road walks will take place on the Luke Harrop Criterium Circuit next to the Sports Super Centre at Runaway Bay on Sunday November 11th 2018.

Every entry in the 10km road walk will benefit the club so please spread the word amongst your Masters friends.

<https://mastersgames.com.au/ppmg/sports/athletics-road-race-walk/>

Racewalking Queensland

All club memberships become due on April 1st. The registration forms for the 2018/19 season will be released shortly following a review by the Management Committee of all current fees.

QRWC Annual Subscriptions

Family Under Review

Students & Officials Under Review

Others Under Review

To register with Queensland Athletics, you must use their On-Line Registration.

Go to www.qldathletics.org.au

Race Day Fees

Students / Others Under Review

Club/Track Championships Under Review

QRWC Website: www.qrwc.com.au

Contact emails:

qrwc1@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.

qrwcregistrar@outlook.com Club membership enquiries and information

Racewalking Queensland Management Committee 2017/18

President: S Pearson **Secretary:** N. McKinven
Vice President: P. Bennett **Treasurer** J. Heylen
Committee: I Jimenez, A Wearne, R Wales, R Hamann, J Pickles, S Langley
Patron: Patrick & Maxine Sela **Registrar:** A Wearne, S Wearne
Delegates to QA: R Wales, S Pearson
Equipment Officers: N McKinven, I Jimenez, P Bennett, S Pearson
Handicapper: N McKinven **Trophy Officer:** N McKinven
Results: N McKinven **Canteen Convenor:** G Jimenez
Publicity Officer: J Pickles **Blue Card Co-ordinator:** J Haig

Coming Up

March 14-18th AA Junior Track Championship Sydney
March 17th QMA 3,000 metres SAF 8.00am
April 8th Commonwealth Games 20km Road Walks Currumbin
April 11th **Wednesday** QMA 10,000 metres SAF 7.00pm
April 14th QMA 3,000 metres SAF 8.15 am
April 21st QMA Track & Field Championships SAF 5,000 metres TBA
April 22nd QRWC Sign On Day / Handicap Meet Beenleigh
April 26-29 AMA Track & Field Championships Perth WA
April 28-29th Australian Little A's Championships Gold Coast

Looking Further Ahead

May 5-6th World Race Walking Team Championships Taicang, China
May 6th QRWC Handicap Meet Kalinga Park 7.30am
May 20th QRWC Handicap Meet Beenleigh
May 27th QRWC Handicap Meet Morningside 7.30am
June 3rd Gold Coast Road Walk Championships Mudgeeraba 8.00am
June 10th LBG Federation Carnival Mt Stromlo Canberra
June 17th QRWC Handicap Meet TBC
June 24th QRWC Handicap Meet Davies Park 8.00am
July 8th QRWC Handicap Meet TBC
July 10-15th IAAF World Juniors Track Championships Finland
July 15th QRWC Handicap Meet TBC
July 22nd RWA Postal Challenge Beenleigh 8.00am
July 29th QRWC Handicap Meet TBC
August 5th QA Road Walk Championships / QMA Short Walk C/Ships **TBA**
August 12th QRWC Track Championships UQ St Lucia 8.00am
August 19th QRWC Club Championships Kalinga Park 8.00am
August 26th AA/Federation Road Walk Championships Sunshine Coast **TBA**
September 1-16th World Masters Athletics Championships Malaga, Spain
September 2nd QMA Long RW C/Ships / QRWC Invite meet / 20km Murarrie
September 16th Relay/Trophy/BBQ Day Kalinga Park 10.00am
November 11th PPMG 10km Road Walk Runaway Bay 7.00am

Racewalking Queensland

(Trading at the Queensland Race Walking Club Inc. ABN 59065512712)

QRWC Annual Subscriptions

Family Under review

Students & Officials Under Review Others Under review

Race Day Fees

Students Under review

Others Under review

Club/Track Championships Under review

Track Championships – Non-Member Under review

To register with Queensland Athletics, you must use their On-Line Registration.

Go to www.qldathletics.org.au

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/>