

## Queensland Race Walking Club Inc.

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



August 8<sup>th</sup> 2024

### Double Bronze for Jemima Montag at Paris Olympics

Jemima becomes just the ninth Australian in track and field to win two medals at the same Games, joining legends of the sport: Betty Cuthbert, Shirley Strickland, Marjorie Jackson, Edwin Flack, Jared Tallent, Stan Rowley, Marlene Mathews and Raelene Boyle.



#### **MONTAG'S BRONZE MEDAL TRIUMPH**

Australia's Jemima Montag has matched Jane Saville's feat from Athens 2004, claiming bronze in the women's 20km race walk.

The Aussie sat in the chasing pack for most of the race behind the fast-starting Chinese world record holder Yang Jiayu, who went on to claim gold with a 1:25:54 (over two minutes off her record).

But in the final three kilometres Montag made her move, even pushing within seconds of Spain's Maria Perez (1:26:19) as she gapped the chasing pack, but she could not quite make the overtake for silver - instead finishing third (1:26:25).

Montag then showed incredible sportsmanship, crossing the line and going to the silver medallist to help her as she fought exhaustion.

Both race walks were delayed due to thunderstorms and once they got underway with the men's event, Australia's Declan Tingay and Rhydian Cowley found themselves in the lead group with 11 of 20 kilometres complete.

But with a few kilometres to go, they had fallen away with Ecuador's Brian Daniel Pintado, Brazil's Caio Bonfim, Spain's Alvaro Martin and Italy's Massimo Stano the leading contenders as Tingay pushed for a top-10 finish.

Pintado eventually claimed gold in 1:18:55 and celebrated with the Ronaldo 'SUIIII' move. Tingay (1:19:56) came home to finish 11th with Cowley 12th (1:20:04).



## **MONTAG DELIVERS RECORD PERFORMANCE FOR OLYMPIC BRONZE**

Jemima Montag produced an inspired 20km Race Walk performance and smashed her Australian Record to win bronze underneath the Eiffel Tower with a time of 1:26:25, 44 seconds faster than her record set in earlier this year.

“It feels like a dream come true to say that I’m an Olympic medallist” Jemima said.

Australia's other competitors [Rebecca Henderson](#) and [Olivia Sandery](#) had a tough race in the hot and humid conditions. Rebecca finished 31st in 1:34:22 while Olivia was unable to finish after walking well through the 10km and 15km marks in 27th place.

In a tactical race earlier in the morning, [Declan Tingay](#) produced a fantastic 11th place finish, in a season best of 1:19.56. Australian athletics co-captain [Rhydian Cowley](#) was one spot back in 12th (1:20.04) with an impressive race, and [Kyle Swan](#) wasn't able to deliver his normal best today placing 35th (1:23.32).

## Walkers secure Marathon Race Walk Mixed Relay medal

Montag walked brilliantly again for Australia to team up with athletics co-captain Cowley and claim bronze in the first Olympic Marathon Race Walk Mixed Relay ever contested. Each athlete walked two legs of similar distance, with all four legs equal to the marathon distance (42.195km) around the Trocadero course below the Eiffel Tower. Spain won the gold medal in 2:50.31, as Ecuador claimed silver in 51 seconds back and Australia were just 16 seconds further back. “Jemima is a big inspiration for me. It's just amazing to be able to race with her and to earn a bronze medal with her,” Rhydian said.

For Jemima, the prospect of the walk double, was something she hadn't considered until days before the race. “My coach said, ‘I'm going to dangle a carrot for you. There's only been four track and field Olympians to get two medals at the same championships and you're in for a chance’,” she said. This is Jemima's second bronze medal for the Games after finishing third in the 20km Individual race six days ago, making her the first Australian woman in athletics to win two medals at the same Games since Raelene Boyle in 1972.

She becomes just the ninth Australian in track and field to win two medals at the same Games, joining legends of the sport: Betty Cuthbert, Shirley Strickland, Marjorie Jackson, Edwin Flack, Jared Tallent, Stan Rowley, Marlene Mathews and Raelene Boyle.

Declan Tingay and Rebecca Henderson also combined as the second Australian team and raced their hearts out to place 22nd.

## AFRWC 2<sup>nd</sup> Federation Carnival Middle Park, Melbourne Sunday August 25<sup>th</sup>

**Entries Close this Sunday 11th August**

### 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>

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

For more information [secretary@vrwc.org.au](mailto:secretary@vrwc.org.au)



## AMA 20KM WALK POSTAL CHAMPIONSHIPS

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

**Contact:** George White [gwhite@adam.com.au](mailto:gwhite@adam.com.au) Mobile 0419 348 888

## RESULTS RESULTS RESULTS

### QRWC Track Championships

#### UQ, St Lucia August 4<sup>th</sup>

##### Open 5000m

Men: (1) Scott Hyland 24.00. Patrick Sela DNF

Women: (1) Katya Martin 28.01 (2) Jasmine McRoberts 36.54 (3) Joy Dale 36.58 (4) Noela McKinven 47.43.

##### U20 5000m

Women: (1) Phoebe Chadwick 35.42

##### U18 5000m

Men: (1) Kai Dale 29.42

Women: Katie Bray DQ

##### U16 3000m

Men: (1) Noah Cooke 15.35

Women: (1) Bethany Moore-Kirkland 16.38 (2) Olivia Boulton 17.13 (3) Eliza Kelly 19.10. Mikaela McDonald DQ

##### U14 1500m

Men: (1) Lachlan Moore 7.20 (2) Cory Lockwood 7.49 (3) Eli Melinz 8.16 (4) Leo Ramsay 8.48

Women: (1) Kiara Waterman 8.21

##### U12 1500m

Men: (1) Leo Hyde 8.25

Women: (1) Savannah Dunleavy 8.48 (2) Izzy Blackburn 9.39 (3) April Kelly 11.29

##### U10 1000m

Men: (1) Jake Dunleavy 5.52

Women: (1) Clara Hermus 6.18 (2) Piper Dunleavy 8.00 (3) Harper Waterman 11.00

### Judges' Reports

7 kKkKkK

11 kKkKkKkKkK DNF

292 kkK

312 kkKkkK

384 cCc

391 k

398 kkkK

407 kkcKkKkkKkK DQ

412 kKkkKkKkK DQ

415 kk

416 cccCC

420 kkcCkkk

425 k

428 kk

429 ccC  
430 kkCc  
432 kcCkK  
434 kkkK  
436 cC  
440 k  
441 kk  
446 cCc  
450 ccKkK  
507 kKckk  
509 ckkK

## **Queensland Road Walk Championships**

### **July 28<sup>th</sup> QSAC**

#### **Women 20000 Metre Race Walk Open**

1 Shaw, Kirstin 33 QRWC 1:56:33.00

#### **Women 10000 Metre Race Walk Under 20**

1 Bergh, Mia 19 QRWC 53:31.00

2 Chadwick, Phoebe 18 QRWC 1:06:19.00

#### **Men 10000 Metre Race Walk Under 20**

1 McCure, Sam 18 QRWC 44:12.00

2 Bradley, Alex 18 QRWC 49:22.00

#### **Men 10000 Metre Race Walk Under 18**

1 Housden, Bailey 17 QRWC 44:32.00

2 Dale, Kai 16 QRWC 1:00:40.00

#### **Women 50-59 10000 Metre Race Walk Masters 30+**

1 Dale, Joy 53 QMA 1:15:59.00

#### **Women 80-89 10000 Metre Race Walk Masters 30+**

1 McKinven, Noela 82 QMA 1:37:01.00

#### **Women 5000 Metre Race Walk Under 18**

1 Williams, Lyla 17 NSW 24:47.00

2 Sharpe, Milly 16 QRWC 25:19.00

3 Newberry, Brooke 17 NSW 28:54.00

4 Bray, Katie 16 QRWC 31:23.00

5 Morris, Taylah 17 QRWC 34:48.00

#### **Women 5000 Metre Race Walk Under 16**

1 Boulton, Olivia 15 QRWC 29:06.00

2 McDonald, Mikaela 14 QRWC 30:41.00

#### **Men 5000 Metre Race Walk Under 16**

1 Cooke, Noah 14 QRWC 24:37.00

2 Melinz, Eli 14 QRWC 30:13.00

#### **Women 3000 Metre Race Walk Under 14**

1 Welch, Isabella 12 QRWC 16:48.00

2 Hooper, Elspeth 12 QRWC 16:58.00

3 Dunleavy, Savannah 12 QRWC 17:23.00

4 Waterman, Kiara 13 QRWC 17:29.00

5 Newberry, Scarlett 12 NSW 20:03.00

6 Wormald, Mackenzie 12 QRWC 21:20.00

#### **Men 3000 Metre Race Walk Under 14**

1 Moore, Lachlan 13 QRWC 15:04.00

2 Lockwood, Cory 13 QRWC 15:48.00

3 Ramsay, Leo 12 QRWC 19:15.00

#### **Girls 2000 Metre Race Walk Under 12**

1 Blackburn, Izzy 10 QRWC 12:15.00

2 Chisholm, Amelia 11 QRWC 12:33.00

3 Gorham, Jessica 10 QRWC 13:08.00  
**Boys 2000 Metre Race Walk Under 12**  
1 Robertson, Hayden 10 QRWC 11:40.00  
2 Moore, Dylan 11 QRWC 13:27.00  
--- Dunleavy, Jake 10 QRW DQ  
--- Hyde, Leo 11 QRWC DQ  
**Girls 1000 Metre Race Walk Under 10**  
1 Hermus, Clara 9 QRWC 5:57.0

### **Athletics Ireland National Masters Championships**

In windy and wet conditions on Sunday Brenda Gannon competed in the Irish Masters Nationals 3km track championships. Brenda won her age group in 16:47.62 and was third overall.

Then on 17th August Brenda will be in Gothenburg, Sweden for the World Masters Athletics Championships competing in the 10km road walk in the individual event and as part of the Ireland team .

At the recent Annual General Meeting of Qld Masters Brenda won an award in RECOGNITION OF OUTSTANDING PERFORMANCES 2023-4

Well done Brenda and all the best for Gothenburg.

### **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 Capalaba this Sunday or the club Road Walk Champion ships at Beenleigh next week. Thank you.

#### **RACEWALKING QUEENSLAND PERPETUAL TROPHIES 2023**

U10 Girls Harrison Trophy Izzy Blackburn  
U10 BOYS Jake Dunleavy  
U12 GIRLS Isabella Welch  
U12 BOYS Lachlan Moore  
U14 BOYS Brock Miller  
U20 WOMEN Summer Millard  
RELAY TEAM 2023 “The Mosquito Squad”

### **THIS WEEK**

Last chance to score handicap points for the season or to make sure you have competed in a minimum of 5 handicap meets to be eligible for a handicap trophy.

#### **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

**Note:** The 7.30am start races i.e., 8km, 10km & 15km will use the 2km loop. All other races will use the 1km loop

A Grade women walking in the 15km will be given a 10km split time.



## **Enter Here**

[QRWC Handicap #10 Sunday August 11th - Old Race Walking Club - revolutioniseSPORT](#)

## **Race Fees**

- Members \$5
- Non-Member on the day \$10

**JOHN FREDERICK PARK** - located at 2-14 Old Cleveland Road, Capalaba. It is adjacent to Clubhouse Niteclub Bar & Grill and the BWS store at Capalaba. If you are travelling along Old Cleveland Road in an Easterly direction, turn left into Banfield Lane (next left turn after Camrose Street) and go straight ahead along the unsealed road to park. The start line is in the park on your left.

**LOOK OUT** for the sheet at the Sign In desk to nominate your relay team for Trophy Day or if you wish to be allocated to a team. Additionally, there will be a sheet to 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.



## **NEXT 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

## **Entries Opening soon**

### **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

## **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

## 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.

MONTH	DATE	EVENT	VENUE	TIME
<b>July</b>	<b>21</b>	<b>QRWC Handicap Meet 9</b>	<b>North Lakes</b>	8.00am
	<b>28</b>	<b>QA Road Walk Championships</b>	<b>QSAC</b>	8.30am
<b>August</b>	<b>4</b>	<b>QRWC Track Championships</b>	<b>UQ St Lucia</b>	8.00am
	<b>11</b>	<b>QRWC Handicap Meet 10</b>	<b>Capalaba</b>	7.30am
	<b>18</b>	<b>QRWC Club Championships</b>	<b>Beenleigh</b>	8.00am
	<b>25</b>	<b>2<sup>nd</sup> RWA Federation Meet</b>	<b>Melbourne</b>	
<b>September</b>	<b>1</b>	<b>Father's Day</b>	<b>No Club Competition</b>	
	<b>8</b>	<b>Relay/BBQ/Trophy Day</b>	<b>Sandgate Lagoon</b>	

**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 2<sup>nd</sup> RWA Federation Carnival in Melbourne on August 25<sup>th</sup>.

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

## **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

**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 19<sup>th</sup>

10km Road Walk 17<sup>th</sup>

20km Road Walk 25<sup>th</sup>

## **2024 World Athletics U20 Championships** **Lima, Peru August 27-31<sup>st</sup>**

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 6-8<sup>th</sup>

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.

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](mailto: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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## 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](mailto: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
<b>Membership Fee</b>	\$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](http://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](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club  
[racewalkqld@outlook.com](mailto: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](http://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.'