

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 69 years in the making.



August 15th 2024

World Masters Athletics Championships Gothenburg, Sweden August 13-25

The Championships, which date back to 1975, will have a new record of masters athletes and countries in attendance. Over 8000 athletes ranging between the ages 35-100+ will compete in running, jumping, throwing and race-walking events in both stadia and non-stadia, running and race walking disciplines.

Club member Brenda Gannon will be there representing Ireland and fellow Qld Masters athlete Dash Newington will be competing for Great Britain

Among the other Australians in Sweden are well-credentialed walkers Colin Heywood, Heather Carr and Andrew Jamieson

SLOTTSSKOGEN CITY PARK 17th AUGUST 10km ROAD WALK

BJÖRLANDA ATHLETICS CENTER 19th & 20th AUGUST 5km TRACK WALK

SLOTTSSKOGEN CITY PARK 25 AUGUST 20km ROAD WALK

For more information and results go to

[2024 World Masters Athletics Championships \(WMAc\) \(2024wmac.com\)](https://www.2024wmac.com)

AFRWC 2nd Federation Carnival Middle Park, Melbourne Sunday August 25th

Entries Closed

Programme

9.15am	20km	RWA Glover Shield & Teams race	Open Male
9.15am	20km	RWA Carrington Cup & Teams Race	Open Female
9.30am	10km	RWA Championship	Masters Male
9.30am	10km	RWA Championship	Masters Female
9.30am	10km	RWA Championship & Teams Race	U20 Male
9.30am	10km	RWA Championship & Teams Race	U20 Female
9.30am	10km	RWA Jubilee Shield & Teams Race	U18 Male
9.45am	1km	RWA Championship & Teams Race	U10 Male
9.45am	1km	RWA Championship & Teams Race	U10 Female

10.10am 2km RWA Championship & Teams Race U12 Male
 10.10am 2km RWA Championship & Teams Race U12 Female
 10.40am 3km RWA Championship & Teams Race U14 Male
 10.40am 3km RWA Championship & Teams Race U14 Female
 11.15am 5km RWA Goble Trophy & Teams Race U16 Male
 11.15am 5km RWA Knight Trophy & Teams Race U16 Female
 11.15am 5km RWA Jacobson Trophy & Teams Race U18 Female
 12.00pm Presentations

Queensland Team

RWA 20km Female Open	Kirstin Shaw QLD	20km
RWA 10km Female Masters	Penny McIntosh QLD	10km
RWA 10km Male Un 20	Bailey Housden QLD	10km
RWA 10km Male Un 20	Sam McCure QLD	10km
RWA 10km Male Un 20	Kai Norton QLD	10km
RWA 10km Female Un 20	Mia Bergh QLD	10km
RWA 10km Female Un 20	Phoebe Chadwick QLD	10km
RWA 10km Female Un 20	Summer Millard QLD	10km
RWA 10km Male Un 18	Bailey Housden QLD	10km
RWA 1km Female Un 10	Izzy Blackburn QLD	1km
RWA 1km Female Un 10	Lani Blackburn QLD	1km
RWA 2km Male Un 12	Leo Hyde QLD	2km
RWA 5km Male Un 16	Noah Cooke QLD	5km
RWA 5km Female Un 16	Olivia Boulton QLD	5km
RWA 5km Female Un 16	Eliza Kelly QLD	5km
RWA 5km Female Un 16	Mikaela McDonald QLD	5km
RWA 5km Female Un 18	Katie Bray QLD	5km
RWA 5km Female Un 18	Taylah Morris QLD	5km
RWA 5km Female Un 18	Milly Sharpe QLD	5km

RESULTS RESULTS RESULTS

August 11th

QRWC Handicap #10 Capalaba

A mother and son double in the 15km club championship with Joy and Kai winning their events. It was good to see so many seasons best times still being recorded so late into the season. Thank you to all our officials and volunteers who ran the meet on Sunday.

Club 15km Championships

Men: (1) Kai Dale 1.36.01 (2) Peter Bennett 1.43.27

Women: (1) Joy Dale 1.56.38 (2) Noela McKinven SB 2.19.54

A Grade Men 15km

Men: (1) Kai Dale 1.36.01 (2) Peter Bennett 1.43.27

A Grade Women 10km

(1) Joy Dale SB 1.16.43 (2) Jasmine McRoberts 1.17.12 (3) Noela McKinven 1.32.14

B Grade 8km

Men: (1) Kai Dale 50.21

Women: (1) Summer Millard 48.01

C Grade 5km

Women: (1) Eliza Kelly 31.21 (2) Katie Bray SB 31.31 (3) Kiara Waterman SB 32.13 (4) Taylah Morris 32.27. Mikaela McDonald DQ.

D Grade 3km

Men: (1) Leo Ramsay SB 18.00

Women: (1) Savannah Dunleavy 19.50

E Grade 2km

Men: (1) Jake Dunleavy 11.52

Women: (1) April Kelly 17.00

F Grade 1km

Women: (1) Piper Dunleavy 8.50 (2) Harper Waterman SB 8.54

Judges' Reports

7 kK
 407 kK
 412 kkKK DQ
 430 c
 432 kK

QRWC Win RWA State Challenge

After coming third last year and in a tie for first in 2022 the club has been named as the outright winner of the postal challenge for 2024. Congratulations to all the QRWC athletes who participated in the RWA State Challenge event at Beenleigh last month .

Our club captains Phoebe and Bailey will be presented with the Shield at the upcoming Federation meet in Melbourne.

RWA State Challenge				Held July 2024			
Results							
Clubs	QRWC	NSWRWC	RWV	SARWC	WARWC	ACTW	TAS
Totals	45	33	43	68	64	78	
Fairness calculation	1.8	1.1	1.4	2.2	2	1.8	
Final Total	25	30	30.71429	30.90909091	32	43.33333	
Placings	1	2	3	3	5	6	

Under 10 1.5km Female

		Time	Club	Place
Freya	Williams	00:08:54	RWQ	1
Payton	Welsh	00:09:05	VRWC	2
Veronica	Dennett	00:09:59	NSWRWC	3
Aria	Di Benedetto	00:10:22	VRWC	4
Abby	Fowler	00:10:23	VRWC	5
Clara	Hermus	00:10:45	RWQ	6
Estrid	Helstedt	00:10:50	ACTW	7
Zoe	Fowler	00:12:30	WARWC	8

Under 10 1.5km Male

		Time	Club	Place
Jake	Dunleavy	00:08:15	RWQ	1
Daniel	Smart	00:08:58	NSWRWC	2
Dimitri	Pashutin	00:09:52	VRWC	3
Zac	Anderson	00:10:48	ACTW	4
Toby	Cunnold	00:12:06	WARWC	5
Martin	Crabb	00:13:47	SARWC	6
Dante	van Heerwaarden	00:14:44	WARWC	7

Under 12 2km Female

		Time	Club	Place
Avia	Luketic	00:10:50	NSWRWC	1
Makenzie	Sillitto	00:10:51	WARWC	2

Addison	Frenken	00:11:00	VRWC	3
Darcy	Bramwell-Keys	00:11:02	WARWC	4
Pippa	Read	00:11:10	VRWC	5
Savannah	Dunleavy	00:12:30	RWQ	6
Erlyn	Singh	00:12:58	VRWC	7
Rahni	Fowler	00:13:15	WARWC	8
Natalie	Ramirez	00:13:40	VRWC	9
Izzy	Blackburn	00:13:44	RWQ	10
April	Kelly	00:14:48	RWQ	11
Tundra	Helgstedt	00:15:29	ACTW	12
Under 12 2km Male		Time	Club	Place
Nat	Appleyard	00:10:08	NSWRWC	1
Leo	Hyde	00:10:52	RWQ	2
Hudson	Conwell	00:11:42	WARWC	3
Logan	Allison	00:11:47	VRWC	4
Brodie	Welsh	00:11:51	VRWC	5
Gabriel	van Heerwaarden	00:12:45	WARWC	6
Caleb	Camilleri	00:12:48	SARWC	7
William	Duffield	00:16:06	WARWC	8
Under 14 3km Female		Time	Club	Place
Mya	McClure	00:14:41	VRWC	1
Ashleigh	Mansell	00:16:17	NSWRWC	2
Kiara	Waterman	00:17:52	RWQ	3
Savannah	Carnaby	00:18:22	WARWC	4
Addison	Roots	00:20:30	WARWC	5
Caitlyn	Shipham	00:21:17	VRWC	6
Liliana	Templer	00:21:58	SARWC	7
Mackenzie	Wormald	00:24:59	RWQ	8
Under 14 3km Male		Time	Club	Place
Angus	Shuttleworth	00:15:16	VRWC	1
Noah	Vella	00:15:34	NSWRWC	2
Cory	Lockwood	00:16:36	RWQ	3
Eli	Melinz	00:18:00	RWQ	4
Riley	Cunnold	00:20:21	WARWC	5
Robert	Crabb	00:26:53	SARWC	6
Under 16 5km Female		Time	Club	Place
Sophie	Polkinghorn	00:27:10	NSWRWC	1
Matilda	Read	00:27:32	VRWC	2
Olivia	Boulton	00:28:52	RWQ	3
Hannah	Matthews	00:30:13	VRWC	4
Eliza	Kelly	00:30:29	RWQ	5
Mackenzie	Turner	00:31:01	VRWC	6
Mikaela	McDonald	00:31:02	RWQ	7
Under 16 5km Male		Time	Club	Place
Max	Davidson	00:24:34	VRWC	1
Christopher	Nilon	00:30:31	NSWRWC	2
Under 18 8km Female		Time	Club	Place
Chelsea	Roberts	00:39:05	NSWRWC	1
Ariana	Pashutina	00:42:24	VRWC	2

Angelina	Legrand		00:42:30	SARWC	3	
Millie	Sharpe		00:44:14	RWQ	4	
Katee	Bogaers		00:44:55	WARWC	5	
Katie	Bray		00:52:35	RWQ	6	
Under 18 8km Male			Time	Club	Place	
Kai	Dale		00:50:01	RWQ	1	
Aiden	Pospischil		00:52:11	NSWRWC	2	
Under 20 10km Female			Time	Club	Place	
Alexandra	Griffin		00:53:42	WARWC	1	
Jessey	Bektas		01:05:43	NSWRWC	2	
Jasmine	Crabb		01:17:15	SARWC	3	
Under 20 10km Male			Time	Club	Place	
Jonah	Cropp		00:44:43	New Zealand	1	
Bailey	Housden		00:47:16	RWQ	2	
Brendan	Pospischil		00:56:58	NSWRWC	3	
Open 10km Female			Time	Club	Place	
Hannah	Mison		00:44:44	NSWRWC	1	
Samantha	Findlay		00:49:18	SARWC	2	
Char	Hay		00:53:38	VRWC	3	
Jasmine	McRoberts		01:20:17	RWQ	4	
Open 10km Male			Time	Club	Place	
Jack	McGinniskin		00:43:12	NSWRWC	1	
Kim	Mottrom		00:45:24	SARWC	2	
Scott	Hyland		00:50:33	RWQ	3	
Alejandro	Stephens		00:50:47	VRWC	4	
Masters 10km Female			Age Grading	Time	Club	Place
Heather	Carr	88.98%	01:08:10	VRWC	1	
Carolyn	Rosenbrock	86.62%	01:00:43	VRWC	2	
Gwen	Steed	85.83%	01:19:04	VRWC	3	
Karyn	O'Neill	77.73%	01:13:17	VRWC	4	
Noela	McKinven	74.36%	01:31:16	RWQ	5	
Wendy	Farrow	70.77%	01:10:33	WARWC	6	
Fiona	van Heerwaarden	63.12%	01:12:04	WARWC	7	
Joy	Dale	58.93%	01:21:30	RWQ	8	
Marcela	Ruiz	57.86%	01:31:53	WARWC	9	
Di	Camilleri	53.94%	01:26:36	SARWC	10	
Krtisty	Templer	51.45%	01:26:12	SARWC	11	
Masters 10km Male			Age Grading	Time	Club	Place
Andrew	Jamieson	83.60%	01:04:09	VRWC	1	
Colin	Heywood	80.46%	01:01:06	VRWC	2	
Andrew	Duncan	80.16%	00:55:22	WARWC	3	
Mark	Thomas	79.87%	00:56:32	VRWC	4	
Terry	O'Neill	75.60%	01:03:44	VRWC	5	
Peter	Bennett	72.51%	01:07:07	RWQ	6	
Peter	Crump	71.18%	01:05:10	SARWC	7	
Victor	Munoz	70.38%	01:09:09	WARWC	8	

John	Nottle	68.59%	01:11:40	VRWC	9
Paul	Moritz	67.66%	01:09:12	VRWC	10
Steve	Travell	50.36%	01:34:46	WARWC	11
Adam	Patterson	58.29%	01:11:59	RWQ	12
Dean	Nipperess	57.25%	01:13:17	RWQ	13

Rules: 1. Points are awarded to the fastest individual per club. If a club does not have a competitor, they receive 5 points.

2. Member numbers for fairness calculations are based on the membership paid to RWA.

Fairness calculations

25 or under members	2.2
26 to 40 members	2
41 to 60 members	1.8
61 to 80 members	1.4
Over 80 members	1.1

THIS WEEK

QRWC Road Walk Championships Sunday August 18th Logan River Parklands, Beenleigh

- 8.00am Open & Masters 10km
 - Under 20 M & W 8km
 - Under 18 M & W 6km
 - Invitation Open 5km (non-championship)
- 8.15am Under 10 M & W 0.75km
 - Under 12 M & W 1.5km
- 8.30am Under 14 M & W 2km
 - Under 16 M & W 4km

Enter Here

[QRWC Road Walk Championships Sunday August 18th - Old Race Walking Club - revolutioniseSPORT](#)

Note

- Age is taken as Age on the Day
- Athletes eligible for awards in their own age group event only.
- Trophies will be awarded to the first three placings of registered club members in each age group (male & female) and medals in the Masters age group.
- For Masters Athletes the first three finishers of club members in Open races will be the Open place getters and the next three Masters Age competitors to finish after that will be eligible for Masters Medals.

Entry Fee Members \$10

Non-Members \$15 (not eligible for championship awards)

Invitation 5km \$5

To Do List – At the Check in Desk this Sunday

- Nominate your relay team for Trophy Day or if you wish to be allocated to a team.
- Let us know who will be coming to the BBQ lunch on the day and how many family members will be there. This is to help with the catering.
- Bring along donations of raffle prizes for Presentation Day
- Drop off your Perpetual Trophy if you still hold one

At the conclusion of the meet there will be a short Committee meeting.

QRWC Club Championship Records

Men's Open 10 km Rhydian Cowley 2012 40:38.00
Under 20 Men 8 km Dane Bird-Smith 2009 34:59.00
Under 18 Men 6 km Dane Bird-Smith 2009 26:16.00
Under 16 Men 4 km Bailey Housden 2023 16:44.00
Under 14 Boys 2 km Bailey Housden 2020 8:59.00
Under 12 Boys 1.5 km Myles Callaghan 2019 7:28.00
Under 10 Boys 750 m Mathew Houston 1995 3:40.00
Women's Open 10 km Karen Foan 2002 49:15.00
Under 20 Women 8 km Jessica Pickles 2013 38:55.00
Under 18 Women 6 km Katie Hayward 2016 27:13:00
Under 16 Women 4 km Clara Smith 2013 18:59.00
Under 14 Girls 2 km Jayda Anderson 2018 9:20.00
Under 12 Girls 1.5 km Rachel Barker 2007 7:29.00
Under 10 Girls 750 m Theresa Dorman 1994 3:47.00
Men's Master's 10 km Ignacio Jimenez 2012 49:41.00
Women's Master's 10 km Nyle Sunderland 2013 57:22.00



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, timekeepers and lapscorers we don't have a race walk competition

PERPETUAL TROPHIES

Thank you to everyone who has already returned their perpetual trophies from 2023. For those still outstanding a reminder to bring them along to the club Road Walk Champion ships at Beenleigh this Sunday. Thank you.

RACEWALKING QUEENSLAND PERPETUAL TROPHIES 2023

U10 Girls Harrison Trophy Izzy Blackburn
U12 GIRLS Isabella Welch
U14 BOYS Brock Miller
U18 MEN 10km Bailey Housden
RELAY TEAM 2023 "The Mosquito Squad"

QRWC Relay/Trophy/BBQ Day Sunday September 8th

Dowse Lagoon, Brighton Road, Sandgate

9.00am 4 x 1,500 metre Relay

For the relays please be ready to compete by 9am as we need to finalise handicaps, teams and your competing order in your team. All this takes time and we want teams to be started by 9.30am.

The Relay This is a handicapped relay, so it is not really about being the fastest. Get your team together now and come up with an apt team name. You don't have to be a competitive walker to take part so this is the opportunity for all parents, coaches, judges, volunteers and other family members to have a go. Now is your big chance to show us your style. Look out for the sheet at the Sign In desk to nominate your team or if you wish to be allocated to a team.

10.00am – 12.00am BBQ & Presentations

TROPHIES All the medals from the QRWC track championships, Grade Handicap points trophies, Club Road Walk championships trophies and the perpetual trophies will be presented.

RAFFLES For a bit of fun and to raise some money for the club we have a tradition of having a multi draw raffle at the lunch. If you would like to donate a raffle prize (check your cupboards for any unwanted Christmas gifts or “surplus” bottles of wine) we would be pleased to hear from you or bring them along over the last few Sundays of the season.

LUNCH We will be having a BBQ lunch following the relays. The club will provide the BBQ fare. If you would like to help out in the food department, please let Noela know. We do ask if members could please bring along a plate to share for dessert or a fruit platter is always welcome. Light beer & soft drinks will be in sale. Please bring along your deck chairs or a picnic rug.

CRITERIA FOR QRWC PERPETUAL TROPHIES

Male Age Distance First Presented Criteria

David Smith Shield Open 20km 2007 20km stated as Dave Smith race

Open Men’s 15km Open 15km 1978 Stated as 15km Championship

Open Men’s Cup Open 10km 1978 Club 10km Championship

U14 Boys 12,13yrs 2km 2019 Club Championships

U12 Boys 10,11 1.5km 2019 Club Championships

U10 Boys not yet 10yrs .75km 2019 Club Championships

Female

Open Women 15km Shield

Open 15km 2019 Stated as 15km Championship

Open Women 10km Open 10km 2019 Club Championships

Under 20 Women 18,19 8km 2019 Club Championships

U16 Girls 14,15 4km 2019 Club Championships

U14 Girls 12,13 2km 2016 Club Championships

Under 12 Girls 10,11 1.5km 1979 Club Championships

Under 18 Men’s 10km Any male club athlete who is not yet 18 at the time of achieving the best 10km time of the season. Not restricted to the “U18 Group” First presented in 2019

Under 16 Boys 5km Any male club athlete who is not yet 16 at the time of achieving the best 5km time of the season. Not restricted to the “U16 Group” First presented 2014

Under 18 Girls 5km Any female club athlete who is not yet 18 at the time of achieving the best 5km time of the season. Not restricted to the “U18 Group” First presented in 1982

Under 10 Girls Any girl who is not yet 10 and has been friendly and helpful in the Club. First presented in 1991. If no suitable candidate – not presented.

Bill Cook Trophy for Team winning the Fun Relay. First presented 1981

Most Outstanding Member. This is our most prestigious trophy and is not restricted to athletes. No member can hold it for consecutive years, but may be judged by the Committee for further years that are not consecutive. If no suitable candidate for the year, it will not be presented. First presented in 2016.

QRWC HANDICAP TROPHIES

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. 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. **To maximise your points for the season it is recommended that an athlete stays in the same grade for the season.**

MONTH	DATE	EVENT	VENUE	TIME
August	18	QRWC Club Championships	Beenleigh	8.00am
	25	2nd RWA Federation Meet	Melbourne	
September	1	Father's Day	No Club Competition	
	8	Relay/BBQ/Trophy Day	Sandgate Lagoon	

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. This applies to the 2nd RWA Federation Carnival in Melbourne on August 25th.

[Shop - Qld Race Walking Club - revolutioniseSPORT](#)

2024 World Athletics U20 Championships

Lima, Peru August 27-31st



The event logo on the medals incorporates three main themes: **Machu Picchu** Located at the top of a mountain in Cusco, Machu Picchu is the most extraordinary archaeological site of Peru. The **chasquis** In times of the Inca Empire, the ancient runners, named “chasquis”, covered extensive territories to carry the Inca's messages from one town to another.

Athletics track The official logo of the World Athletics U20 Championships Lima 24 shows a chasqui symbolically running along an athletics track with the citadel of Machu Picchu in the background.

August 30th 10,000 Metres Race Walk

Women 10,000m Race Walk Alexandra Griffin (WA), Chelsea Roberts (NSW)

Men 10,000m Race Walk Isaac Beacroft (NSW), Marcus Wakim (VIC)

Isaac Beacroft 10,000m World Athletics U20 Championships Lima 24

Despite thinking he was “done for” in the closing stages of the U20 men’s 10km at the World Athletics Race Walking Team Championships Antalya 24, Isaac Beacroft refused to give up. Persevering to get gold on his international debut, the 16-year-old launched himself into the global spotlight in Turkiye.

The team event in Antalya was Beacroft’s first ever competition outside of Australia and only his second ever race on the road. But judging it to perfection, in a thrilling finish he reeled in race leader Shi Shengji of China to claim the crown in an Oceanian U20 record of 39:56. Known for his record-breaking exploits in Australia, Beacroft made further history by becoming the youngest ever winner of an U20 title at the event.

He will hope to do the same when he returns to the track for the Fees 2024/25 in Peru, where he will contest the 10,000m race walk on 30 August. "I've qualified for the World U20 Championships so hopefully I can get there and give that a good shake as well," added Beacroft, who will turn 17 on 18 July.

"We got bronze in the team (men's 10km team event in Antalya, alongside Riley Coughlan) and the last time we did that was Declan Tingay and Kyle Swan (in 2018), who we've got a lot to do with," he said. "We're all on the team now and everyone gets along. That's another point of success for me – the team environment in Australia. We're all tightly knit and it's so good to follow in their footsteps and take it on – take on the world. "I had the privilege of witnessing Isaac's incredible speed and potential at our national walks camp in January, where he impressed national lead coach Brent Vallance and me with his training," said Jared Tallent. "He challenged our best senior athletes, and we knew then that he would be a force to be reckoned with at Antalya, and therefore no surprise he won gold.

"Isaac is a generational talent and a technically brilliant walker. It's been amazing to watch his progression over the past couple of years, as he's consistently set new records at every distance in Australia under the guidance of his coach, David Beacroft. He's a humble and supportive teammate, and it's great to see him and his fellow competitors working together towards success. Australia now has the deepest field of quality junior male race walkers we've ever had.

While Beacroft also hopes his journey will include success in Lima and beyond, he'll be making sure to relish it all. He even has advice for athletes looking to follow in his own footsteps. "If I could give any advice for anyone coming through – enjoy the sport, that's what gives you the success," he said. "A base platform of really loving what you do, and then all the success comes with it."

By Jessica Whittington, World Athletics Posted 14/08/2024

Draft Dates Queensland Masters Athletics Track Season 2024/2025

September

21st – Saturday morning SAF

28th – Saturday morning SAF

October

5th / 6th / 7th AMA Winter Throws SAF

19th – Saturday morning SAF

27th - Sunday morning at SAF

November

8th- 10th Pan Pac Masters Games in SAF

16th QA Relays SAF

23rd- Saturday morning SAF

December

14th – Saturday morning SAF QMA Decathlon/Heptathlon Day 1

15th - Sunday morning SAF QMA Decathlon/Heptathlon Day 2

21st – Saturday morning SAF

2025

January

11th Saturday morning QSAC Main Track

18th Saturday morning SAF QMA Women's Throws Pentathlon

25th Saturday morning SAF QMA Men's Throws Pentathlon

February

1st – Saturday morning SAF QMA Pentathlon and 3000m run/walk

15th Saturday morning SAF Memorial Day Events

22nd Saturday morning SAF AMA Decathlon and Heptathlon Day 1

23rd Sunday morning QSAC main track AMA Decathlon and Heptathlon Day 2

March

1st – Saturday morning QSAC Main Track

8th – Saturday morning SAF

19th - Wednesday night SAF

23rd to 30th WMA Indoors Championships

29th – Saturday morning SAF

April

5th Saturday SAF QMA State Championships Day 1

6th Sunday SAF QMA State Championships Day 2

12th Saturday morning SAF

AMA Championships in Adelaide 18th to 21st April



ENTRIES NOW OPEN

[Enter | Pan Pacific Masters Games](#)

Save on the Competitor Games Fee and get your entry in before the **Super Saver pricing ends on 31 August 2024 at 11:59pm AEST!**

Draft Track Walk Programme

Friday 8 November, 2024

M30+/W30+ 5000m Race Walk Final

Saturday 9 November, 2024

M30+/W30+ 3000 Metre Race Walk Finals

Confirmed Road Walk Programme

Sunday 10 November 7:00am start

Luke Harrop Cycle Circuit

- The competition circuit will be a 1km loop.
- All participants will start together.
- A First Aid officer will be present. There will be a water station on the circuit.
- Uniforms are not compulsory.
- Age category placegetter medals will be presented at the venue at the conclusion of the competition.
- Parking and toilet facilities are located adjacent to the competition circuit

Age is determined as at race day / Minimum age for competition is 30 years

Age Divisions 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

Important Update – New Track Venue Announced

Unfortunately the originally confirmed venue - **Gold Coast Performance Centre at Runaway Bay** - is no longer available for use during the Pan Pacific Masters Games. Due to the lack of suitable infrastructure, quality or safety of the alternative venues located in the Gold Coast Athletics – Track & Field events will now be conducted at the **Queensland Sport and Athletics Centre (QSAC) Mount Gravatt**

Transport – if you have booked your accommodation on the Gold Coast, a bus will be arranged to take paid participants to and from the QSAC venue daily. The bus will pick up and drop off in a central location on the Gold Coast – further details TBA.

The road walks will still take place at Runaway Bay



2024 Australian All Schools Athletics Championships Brisbane December 6-8th

All Schools Dates: Friday 6th - Sunday 8th December 2024

National Schools Challenge Date: Monday 9th December 2024

Venue: QSAC - Queensland Sport and Athletics Centre

Level 3 Race Walking-specific accreditation course

The QRWC is in discussions with AA about the possibility of the club hosting a Level 3 Race Walking-specific accreditation course this year. AA is working with the course presenters on suitable dates

Not only will this initiative upskill the next generation of race walking coaches it will also be an opportunity for current coaches to advance their qualifications and skills.

To be eligible to undertake the Level 3 course applications will need to hold a Level 2 certification so now is the time to make sure you qualify by doing a Level 1 and Level 2 coaching course if required. Please note that the QRWC can re-imburse your coaching course fees, if required, though our current volunteer education grant.

QRWC MEMBERSHIP 2024

The Qld Racewalking Club registration portal is open to athletes who wish to register with QRWC .

[Membership - Qld Race Walking Club - revolutioniseSPORT](#)

Many of our members who have been competing during the track season as a member of QRWC are registered through to the end of September 2024. These athletes are all set for entering winter road walk competitions and the QA Road walk Championships . So no need to take action until the first race portal opens.

New or existing non financial members who wish to join the club and compete in the QA Road Walk Championships are encouraged to register on the RevSport Portal

Of course, for those athletes not wishing to compete at or represent QRWC at QA events (i.e. already registered with other QA clubs , QRWC will retain the current membership options whereby only the QRWC club fee (i.e. \$15 Student/\$25 Non-Student) will apply. This

membership can be taken out at any time prior to the start of the QRWC winter season in April 2024.

For these athletes, please email the Registrar if you have any questions or concerns. grwcregistrar@gmail.com

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2024 and will cover the traditional QRWC winter racewalking season.

Membership Fee \$15.00 Students
\$25.00 non-students
*club fee on top of Qld Athletics membership (Base \$12)

NON-COMPETING MEMBERS

VOLUNTEER	COMMITTEE MEMBER	OFFICIAL	COACH
Club volunteers are always welcome to assist with club operations and competition days	Club committee members are required to be registered members of their club	Officials accredited with Athletics Australia	Coaches may join an athletics club if they are accredited and currently registered with Athletics Australia

Working with Children Check – Blue Card

Volunteers, committee members, technical officials and coaches are required to have a Blue Card as deemed necessary by their club in accordance with the Queensland Blue Card system. Please refer to your club or www.bluecard.qld.gov.au for more information.

\$0 + CLUB FEE	\$0 + CLUB FEE	\$0 + CLUB FEE	\$0 + CLUB FEE
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NOTE – Additional club membership fees may apply, which varies for each club.

Our Volunteers – We need you to

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, timekeeper, 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, timekeepers 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.

Racewalking Queensland Management Committee 2024/25

President: P Bennett

Vice President. J-R McRoberts

Secretary: N. McKinven

Treasurer N McKinven

Committee: Shane Pearson, Joanne McRoberts, Claire Chadwick, Jasmine Blackburn, Ignacio Jimenez, Simon Dunleavy

Patrons: Patrick & Maxine Sela

Registrar: S Dale

Handicapper A Guevara / N McKinven

Uniforms: S Dale

Publicity / Media Jasmine Blackburn

Results R Wales / N McKinven

Newsletter Editor: P. Bennett

Equipment Officer. Ignacio Jimenez & Noela McKinven

Canteen Convenor. Vacant, but to be by roster.

Club Captains: Bailey Housden, Phoebe Chadwick

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>

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

Who this Policy Applies To

This policy applies to the following, whether they are in a paid or unpaid/voluntary capacity:

- Parents, guardians, spectators and sponsors to the full extent that is possible.
- Individuals appointed or elected to boards, commissions, committees and sub-committees;
- Employees and volunteers; • Support personnel (e.g. managers, physiotherapists, psychologists, masseurs, sport trainers, etc);
- Coaches and assistant coaches (whether or not they are accredited)
- Athletes, coaches, officials and any other personnel participating in any teams, events and activities, including camps and training sessions, conducted or sanctioned by Queensland Athletics • Referees, judges and other officials.
- Members, including life members.
- Member associations and each of its members, including life members.
- Affiliated clubs and associated bodies of Queensland Athletics;
- Peak associations and other State bodies engaged in any form of athletics.
- Any other person or body that is a member of or affiliated to Queensland Athletics.

Code Of Conduct/Behaviour Queensland

Athletics requires every individual and body bound by this policy to: QA Member Protection Policy – July 2015

- 4.1 Be ethical, fair and honest in all their dealings with other people and Queensland Athletics;
- 4.2 Treat all persons with respect and courtesy and have proper regard for their dignity, rights and obligations;
- 4.3 Always place the safety and welfare of children above other considerations;
- 4.4 Comply with Queensland Athletics', Athletics Australia's, the IAAF's, the National and International Olympic and Paralympic Committees' constitution, rules and policies including this Policy;
- 4.5 Operate within the rules and spirit of the sport;

- 4.6 Comply with all relevant Australian laws (federal and State), particularly anti-discrimination and child protection laws;
- 4.7 Be responsible and accountable for their conduct; and
- 4.8 Abide by the relevant specific Codes of Conduct referred to in Part B of this Policy.

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 3 Performance coach
Jasmine-Rose McRoberts Level 2 Club coach
Argenis Guevara Level 1
Katya Martin Level 1

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/>



Department of
Tourism and Sport

The Queensland Government provided \$2,500 to the Queensland Race Walking Club to assist training and education volunteers to enable Queenslanders to participate in sport and recreation activities.'