

# Queensland Race Walking Club Inc.

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



July 11<sup>th</sup> 2024



Queensland  
Government

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.'*

## 15 DAYS TO GO UNTIL PARIS 2024

**PARIS 2024**

26 JUL - 11 AUG & 28 AUG - 8 SEP



### AUSTRALIAN OLYMPICS ATHLETICS SQUAD ANNOUNCED

The Australian Olympic Committee (AOC) has announced the selection of an additional 55 track and field athletes to the Australian Olympic Team in Paris, adding to the 20 selected earlier this year for an overall 75-member Athletics squad.

The 75-strong Athletics team is our second largest ever behind Sydney 2000 and largest sent away to a Games. Australians will contest 39 of the 48 Athletics events in Paris, again second only in our Olympic history to the Sydney 2000 home squad.

The 55 announced today includes 30 debutants, 19 returning for their second Games, five at their third Games and javelin athlete Kathryn Mitchell will become the seventh Australian woman to compete at four Olympics in Athletics.

The total 75-member Athletics squad is comprised of two athletes competing at their fourth Games, 13 at their third, 26 returning for a second Games and 34 athletes making their Olympic debut.

#### 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)

*\*Allannah Pitcher and Will Thompson (Marathon Race Walk Mixed Relay have been named as the travelling reserves (known as Ap athletes under Games accreditation) and will be preparing with their team. The travelling reserves can be selected as a replacement athlete onto the Australian Olympic Team in case of injury or other withdrawal of one of the selected athletes.*

Athletics will run from August 1-11, beginning with the men's and women's 20km race walks.

### **Walks Schedule**

Thursday August 1<sup>st</sup> 7:30am 20km Race Walk Men  
9:20am 20km Race Walk Women

Wednesday August 7<sup>th</sup> Marathon Race Walk Mixed Relay with 25 teams.

This event involves teams of one man and one woman who will complete the marathon distance (42.195km) in legs of 12.195km (man), 10km (woman), 10km (man) and 10km (woman). Athletes must carry a wristband that will be transferred to the next athlete within the 20-metre-long takeover zone., who will complete in four legs of approximately equal distance. Each athlete will complete two legs of just over 10km each, alternating male, female, male, female.

Note that, in Paris, there will be a cut off time of 3h20m and teams who have not completed the marathon distance will be classified at the position at which they cross the finish line after the cut-off time.



## QUEENSLAND ROAD WALKING CHAMPIONSHIPS

+ QMA Long Course Road Walk Championships

Saturday 28<sup>th</sup> July 2024  
QSAC, Nathan

**Changed Venue:** Under the grandstand of the QSAC Main Stadium

This is a wide, flat, well surfaced course (no potholes or speedbumps) and is protected from the elements. Older members will recall this course from years ago. State Championships have been held at distances up to 20 and 30km on this course and QRWC club events used to be conducted here. Enter via the gates near where the ring road races started & finished.

### **HOW TO ENTER**

- **Enter Online** at <http://www.qldathletics.org.au/>
- **Entries close** 9.00am Friday 26th July 2024. Strictly no late entries .
- Qld Athletics Base Members - \$30.00
- Gold Members - \$20.00
- Platinum Members - Free

### **STATE CHAMPIONSHIP MEDALS**

- Queensland State Championship medals will be awarded to the first three individual male and female place getters in each age group.
- Queensland Championship medals will also be awarded to the first three placed QA club teams in each age group.
- Medals will be given to each club to distribute accordingly

## PROGRAM OF EVENTS

RACE #	START	DISTANCE	AGE GROUP	YEAR BORN
1	8.30am	20km	Open Men	Open
			Open Women	
			Masters Men (30-59)	30-59
		10km	Under 20 Men	2005 / 2006
			Under 20 Women	
			Under 18 Boys	2007 / 2008
Masters Women/Masters Men (60+)	30+ Women/60+ Men			
2	9.00am	5km	Under 18 Girls	2007 / 2008
			Under 16 Boys	2009 / 2010
			Under 16 Girls	
3	9.30am	3km	Under 14 Girls Under 14 Boys	2011 / 2012
4	10.00am	2km	Under 12 Girls Under 12 Boys	2013 / 2014
		1km	Under 10 Girls Under 10 Boys	2015 - 2018

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

On Saturday August 24<sup>th</sup> 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** via the VRWC website

<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](mailto:secretary@vrwc.org.au)

## **RESULTS RESULTS RESULTS**

### **2024 USCAC Winter Carnival USC Athletics Track July 7<sup>th</sup>**

#### **Girls 11-12 1500 Meter Race Walk Under 18**

- 1 Dunleavy, Savannah 12 Qld Race Wal 8:22.28
- 2 Chapman, Taylor 11 USCAC 8:52.91
- 3 Kelly, April 11 Qld Race Wal 10:16.88

#### **Girls 9-10 1100 Meter Race Walk Under 12**

- 1 Cooper, Isla 10 USCAC 6:09.67
- 2 Sansom, Bella 9 QA 6:23.32
- 3 Hermus, Clara 9 Qld Race Walk 6:54.10
- 4 Chapman, Rhylee 9 USCAC 8:40.65
- 5 Hagen, Layla 10 USCAC 8:44.02
- Blackburn, Izzy 10 Qld Race Walk DQ
- Gorham, Jessica 10 Qld Race Walk DQ

#### **Girls 700 Meter Race Walk 8yrs**

- 1 Foreman, Evie 8 USCAC 5:33.6

#### **Girls 13-15 3000 Meter Race Walk Under 20**

- 1 Kelly, Eliza 14 Qld Race Walk 18:08.07
- 2 Waterman, Kiara 13 Qld Race Walk 18:10.00
- Nicol-Rann, Eva 15 USCAC DQ

#### **Women 50-59 3000 Meter Race Walk Open**

- 1 Dale, Joy 53 Queensland Masters 22:35.28

#### **Boys 11-12 1500 Meter Race Walk Under 18**

- 1 Moore, Dylan 11 Qld Race Walk 10:18.19
- Menner, Tommy 11 USCAC DQ

#### **Boys 15-16 1500 Meter Race Walk Under 18**

- 1 Dale, Kai 16 Qld Race Walk 7:47.72

#### **Boys 9-10 1100 Meter Race Walk Under 12**

- 1 Dunleavy, Jake 10 Qld Race Walk 5:48.08

#### **Boys 13-15 3000 Meter Race Walk Under 20**

- 1 Moore, Lachlan 13 Qld Race Walk 15:42.17
- 2 Melinz, Eli 14 Noosa AC 20:59.22

#### **Boys 16-17 3000 Meter Race Walk Under 20**

- 1 Dale, Kai 16 Qld Race Walk 17:00.93



## **THIS WEEK**

### **Sunday July 14th Racewalking Australia Postal Challenge**

#### **Logan River Parklands, Beenleigh**

8.00am Open M/W 10km

U20 M/W 10km

U18 M/W 8km

8.10am U10 M/W 1.5km

Invitation (non-challenge event) 500 metres

8.30am Invitation 5km (non-challenge event)

U16 M/W 5km

U14 M/W 3km

U12 M/W 2km

#### **Fees**

Members \$5

Non-Member on the day \$10

For the club to do well in this meet it is important that we have a competitor in every age group race. So please support your club and enter now for Sunday .

#### **Enter Here**

[Racewalking Australia Postal Challenge Sunday July 14th - Qld Race Walking Club - revolutioniseSPORT](#)

### **QMA Short Course Road Walks Championship**

#### **Sunday July 14th Logan River Parklands, Beenleigh**

This event will be held in conjunction with QRWC Postal Challenge meet.

8.00am QMA Masters Men 10km

QMA Masters Men 5km (M60+ option)

QMA Masters Women 5km

[QMA SHORT COURSE WALK CHAMPIONSHIPS - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

**Entries close 7pm Thursday 11 July.**

Master's women & men entered in the 10km Challenge will have their 5km split recorded. Those athletes only entered for the 5km will start with the Invitation 5km at 8.30am. QMA members who are participating and wish to receive a QMA medal must enter and pay the QMA Championship fee (additional entry to QRWC Challenge meet).



**Please put your hand up to help run the club and our weekly meets**

**We ask that volunteers at the Start/Finish or out on the course to please wear one of our hi-viz vests**

## About The Postal Challenge

This is a virtual interstate meet whereby all Federation Race walking clubs from around Australia conduct the same programme of events.

RWA Rules

1. The Racewalking Australia State Challenge event is a RWA club-versus-club team's competition with points being awarded within each race to the top finisher for each club.
2. Walkers may compete in more than one event on the day provided the events are held at different times. A walker cannot walk in two different age groups in a concurrent race.
3. **Age is 'age on the day'** for all walkers including Masters.
4. Master's athletes will not be scored on their time but their age grading so all Masters athletes must submit their age at entry time.

## NEXT WEEK

**Sunday July 21<sup>st</sup> Aurora Park, North Lakes**

**Handicap #9**

8.00am A Grade 10km

8.15am E Grade 1km

F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

## COMING UP

**Sunday July 28<sup>th</sup> QSAC Under the Grandstand  
Queensland Athletics Road Walk Championships**

**Sunday August 4<sup>th</sup> 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

### 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 4<sup>th</sup> 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.

### 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

**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

**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



**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

**QRWC Relay/Trophy/BBQ Day Sunday September 8th**

Dowse Lagoon, Brighton Road, Sandgate  
 9.00am 4 x 1,500 metre Relay

MONTH	DATE	EVENT	VENUE	TIME
<b>March</b>	<b>3</b>			
	<b>9-10</b>	<b>QMA Track Championships</b>	<b>SAF</b>	
	<b>14-17</b>	<b>QA Track Championships</b>	<b>Main Track QSAC</b>	
	<b>22-24</b>	<b>QLAA State Championships</b>	<b>QSAC</b>	
	<b>29 -1</b>	<b>AMA National Championships</b>	<b>Hobart</b>	

	31	Easter Sunday	No competition	
<b>April</b>	7	QRWC Sign On Meet /AGM	Kalinga Park	
	11-19	AA U14-Open Track Championships	Adelaide SA	
	14	No Club Competition		
	21	QRWC Handicap Meet 1	Beenleigh	8.00am
	28	QRWC Handicap Meet 2	Yeronga	8.00am
<b>May</b>	5	Gold Coast Championships	Mudgeeraba	8.00am
	12	<b>Mother's Day</b>	<b>No club competition</b>	
	19	QRWC Handicap Meet 3	Capalaba	7.30am
	26	QRWC Handicap Meet 4	North Lakes	8.00am
<b>June</b>	2	QRWC Handicap Meet 5	Yeronga	8.00am
	9	<b>LBG Federation Meet</b>	<b>Mt Stromlo Canberra</b>	
	16	QRWC Handicap Meet 6	Mudgeeraba	8.00am
	23	QRWC Handicap Meet 7	Kalinga Park	7.30am
	30	QRWC Handicap Meet 8	Yeronga	8.00am
<b>July</b>	7	<b>Gold Coast Marathon</b>	<b>Southport</b>	
	14	RWA Postal Challenge	Beenleigh	8.00am
	21	QRWC Handicap Meet 9	North Lakes	8.00am
	28	<b>QA Road Walk Championships</b>	TBC	
<b>August</b>	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	2 <sup>nd</sup> RWA Federation Meet	Melbourne	
<b>September</b>	1	<b>Father's Day</b>	<b>No Club Competition</b>	
	8	Relay/BBQ/Trophy Day	Sandgate Lagoon	
	15			
	22			

### 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](#)



**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.



### **ENTRIES NOW OPEN**

[Enter | Pan Pacific Masters Games](#)

#### **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, 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](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

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.

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.

## QRWC MEMBERSHIP 2024

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

### [Membership - Old 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/>

