

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 70 years in the making.



January 9th 2025

World Athletics Bronze Level Walks Referee accreditation

Congratulations to Shane Pearson and Carmen Sims for successfully acquiring their World Athletics Bronze Level Walks Referee accreditation just before Christmas.

For our walkers, and coaches this means with sufficiently qualified World Athletics Walks Referees (ie judges) involved in events, athlete performances are able to be recognised more.

With all our QA Walks meets this Summer being WA graded at the minimum level or more having suitably qualified WA judges value adds massively for our athletes.

Both Shane and Carmen were required to complete an online 3-hour exam comprising video analysis and a written questions section. With a high pass mark required to be successful, pre-exam study was both crucial and important and ultimately beneficial to their success.

We do wish both Shane and Carmen all the best as they continue to apply their knowledge and skills in racewalking from an officiating perspective and we look forward to seeing all our officials when we next return to the track.

Rodney Clarke

Women in Sport Grant Opportunity

An opportunity exists for one or more of our female members to undertake a Sports Trainer course. This could enable them to become sports trainers for the club or to use as a stepping stone to a career in sports medicine.

Sports Medicine Australia's (SMA) **Level 1 Sports Trainer** course is designed to introduce participants to the basic knowledge and skills required by a Sports Trainer. These skills include the management of specific sporting injuries, sports taping and transporting an injured athlete. This course educates prospective Sports Trainers, teachers, coaches, administrators and parents on the basic principles of sports medicine.

The successful completion of the Level 1 Sports Trainer course provides an opportunity for participants to become an **SMA Accredited Sports Trainer**. This is the standard requirement to perform the duties of a Sports Trainer in most major Australian sporting codes.

The course covers the following units:

Sports Trainer in Action
Basic Musculoskeletal Anatomy
Preventing Sports Injuries
Nutrition and Hydration in Sport

Drugs in Sport
Management of the Injured Athlete
Common Medical Conditions
Concussion Management
Sports Taping (ankle, thumb and finger)
Transporting the Injured Athlete
Common Sporting Illness and Injuries

These courses are held throughout the year, the next being

Level 1 Sports Trainer	Queensland	Sports House Brisbane (Milton)	Full face-to-face Course: 11/01/2025 (8:30am - 4:15pm) <u>Enrolments Close:</u> <u>08/01/2025</u>	11-Jan-2025 @ 8:30 AM	\$299.00
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Under the Women in Sport grant the club would be able to reimburse the cost of the course (\$299) and for the accreditation charge (Course + membership Total \$419) .

Course Prerequisites

[HLTAID003 or HLTAID011 Provide First Aid](#) (completed within 3 years)

[HLTAID009 Provide CPR](#) (completed within 12 months)

Members could do a First Aid course either for the qualification alone or as a pre requisite for the Sports Trainer course.

The grant could also cover those with existing qualifications who wanted to do the refresher CPR course.

Examples of the courses offered by one of the many providers .

HLTAID009 Provide cardiopulmonary resuscitation

Cost \$59

HLTAID011 Provide first aid + HLTAID009 Provide cardiopulmonary resuscitation

Cost \$119

Note that First Aid and CPR can be undertaken by all club members (male & female)

If you are interested in any of the courses contact Noela (noelarhoda@gmail.com or Peter peter.bennett@live.com)

Have you registered yet?
Upgrade your knowledge & qualifications
Level 3 Race Walking Specific Accreditation Course
Sunday February 9th

This course will not just be for those that are after the Level 3 race walking specific qualification. Level 3 applicants will need to complete a set number of online and in-person classes to gain their accreditation.

But the course is also available to those who just wish to obtain the 'Race Walking Specialist' certificate or attend as a professional development opportunity.

Additionally, we will be inviting some of our younger walkers to attend as demonstration models for the course.

FEB
9



Race Walks Workshop (Level 3 Performance Coach)

📍 QSAC, Brisbane

REGISTER HERE

[Race Walking - Performance Coach Masterclass - Athletics Australia](#)

QRWC members who wish to get their course fee reimbursed please forward your receipt to Noela.

February 9th (8:30am to 4:00pm)

Location: Brisbane QSAC in the QAS meeting room.

Elevate your coaching expertise in walks with our **Level 3 Performance Coach Course**. This comprehensive one-day workshop is designed to deepen your understanding of training methodologies specific to race walking. You'll learn to develop long-term training programs that support junior athletes in progressing from national to international competition.

Hosted by one of Australia's leading Walks coaches, Mark Donahoo.

Key topics include:

- Training methodologies for developing walkers
- Developing long-term training plans with a multi-year approach
- Managing loading effectively
- Physical preparation, including prehabilitation and strength training

Take the next step in your coaching journey and join us for an insightful day of learning and development.

Attendance at this course contributes to your Level 3 Performance Development Coach accreditation.

Coaching Session with Mark Donahoo

Prior to the course getting under way on the Sunday morning Mark will be happy to run a training session with walkers and their coach to over some drills and style techniques.

The coaching session with athletes and coaches will run from **8am to 9am**.

There will be a focus on how to start, as this also shows how walkers walk energy going quickly.

This is a free session with Mark offering in his own time and is not associated with the AA coaching course .

Please let me know if you are interested in being part of this clinic or contact Noela at noelarhoda@gmail.com

9.00 to 9.30am Morning Tea.

9 30am to 4pm Coaching Course - with a lunch break for 30 or 45 minutes.

Mark will do some video analysis if requested, so if coaches could have a video of their athlete on their phone, that would be good. Please note that Mark will not be intending to show these videos to other coaches or athletes.

Note that while the coaching session is open to all athletes and coaches attendance at the Coaching Course is by registration only [Race Walking - Performance Coach Masterclass - Athletics Australia](#)

The Mayne Harriers race walking team of the 90's and early 2000's that won numerous individual and teams medals in State Championships of 20,30 & 50km. All were (or still are) QRWC members and represented at National and Federation meets. The occasion was to celebrate Peter Thompsons 80th birthday.



Stephen Iselin, Peter Bennett, Peter Thompson, Iggy Jimenez, Caleb Maybir

THIS WEEK

Queensland Masters Athletics

11th January SAF

8.00am 2000 metre Walk

9.10am 800 metre Walk

Member Entry

[QMA MASTER 2024 #9 - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

Visitors Entry

[QMA MASTER 2024 #9 VISTORS ENTRY - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

Or enter on the day before 7.30am. Entry fee \$12

NEXT WEEK

Queensland Masters

18th January Saturday, SAF

8.00 5000 metres Walk

Queensland Athletics

January 18th QA Shield QSAC

6.00pm 3,000 metres

6.30pm 5,000 metres

National Walk Competitions

Supernova Track 10km Walks

AIS Track Canberra January 25-26th

2025 Australian and Oceania 20km Race Walking Championships

February 16th War Memorial Drive, between Froome and Bunday's Roads, Adelaide

2025 Australian Athletics Championships

WA Athletics Stadium, Perth

U13 - U18 Championships: 4-8 April 2025

Open & U20 Championships: 10-13 April 2025

Qld Track Season 2025

Queensland Athletics

January 18th QA Shield QSAC 3,000/5,000 metres

February 1st QA Shield QSAC 3,000/5,000 metres

February 22nd 6.00pm QA Shield QSAC 3,000

6.30pm QA 10,000 metres Championships

March 13-16th QA Championships QSAC

Queensland Masters Athletics

18th January 2025 Saturday, SAF

8.00 5000m Walk

25th January 2025 Saturday, SAF

8.00 3000m Walk

1st February 2025, SAF

QMA 3000m Walk Championships

Entries close at 7.30am

8.10 3000m Run Championships

9.40 1500m Walk

15th February 2025 Saturday, SAF

8.10 3000m Run/Walk

22nd February 2025 Saturday, SAF

9.00 1500m walk

23rd February 2025 Sunday, QSAC Main Track

8.15 3000m Walk

9.30 800m Walk

1st March 2025 Saturday Main Track

8.00 5000m Race Walk

10.00 1500m Race Walk

8th March 2025 SAF

8.00 3000m Race Walk

19th March 2025 Wednesday Evening SAF

7.00pm 2000m Walk

8.15pm 800m Race Walk

29th March 2025 Saturday SAF

9.45 1500m Race Walk

Saturday 5th April 2025

QMA State Championships, SAF

5000m Walk

Sunday 6th April 2025

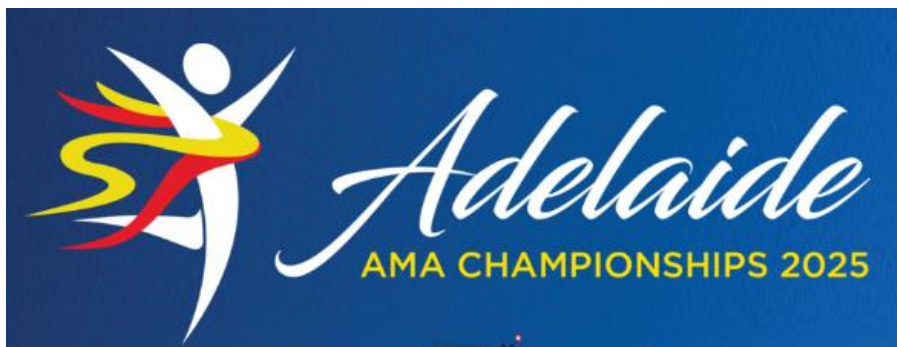
QMA State Championships, SAF

1500m Walk

12th April 2025 Saturday SAF

8.00 3000m Race Walk

10.00 1500m Race Walk



AMA Championships in Adelaide 18th to 21st April

Entries now open <https://adelaide2025.com.au/>

Friday 18 April 1500m Race Walk

Saturday 19 April 5000m Race Walk

Monday 21 April 10km Road Walk

Road Walk Venue

The course for the 10km Road Walk will be within Park 20 in the South Park Lands. Located near the tram stop at South Terrace.



DRAFT QRWC 2025 ROAD WALK SEASON

MONTH	DATE		EVENT	VENUE	TIME
February	1		QMA 3,000 Metres Championships	SAF	
	16		AA 20KM Road Championships	Adelaide SA	
	22		QA 10,000 metres Track C/ships	SAF	
March	2				
	9				

	13-16		QA Track Championships	Main Track QSAC	
	21-23		QLAA State Championships	QSAC	
	30				
April	4-8		AA U13-U18 Track Championships	Perth	
	5-6		QMA Track Championships	SAF	
	10-13		AA U20-Open Track Championships	Perth	
	18-21		AMA National Championships	Adelaide	
	20		Easter Sunday	No competition	
	27				
May	4				
	11		Gold Coast Championships	Mudgeeraba	
	18		Mother's Day	No club competition	
	25				
June	1				
	8		LBG Federation Meet	Canberra	
	15				
	22				
	29				
July	6		Gold Coast Marathon	Southport	
	13		QA Road Walk Championships	TBC	

It is time to start drafting the club 2025 winter race walking calendar. We have started with the dates of events that we know and then work to fit in all our handicap meets and championships. If you know of any dates where there are other important events on that may clash with a Sunday meet, please let us know.

April is quite busy this year so the first QRWC Handicap race looks like being on April 27th. **QA indicated last year that the Road Walking Championships would most like be held on July 13th.**

The **Canberra LBG Carnival** is traditional held on the Kings Birthday weekend (NSW, Vic, ACT) making it Sunday July 8th this year. There has been no confirming at the venue with be at Mt Stromlo once again.

A date or venue for the **2nd Federation Carnival** has not been announced or if there will be an AA Winter Road Walk championships (in conjunction with the Federation carnival or as a standalone meet).

Please let us know your thoughts on dates of club events and venues.

FairPlay vouchers

Queensland Race Walking Club Inc has been approved as a registered activity provider for FairPlay vouchers. We now appear on the Fairplay [Activity Provider directory](#).

We encourage you to let other members know that the club is registered for FairPlay vouchers
For more information on the FairPlay program please refer to [website](#).
If you have any questions, please contact the team at fairplayvouchers@dtis.qld.gov.au.



Department of Tourism and Sport

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](#)

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

QRWC MEMBERSHIP 2024/25

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.

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.

Queensland Athletics Memberships Fees 2024/25 commencing October 1st

MEMBERSHIP OPTIONS 2024-2025

Season Period: 01 OCTOBER 2024 – 30 SEPTEMBER 2025



	Platinum \$250.00 + club fee ^A	Gold \$150.00 + club fee ^A	Base & Qrun \$12.00 + club fee ^A	School Student \$0 <small>(only valid for QA All Schools pre meet & QA All Schools Champs)</small>
Entry into all QA Shield Meets	FREE	\$18	\$32	N/A
Entry into all QA Championships*	\$10 per individual event	\$22 per individual event	\$32 per individual event	N/A
Entry into QA All Schools Champs	\$10 per individual event	\$22 per individual event	\$32 per individual event	\$32 per individual event
Eligible to represent Qld at 2025 Athletics Australia Championships	YES	YES	NO	NO

Racewalking Queensland Management Committee 2024/25

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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.

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.



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.’