

Queensland Race Walking Club Inc.

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



HEEL & TOE

August 4th 2022

QUEENSLAND ROAD WALKING CHAMPIONSHIPS + QMA Long Course Road Walk Championships Sunday 7th August 2022

All the best to everyone competing in the Queensland Athletics & Queensland Masters Athletics road walk championships at QSAC on Sunday
Parking will be available in the normal parking area at QSAC, the ring road will be closed to traffic from the normal area used for school meets so while you can enter via either Mains Road or Kessels road you will need to enter the carpark from the bottom.

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	2009 / 2010
			Under 14 Boys	
4	10.00am	2km	Under 12 Girls	2011 / 2012
			Under 12 Boys	
		1km	Under 10 Girls	2013- 2016
			Under 10 Boys	

Start Lists & Bib numbers

Women 20000 Metre Race Walk Open

8.30am

1 756 McRoberts, Jasmine-Rose 20 QA

Men 20000 Metre Race Walk Open

8:30am

1 752 Jimenez Solis, Ignacio 57 QMA

Men 30-59 20000 Metre Race Walk Masters 30-59

8:30am

1 752 Jimenez Solis, Ignacio 57 QMA

Men 60+ 10000 Metre Race Walk Masters 60+

8:30am

1 731 Bennett, Peter 67 QMA

Women 10000 Metre Race Walk Under 20

8:30am

1 739 Clarke, Anika 17 QRW

2 745 Fisher, Torryn 17 RED

Women 30+ 10000 Metre Race Walk Masters 30+

8:30am

1 742 Dale, Joy 51 QMA

2 755 McKinven, Noela 80 QRW

3 762 Newington, Dash 38 QMA

4 769 Stuckey, Jennifer 57 QMA

Boys 10000 Metre Race Walk Under 18

8:30am

1 734 Bradley, Alex 16 QRW

2 754 McCure, Sam 16 QRW

Girls 5000 Metre Race Walk Under 16

9:00am

1 736 Bray, Katie 14 QRW

2 748 Goulding, Lily 15 QRW

3 761 Morris, Taylah 15 QRW

4 766 Sharpe, Milly 14 GLD

5 770 Teahen, Rebecca 15 QRW

6 780 Williams, Lyla 15 QRUN

Boys 5000 Metre Race Walk Under 16

9:00am

1 743 Dale, Kai 14 QRW

2 750 Housden, Bailey 15 QRW

3 778 Wheeley, Roel 15 QRW

Girls 5000 Metre Race Walk Under 18

9:00am

1 732 Bergh, Mia 17 GCV

2 735 Brady, Korey 17 QRW

3 737 Chadwick, Phoebe 16 QRW

4 749 Heap, Ashanti 16 GCA

5 751 Housden, Lily 16 QRW

6 758 Millard, Summer 17 QUT

Boys 3000 Metre Race Walk Under 14

09:30am

1 757 Melinz, Eli 12 QRW

2 771 Tilton, Noah 13 QRW

3 777 Wheeley, Noah 13 QRW

Girls 3000 Metre Race Walk Under 14

09:30am

1 730 Barron, Maya 13 QRW

2 733 Boulton, Olivia 13 QRW

3 740 Clarke, Makenna 13 QRW

4 741 Cosgrave, Ella 12 BOR

5 747 Flahey, Natasha 13 QRW

6 763 Pickvance-Yee, Destinee 13 QRW

Boys 2000 Metre Race Walk Under 12

10:00am

1 760 Moore, Lachlan 11 QRW

2 765 Robertson, Payten 11 QE2
3 767 Sibenaler, Hunter 11 QRW
Girls 2000 Metre Race Walk Under 12

10:00am

1 744 Dunleavy, Savannah 10 QRW
2 764 Renton, Zoe 11 TWH
3 772 Vanner, Alexandra 10 TWH
4 774 Vicary, Dakota 10 QRW
5 775 Waterman, Kiara 11 QRW
6 776 Welch, Isabella 10 QRW

Boys 1000 Metre Race Walk Under 10

10:00am

1 759 Moore, Dylan 9 QRW
2 768 Simpson, Kingsley 9 IGN

Girls 1000 Metre Race Walk Under 10

10:00 am

1 738 Chisholm, Amelia 9 QRW
2 746 Fisher, Tully 9 QRW
3 753 Korade, Aarya 9 QA
4 773 Vanner, Emily 8 TWH
5 779 Williams, Freya 8 QRUN

Volunteers Wanted The Queensland Race Walking Club is providing lapscorers and time keepers for these Championships so we would welcome your assistance in these areas on Sunday morning.

Queensland Road Walk Championships: Sunday August 7th, QSAC, Nathan				
Name	Area	Role	Event	Notes
Boardman, Jenny		Walks Judge		
Bradley, Alex		Walks Judge Assistant		Competing in 10k
Bradley, Liz		Recorder		
Brown, Dave		Referee/Starter		
Brown, Kylie		Walks Judge		
Clarke, Rodney		Walks Judge		
Curry, Anthony		Technical Delegate		
Davis, Desmond		Walks Judge		
Hamann, Ralf		Walks Judge		
Ison, Greg		TIC Manager		
Keong, Tracey		Walks Judge		
Kidd, Lauren		Penalty Zone Manager		
Lee, Craig		Penalty Zone Assistant		
McDonald, Judy		Walks Judge		
McDonald, Makayla		Walks Judge Assistant		
Sims, Carmen		Walks Judge (Chief)		

2022 QRWC RACE WALK JUDGING SEMINAR

The QRWC is excited to announce that we are organising a race walk judging seminar in September

Date : Saturday September 17th 2022

Venue : TBA

The seminar will be presented by Zoë Eastwood-Bryson, World Athletics International Race-Walking Judge and notably officiated at the Tokyo Olympics last year . Zoë has conducted numerous Racewalk Judging seminar in Adelaide, Perth and Melbourne and Brisbane in early 2021. Zoë has also lectured and been examiner for the RWJECS Level II Course in 2018 on behalf of Oceania Athletics and IAAF.

The seminar will be open to anyone interested in becoming a qualified Race Walk Judge, existing judges to upgrade and refresh their qualifications or to anyone who just wants to learn about the rules of Race Walking and how they should be applied. We especially encourage race walkers, their coaches and parent to come along .

The seminar is to both prepare for professional development as well as enabling current judges to undertake the current Athletics Australia Racewalk Judging exams (Level 1, 2 and 3). Judges that have their current Level 1 and 2 are required to undertake at least one seminar as part of the Athletics Australia Education Scheme before they can proceed to the next Level (level 1 to 2, Level 2 to 3). This seminar will count towards this.

The full agenda for the seminar is still be finalised but if there are any aspects of race walk judging you would like explained in more detail please let us know.

To register an expression of interest in attending this seminar please email Noela at noelanhoda@gmail.com or Peter at peter.bennett@live.com

NEXT WEEK

To give us more time to finalise another venue for the last Handicap meet of the season and to give everyone certainty what is happening next week will can announce that the Handicap #8 meet will be held at Capalaba. Full details of the venue and course will be on the RevSport portal when entries open

Age Races & Handicap #8

Sunday August 14th Capalaba NEW VENUE

8.00am A Grade 10km

8.15am E Grade 1km / F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km / D Grade 2km

There are only two more Handicap meets left in the season to score points. Just a reminder that you need to have started in at least 5 Handicap meets to be eligible for Handicap trophies for the season.

RESULTS RESULTS RESULTS

QRWC Track Championships

Sunday August 31st

UQ St Lucia Track

It was so wonderful to see such a big turn out of athletes at our track championships. This was the best attended track meet we have had for many a year so thank you to all the athletes who participated. The meet started with big field of 17 in the 5,000 metres that saw a cracking race between Sam & Iggy with both finishing in 23.22. This was also a big pb for Sam.

Open 5000m

Men: (1) Ignacio Jimenez SB 23.22 (2) Peter Bennett SB 32.15

Women: (1) Brenda Gannon SB 29.33 (2) Jennifer Stuckey SB 33.12 (3) Joy Dale 39.15 (4) Noela McKinven 45.32

U20 5000m

Women: (1) Jasmine-Rose McRoberts SB 33.05

U18 5000m

Men: (1) Kai Norton 27.50

Women: (1) Jayda Anderson 26.21 (2) Anika Clarke 27.48 (3) Ashanti Heap 28.37 (4) Amber Norton 29.06 (5) Summer Millard 30.03 (6) Torryn Fisher SB 30.08 (7) Phoebe Chadwick SB 31.12 (8) Lily Housden 32.30 (9) Korey Brady SB 33.11

Also, Sam McCure 23.22

U16 3000m

Men: (1) Kai Dale SB 17.05 (2) Roel Wheeley 19.16

Women: (1) Lyla Williams SB 15.27 (2) Rebecca Teahen 16.02 (3) Lily Goulding 18.01 (4) Katie Bray 18.30 (5) Taylah Morris SB 20.07

U14 1500m

Men: (1) Brock Miller 10.03 (2) Noah Wheeley 13.33

Women: (1) Makenna Clarke 7.53 (2) Maya Barron 8.36 (3) Olivia Boulton 8.54 (4) Siaan Fisher 9.08 (5) Pippa Anderson 9.23

U12 1500m

Men: (1) Lachlan Moore 8.57 (2) Hunter Sibenaler 10.19 (3) Eli Melitz 10.43

Women: (1) Isabella Welch 8.32 (2) Kiara Waterman 9.23

U10 1000m

Men: (1) Dylan Moore 7.27

Women: (1) Freya Williams SB 6.09 (2) Tully Fisher SB 6.18 (3) Amelia Chisholm 6.38 (4) Dakota Vicary SB 7.25



Photos Courtesy of Danielle Sibenaler

Judges' Reports

5000m.	3000m.	1500m.	1000m.
13kk.	356kkK.	314kk.	389k
219KK.	388kkcK.	379kk.	413kkkcc
292k.	398kkk.	380kk.	417k
312kk.	407kkk.	399kK.	422k
315k.	408k.	405kK	
332kkk.	411k.	416kkc	
365cKkkkK.		419K	
424KK.		420ccCkkK	
426ccC			

Thank you so much to our full panel of judges and all the lapscorers and timekeepers that made this meet such a success .

Commonwealth Games



Saturday August 6th 10am Women's 10,000m Walk: Katie Hayward, Rebecca Henderson, Jemima Montag

Sunday August 7th 11.20am Men's 10,000m Walk: Rhydian Cowley, Kyle Swan, Declan Tingay

Updated Draft Calendar 04.08.2022

MONTH	DATE	EVENT	VENUE
August	7	QA Road Walk Championships	QSAC Ring Road
	14	QRWC Handicap Meet 8	Capalaba
	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

Our Volunteers

For all our road walk and track meets we 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.

Everyone who helps out to run our events are volunteers who freely give up their time so that our athletes can race. Please treat them with respect and appreciation at all times and offer to assist them whenever possible. Without judges, time keepers and lapscorers we don't have a race walk competition we just have a walk and no matter how fast you go your result will not be official or accepted for qualifying purposes. Judges are there to ensure no one gets an unfair advantage and to assist the athletes. If you get a caution or a report, use it as a learning experience. Find out what you have done wrong from the judge and talk to your coach to see if you need to correct your technique. If you do nothing and just blame the judges then you will never learn or get ahead in the sport.

All our members, whether an athlete, coach, volunteer official or a parent should be aware of their obligations and responsibilities under these policies.

Code of Conduct

<https://cdn.revolutionise.com.au/cups/aa/files/ygnnmgantcgp7j5d.pdf>

Member Protection Policy

<https://cdn.revolutionise.com.au/site/o7nbn9qclpzuvpdn.pdf>

Pan Pacific Masters Games



Entries Now Open 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 at Runaway Bay

[Enter | Pan Pacific Masters Games](#)



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.

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

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 qrwcregistr@gmail.com

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 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/>