

Queensland Race Walking Club Inc.

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



August 1st 2024



20km race walk kicks off athletics at the Paris Olympics

Walks Schedule

Thursday August 1st 7:30am 20km Race Walk Men (3.30pm Australian Time)
9:20am 20km Race Walk Women (5.20pm Australian Time)
Wednesday August 7th Marathon Race Walk Mixed Relay with 25 teams. (3.30pm Australian Time)

A BIT OF HISTORY Introduced at the Olympic Games London 1908, race walking was originally reserved for men. It was not until 1992 in Barcelona that the first women's event was competed, won by the Chinese Chen Yueling. A first at the Paris 2024 Games, the race walk mixed teams will cover the marathon distance (42.195 km).

Paris Olympics preview: race walks

Men's 20km race walk

- No man has claimed two Olympic golds in this event but Massimo Stano defends his title
- Koki Ikeda has the world lead and third-fastest performance of all time
- Alvaro Martin looks to add to his two world title wins from Budapest last year

The men's 20km race walk kicks off the athletics programme at the Paris 2024 Olympic Games.

Massimo Stano defends his title, Alvaro Martin lines up as world champion, Koki Ikeda starts as world leader with the third-fastest performance in history and Perseus Karlstrom aims to build on his World Race Walking Team Championships win in Antalya. And if any of those athletes falter, there are many other contenders ready to step up in an event that will be held on the Pont d'Iena, with the Eiffel Tower as a backdrop.

Stano achieved the first half of Italy's Olympic 20km race walk double in Sapporo three years ago, holding off Japan's Ikeda and Toshikazu Yamanishi. No man has ever claimed two Olympic titles in this event, but 32-year-old Stano will be even more motivated to do well following his recovery from the foot injury that caused him to pull up during the marathon race walk mixed relay in Antalya in April and ruled him out of the European Championships on home soil last month.

Prior to that, he had a strong start to his season as he set a national record of 1:17:26 to finish a close second to the Chinese Race Walking Grand Prix in Taicang in March. That race was won by China's Zhang Jun, the Asian Games champion who recorded the same time as Stano to clinch victory.

With three athletes in the leading nine on this season's top list, China fields another strong team in Paris, with Olympic eighth-place finisher Zhang joined by Li Yandong and Wang Zhaozhao. Only one athlete has gone faster than Zhang and Stano this season and that's Ikeda, whose 1:16:51 at the Japanese Race Walking Championships in Kobe in February moved him to No.3 on the world all-time list. After that, the Olympic and 2022 world silver medallist finished fifth in La Coruna and then claimed the runner-up spot alongside Kumiko Okada in the relay in Antalya.

The winner in La Coruna was his compatriot Yamanishi, the world champion in 2019 and 2022 and the Olympic bronze medallist in Sapporo. Yamanishi was disqualified during the race in Kobe, while Ryo Hamanishi and Yuta Koga were second and third respectively with PBs of 1:17:42 and 1:17:47, and it is Hamanishi and Koga who join Ikeda on the team for Paris. Sitting between that Japanese duo on this season's top list is Brazil's Caio Bonfim, the two-time world bronze medallist who finished fourth at the 2016 Olympics in Rio.

One place ahead of Bonfim in the runner-up spot in La Coruna was Spain's Martin, who became the first gold medallist of the World Championships in Budapest and will want to achieve a similar feat in Paris. The Olympic fourth-place finisher went on to complete a golden double in Budapest as he added the 35km race walk title to his haul.

Martin contested the relay in Antalya and the men's 20km champion on that day was Sweden's Karlstrom, the four-time world medallist who won the European title in June. Karlstrom was ninth at the Olympics three years ago and set his national record of 1:17:39 when finishing second behind Martin in Budapest last year. Bonfim was third that day, while Canada's Evan Dunfee was fourth and Germany's Christopher Linke was fifth, and they will all want to have a similar impact in Paris.

Others looking to continue their progression will be Martin's Spanish teammates Paul McGrath and Diego Garcia Carrera, who claimed silver and bronze behind Karlstrom in Antalya, plus [Australia's Declan Tingay and Rhydian Cowley](#), and Peru's winner in Dudince, Cesar Rodriguez. Another major medallist seeking further success is Ecuador's Brian Pintado, who claimed 35km silver in Budapest and won over 20km in Rio Maior in May.



Women's 20km race walk

- Kimberly Garcia on track to add a first Olympic medal to her two 2022 world titles
- Antonella Palmisano defends her crown from Sapporo
- Double world champion Maria Perez continues her comeback after injury

Multiple global champions will clash in the women's 20km race walk as Antonella Palmisano defends her title, Kimberly Garcia looks to add a first Olympic medal to her two 2022 world titles, double world champion Maria Perez continues her comeback after injury three years on from finishing fourth in Sapporo and 2016 Olympic and four-time world gold medallist Liu Hong looks to add to her glittering CV.

The women's 20km race walk was added to the Olympic programme in 2000 and athletes from four nations have gained gold in that time, the latest being Italy through Palmisano in Sapporo. The 32-year-old, who finished fourth at the 2016 Olympics in Rio before getting world bronze in 2017 and a medal of the same colour in Budapest last year, most recently won the European title in front of home fans in Rome.

Peru's Garcia has shown great consistency this year, rebounding from the illness that caused her to drop out during her season opener in Dudince in March to win World Race Walking Tour competitions in Podebrady, Rio Maior and La Coruna, as well as triumph at the World Race Walking Team Championships in Antalya in April. Her winning time in La Coruna was 1:26:41, just one second off the national record she set in the Spanish city in 2023.

That makes her the third quickest athlete this year among the entries, behind Ma Zhenxia and Yang Jiayu who join Liu in a powerful Chinese squad.

Ma, the 2022 World Race Walking Team Championships winner, finished second at the latest edition of the competition behind Garcia in Antalya after winning the Chinese Race Walking Grand Prix in Taicang in March in a PB of 1:26:07. Yang, the 2017 world champion and world record-holder with the 1:23:49 she set in Huangshan in 2021, was second in Taicang and sixth in La Coruna, three places behind Liu. Paris will be a fifth Olympics for 37-year-old Liu, who has not finished lower than fourth in each of the four Games she has contested so far. Before her win in 2016, she was second in 2012 and fourth on her debut in 2008, and she was the bronze medallist behind Palmisano and Colombia's Lorena Arenas in 2021.

Just missing the podium that day at the 2021 Games was Spain's Perez, who won world 20km and 35km race walk titles in Budapest last year. She sustained an injury a short while after her double world title success and underwent surgery in November. After competing as part of the marathon race walk mixed relay at the World Race Walking Team Championships in Antalya in April, she made her 20km season debut in La Coruna, where she finished seventh.

Another athlete looking to peak in Paris is Mexico's Alegna Gonzalez, who finished fifth at the Olympics in 2021 and last year's World Championships. She set a PB of 1:26:57 to finish second in La Coruna, where Brazil's Viviane Lyra was fourth and Spain's Laura Garcia-Caro was fifth, and they all clash again.

Other athletes to watch are [Australia's Jemima Montag, the world silver medallist who set an Oceanian record of 1:27:09 in Adelaide in February](#), plus Ecuador's Morejon, who was sixth in Budapest, and Peru's Evelyn Inga, the winner in Dudince.

Our Race Walkers

20km Racewalk: Rebecca Henderson (VIC), Jemima Montag (VIC), Olivia Sandery (SA)

Marathon Racewalk Relay: Montag, Henderson, Sandery, Allannah Pitcher*(NSW)

20km Racewalk: Rhydian Cowley (VIC), Kyle Swan (VIC), Declan Tingay (WA)

Marathon Racewalk Relay: Cowley, Swan, Tingay, Will Thompson*(VIC)

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

On Saturday August 24th a Race walking Judging seminar will be held by Kirsten Crocker at Athletic Australia's Cathy Freeman Room

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

Entries Now Open <https://www.revolutionise.com.au/vrwc/events/245703>

Entries Close 11th August

Entry Fees

Pricing is set at \$25 for the 1st event with a cap of \$40 for a maximum of three events.

A handbook will be produced and distributed electronically prior to the event.

For more information secretary@vrwc.org.au

RESULTS RESULTS RESULTS

The QA Road Walk Championships were held under the stands at QSAC on Sunday morning but the official results have yet to be published and no meet reports have been received. We will endeavour to have them in the next newsletter to acknowledge the achievements of our race walkers.

THIS WEEK

Sunday August 4th 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

Entries Now Open

[QRWC Track Championships - Old Race Walking Club - revolutioniseSPORT](#)

Entries Close Midday Saturday August 3rd

Please Note

- **Entry Fees:** Members \$10 / Non-Members \$15 (This includes UQ Track Fee)
- No charge for season pass holders
- Age is age as at 4th August 2024 E.g.: U10 (aged 9 and under), U12 (aged 10 and 11), U14 (aged 12 and 13) etc.
- Medals for these Championships will be presented at the Club Relay / Trophy Day.
- Athletes must compete in their own age group to be eligible for a medal.

**Please put your hand up to help run the club and our weekly meets.
Lapscorers and timekeepers will be needed to assist in conducting these events**



Race Walking Queensland Track Championship Records

Open Men 5,000m Dane Bird-Smith 19:22.22 2012
Open Women 5,000m Jessica Pickles 23:03 2017
Under 20 Men 5,000m Luke McCutcheon 21:48.98 2016
Under 20 Women 5,000m Jessica Pickles 24:26.00 2013
Under 18 Men 5,000m Brad Aiton 22:25.90 2010
Under 18 Women 5,000m Katie Hayward 21:56 2017
Under 16 Boys 3,000m Nelson McCutcheon 13:20 2017
Under 16 Girls 3,000m Katie Hayward 13:23.97 2015
Under 14 Boys 1,500m Bailey Housden 6:30 2021
Under 14 Girls 1,500m Jayda Anderson 6:46 2018
Under 12 Boys 1,500m Jonathan Wearne 7:00.24 2015
Under 12 Girls 1,500m Lyla Williams 7:18.00 2019
Under 10 Boys 1,000m Flynn Callaghan 6:00 2018
Under 10 Girls 1,000m Lyla Williams 5:22.27 2016

PERPETUAL TROPHIES

It is getting to that time of year when we start thinking about our end of season trophy day & relays. Our relays are 4 x 1,500 metres and are handicapped so every team has a chance. Will the Mosquitos be back to defend their title or will new contenders emerge? Time to start getting a team together. Those athletes not in a team will be allocated one on the day.

It is also time for our perpetual trophy winners from 2023 to start returning their trophies over the last few club meets. Please hand them into Noela.

Thank you so much to those athletes who have already returned their trophies.

RACEWALKING QUEENSLAND PERPETUAL TROPHIES 2023

U10 Girls Harrison Trophy Izzy Blackburn
U10 BOYS Jake Dunleavy
U12 GIRLS Isabella Welch
U12 BOYS Lachlan Moore
U14 GIRLS Kiara Waterman
U14 BOYS Brock Miller
U20 WOMEN Summer Millard
OPEN MEN 10KM CHAMPIONSHIP Scott Hyland
OPEN WOMEN 10KM CHAMPIONSHIP Katya Martin
OPEN MEN 15KM CHAMPIONSHIP Scott Hyland
RELAY TEAM 2023 "The Mosquito Squad"

NEXT WEEK

***** Last Chance to score Handicap Points for the season*****

QRWC Handicap Meet #10 Sunday August 11th

John Frederick Park, Capalaba

7.30am A Grade M 15km
A Grade W 10km
QRWC 15km Championship M/W
B Grade 8km

8.00am E Grade 2km
 F Grade 1km
 8.15am C Grade 5km
 D Grade 3km

COMING UP

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

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



AMA 20KM WALK POSTAL CHAMPIONSHIPS

Sunday 25th August or agreed date (States and Territories are encouraged to conduct their races between the dates of August 10th and September 8th. The World Championships 20km Walk in Sweden on the 25th August also qualifies as a postal event for the AMA Championships (an entry must still be made!)

Contact: George White gwhite@adam.com.au Mobile 0419 348 888

QRWC Relay/Trophy/BBQ Day Sunday September 8th Dowse Lagoon, Brighton Road, Sandgate

9.00am 4 x 1,500 metre Relay
 10.00am – 12.00am BBQ & Presentations

MONTH	DATE	EVENT	VENUE	TIME
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August	4	QRWC Track Championships	UQ St Lucia	8.00am
	11	QRWC Handicap Meet 10	Capalaba	7.30am
	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](#)



Gothenburg, Sweden, will host the World Masters Athletics Championships, August 13-25, 2024.

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.

Sweden tops the entries with 1883 participants, followed by the USA with 602, Germany, 579, United Kingdom 558 and Spain 369. The WMA highlights the attendance of athletes from 111 countries; many are making the journey to Sweden after overcoming the many barriers of training, and the challenge of reaching competition stage, particularly in countries like Cuba, Mongolia, Venezuela, Democratic Republic of Congo, Indonesia, Ghana, and Papua New Guinea.

Australia will have a team there competing including race walkers.

Walks Schedule

5000m Track Walk 19th

10km Road Walk 17th

20km Road Walk 25th

2024 World Athletics U20 Championships

Lima, Peru August 27-31st

The Australian Team for the World Athletics Under 20 Championships has been announced with four race walkers in the team.

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

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

Also in Lima will be Zoe Eastwood-Bryson (SA, International Race Walking Judge) who has been appointed to the officiating panel.

The Australia's team will complete a camp on the Gold Coast from June 20-23, before flying to Lima, Peru.



**100 DAYS
TO GO!**

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 - 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, through our current volunteer education grant.

The coaching support Co Ordinator at Athletics Australia said that he is happy to enrol members into the general Level 3 online modules to complete in their own time.

Note that these are the general Level 3 Modules that coaches of all event groups must complete. Each module can take from 15 to 60 minutes, so it does take coaches a while to work through each of the 22 modules. There's no time limit , and they encourage you to work through them gradually at your own pace.

If you are interested in doing the course and want to get started on this area of the qualification, please let me know and I will advise AA to enrol you.

Even if you will not be able to undertake the course you may still want to do these online modules as part of your development. Please let me know so that I can get you enrolled.

Email peter.bennett@live.com

These are the general areas

Sport Science

Preparation and Planning

Strength and Conditioning

Performance Health

Competition Skills

A race walking specific module will need to be completed post-course.

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.

QRWC Handicap Meets and Points

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Completed points are awarded for finishing the race distance.

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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. qrwcregistrar@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.

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

Season Pass

The QRWC Season Pass is a convenient way to not only save some money but to not have the worry about paying race fees with your entry each week. This **Pass, at a cost of \$75**, enables

the athlete to compete in up to 16 club meets a season (10 x handicaps, Sign On Day, club road championships, club track championships, Gold Coast Championships, Postal Challenge, & relays).

This Pass does not cover QA, AA, QLA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet. The Pass can be purchased via the Shop on the QRWC RevSport portal.

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 2

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.'