

Queensland Race Walking Club Inc.

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



August 22nd 2024

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

All the best to our athletes travelling to Melbourne for the Federation Carnival in Melbourne on Sunday. This carnival brings together race walkers from clubs all over the country to compete for individual, team and handicap awards. Go the Queenslanders.

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 2km Female Un 12	Izzy Blackburn QLD	2km
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

Show your True Colours

All officials and volunteers from Queensland are requested, if possible, to wear maroon at the carnival on Sunday in Melbourne. It would also be good for team spirit if our athletes could wear a QA or QLA maroon track suit if you have one.

This is the recommended dress standard for the committee members!!



World Masters Athletics Championships Gothenburg, Sweden August 13-25

Great conditions in Sweden on Saturday for the 10km road walk. Brenda Gannon was 5th in the W45 event in 59:32. Dash Newington was 9th in her age group on 1:13.



Brenda striding it out in the 10km



Brenda with her Team Ireland mates

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

RESULTS RESULTS RESULTS

QRWC Club Championships Logan River Parklands, Beenleigh

August 18th

Well done to all the athletes who competed in the club Championships on Sunday in glorious winter weather at Beenleigh. Congratulations to our new club champions for 2024. A big thank you to all the judges, lapscorers, timekeepers and volunteers to made holding this meet possible

Open/Masters 10km

Men: (1) Scott Hyland 50.20 (2) Peter Bennett 1.08.18.

Women: (1) Katya Martin 58.37 (2) Jasmine McRoberts 1.16.25 (3) Joy Dale 1.21.13 (4) Noela McKinven 1.40.26

U18 6km

Men: (1) Kai Dale 36.30

Women: (1) Katy Bray 38.39

U16 4km

Men: (1) Noah Cooke 20.03

Women: (1) Olivia Boulton 22.45 (2) Eliza Kelly 24.25 (3) Mikaela McDonald 25.07

U14 2km

Men: (1) Lachlan Moore 9.47 (2) Corey Lockwood 10.20 (3) Eli Melinz 11.21 (4) Leo Ramsay 11.53

Women: (1) Isabella Welch 11.09 (2) Kiara Waterman 11.22 (3) Elspeth Hooper 11.23 (4) Mackenzie Wormald 15.29

U12 1.5km

Women: (1) Savannah Dunleavy 8.40 (2) Amelia Chisholm 8.44 (3) Izzy Blackburn 9.43 (4) April Kelly 10.44

U10 0.75km

Men: (1) Jake Dunleavy 3.49

Women: (1) Freya Williams 3.50 (2) Clara Hermus 4.39 (3) Piper Dunleavy 5.37 (4) Lani Blackburn 5.38 (5) Harper Waterman 6.46

Judges Reports

7 kk
13 k
292 k
384 c
389 k
398 k
407 kkK
412 kkkK
413 c
415 k
416 c
420 ck
429 cC
430 cC
432 ccCCk
434 kc
441 kkkK
446 k
506 cC
507 ccc
509 k

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.

Each leg of the relay is one lap of Dowse Lagoon anti clockwise direction, plus a little detour near the end up a rise just when you are feeling the strain.

There will be a link on RevSport shortly to enter. **Relays are \$5 per athlete.** Season pass holders free (use your discount code).

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 . Thank you so much to those who have already donated prizes and you are very welcome to bring prizes along on the day or bring them along over the last few Sundays of the season.

Raffle tickets will be \$ 2 each or 6 for \$10

LUNCH We will be having a BBQ lunch following the relays. The club will provide the BBQ fare and we are very excited to confirm that our treasured Patrons will bringing along their famous delicious chicken curry & rice. Some of us wait all season for this day!

If you would like to help out in the food department, please let Noela know. All assistance in food preparation, cooking & serving will be greatly appreciated.

Light Beer \$3 & soft drinks \$2 will be in sale. Tea and coffee are complimentary. Please

bring along your deck chairs or a picnic rug. Don't forget your sunglasses, a hat and sunscreen.

DESSERT Please Bring A Plate to share.

The highlight of the day is not the relays, the trophy presentations or the BBQ lunch. What everybody really waits for all those "no calorie" desserts. A fruit platter is always welcome.

Like the Relays, a RevSport link will soon open to register and pay for lunch:

The cost will be: \$ 15 a single, \$ 25 for two or \$35 for a family of 3 to 5. Additional family members at the single rate.

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](http://www.revolutioniseSPORT.com.au)

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)

Queensland Masters Athletics Track Season 2024

21st September 2024 Saturday SAF

8.00 3000m Run / Race Walk

10.00 1500m Run / Race Walk

28th September 2024 Saturday SAF

8.00 5000m Run / Race Walk

9.35 800m Run / Race Walk

19th October 2024 Saturday SAF

8.00 3000m Run/Walk

9.40 1500m Run/Walk

8th -10th November 2024 SAF

PanPac Masters Athletics

14th/15th December 2024, Venue SAF

QMA Decathlon/Heptathlon Championships & other events

14th December 2024 Saturday

9.00 1500m run/walk

15th December 2024 Sunday, SAF

8.15 3000m Run/Walk

9.30 800m Run/Walk

21st December 2024 Saturday SAF

8.00 3000m Run / Race Walk

10.00 1 Mile Run / Race Walk

10.50 End of Year Social Morning Tea

Draft dates for 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 – 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

NOTE: The Committee has set the QRWC annual membership fee for 2024/25 from October 1st to \$ 25 for all athletes. There will no longer be separate rates for students and non-students.

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

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

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

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.

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/>



**Community
Grants Hub**
Improving your grant experience



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.'