

Queensland Race Walking Club Inc.

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



July 25th 2024

1 DAY TO GO UNTIL PARIS 2024

(Although Rugby 7's & Soccer preliminaries have already commenced)



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.*

Venue

The 20km race walk event at the Paris Olympics will start at the Trocadéro, which is located just across the Seine from the Eiffel Tower. Trocadéro will also host other events during the

Olympics, including the cycling road race¹². The race walk will be held on the same course as the individual race walking events, at the foot of the Eiffel Tower in central Paris

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



Walks Schedule

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

THIS WEEK

All the very best to the many race walkers taking part in the Queensland Athletics Road Walk Championships on Sunday morning at QSAC.

2024 QLD ROAD WALKING CHAMPIONSHIPS

Sunday 28 July

Location: QSAC Main Stadium: Under the grandstand

Enter Online at <http://www.qldathletics.org.au/>

Last Chance: Entries close tomorrow at 9.00am Friday 26th July

Strictly no late entries.

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	2011 / 2012
			Under 14 Boys	
4	10.00am	2km	Under 12 Girls	2013 / 2014
			Under 12 Boys	
		1km	Under 10 Girls	2015 - 2018
Under 10 Boys				

QMA Athletes

Similar to the arrangement with cross country championships - QMA members just enter thru QA – there is no extra QMA entry fee and no QMA medals.

AFRWC 2nd Federation Carnival

Middle Park, Melbourne

Sunday August 25th

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

Programme

9.15am	20km	RWA Glover Shield & Teams race	Open Male
9.15am	20km	RWA Carrington Cup & Teams Race	Open Female
9.30am	10km	RWA Championship	Masters Male
9.30am	10km	RWA Championship	Masters Female
9.30am	10km	RWA Championship & Teams Race	U20 Male
9.30am	10km	RWA Championship & Teams Race	U20 Female
9.30am	10km	RWA Jubilee Shield & Teams Race	U18 Male
9.45am	1km	RWA Championship & Teams Race	U10 Male
9.45am	1km	RWA Championship & Teams Race	U10 Female
10.10am	2km	RWA Championship & Teams Race	U12 Male
10.10am	2km	RWA Championship & Teams Race	U12 Female
10.40am	3km	RWA Championship & Teams Race	U14 Male
10.40am	3km	RWA Championship & Teams Race	U14 Female
11.15am	5km	RWA Goble Trophy & Teams Race	U16 Male
11.15am	5km	RWA Knight Trophy & Teams Race	U16 Female
11.15am	5km	RWA Jacobson Trophy & Teams Race	U18 Female
12.00pm		Presentations	

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

Entries Close 11th August

Entry Fees

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

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

For more information secretary@vrwc.org.au

RESULTS RESULTS RESULTS

QRWC Handicap #9

July 21st North Lakes

A Grade 10km

Men: (1) Peter Bennett 1.10.35

Women: (1) Brooke Newberry (NSW) 1.00.13 (2) Joy Dale **SB** 1.20.56 (3) Noela McKinven 1.33.53

B Grade 5km

Men: (1) Noah Cooke 28.03 (2) Kai Dale 29.53 (3) Eli Melinz **SB** 31.01

Women: (1) Mikaela McDonald 31.06 (2) Katie Bray 32.49 (3) Phoebe Chadwick 37.09

C Grade 3km

Women: (1) Kiara Waterman 18.04

D Grade 2km

Amelia Chisholm DQ

E Grade 1km

Women: (1) Clara Hermus 6.47

F Grade 0.5km

Women: (1) Harper Waterman 4.33

Judges' Reports

7 k
312 kkK
398 k
401 k
407 kK
412 kkkK
413 ccCC DQ
440 k
446 c

PERPETUAL TROPHIES

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

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

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

RACEWALKING QUEENSLAND PERPETUAL TROPHIES 2023

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

NEXT WEEK

Sunday August 4th QRWC Track Championships

University of Qld St Lucia

8.00am Open M/W 5,000 metres
U20 M/W 5,000 metres
U18 M/W 5,000 metres
8.45am U16 B/G 3,000 metres
9.10am U14 B/G 1,500 metres
U12 B/G 1,500 metres
9.25am U10 B/G 1,000 metres

Entries Now Open

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

Entries Close Midday Saturday August 3rd

Please Note

- **Entry Fees:** Members \$10 / Non-Members \$15 (This includes UQ Track Fee)
- No charge for season pass holders
- Age is age as at 4th August 2024 E.g.: U10 (aged 9 and under), U12 (aged 10 and 11), U14

(aged 12 and 13) etc.

- Medals for these Championships will be presented at the Club Relay / Trophy Day.
- Athletes must compete in their own age group to be eligible for a medal.

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



Race Walking Queensland Track Championship Records

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

COMING UP

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

QRWC Club Championship Records

Men's Open 10 km Rhydian Cowley 2012 40:38.00
Under 20 Men 8 km Dane Bird-Smith 2009 34.59.00
Under 18 Men 6 km Dane Bird-Smith 2009 26.16.00
Under 16 Men 4 km Bailey Housden 2023 16.44.00
Under 14 Boys 2 km Bailey Housden 2020 8.59.00
Under 12 Boys 1.5 km Myles Callaghan 2019 7.28.00
Under 10 Boys 750 m Mathew Houston 1995 3:40.00
Women's Open 10 km Karen Foan 2002 49:15.00
Under 20 Women 8 km Jessica Pickles 2013 38:55.00
Under 18 Women 6 km Katie Hayward 2016 27:13:00
Under 16 Women 4 km Clara Smith 2013 18.59.00
Under 14 Girls 2 km Jayda Anderson 2018 9.20.00
Under 12 Girls 1.5 km Rachel Barker 2007 7.29.00
Under 10 Girls 750 m Theresa Dorman 1994 3:47.00
Men's Master's 10 km Ignacio Jimenez 2012 49:41.00
Women's Master's 10 km Nyle Sunderland 2013 57:22.00



AMA 20KM WALK POSTAL CHAMPIONSHIPS

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

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

Update from George

Only a month to the AMA 20km walk on 25th August in Adelaide (plus postal elsewhere).

We already have three interstate walkers entered in the Adelaide race, so why not join us here. While we would love everyone to race in Adelaide, we understand that some will prefer to walk in their home-state and at the World Championships in Sweden. (If you wish to enter the AMA Championships you must complete an entry form and pay entry on top of any entry into a race in your home state/territory and on top of entry into the 20km walk at the World Championships.)

QRWC Relay/Trophy/BBQ Day Sunday September 8th

Dowse Lagoon, Brighton Road, Sandgate

9.00am 4 x 1,500 metre Relay

10.00am – 12.00am BBQ & Presentations

MONTH	DATE	EVENT	VENUE	TIME
July	21	QRWC Handicap Meet 9	North Lakes	8.00am
	28	QA Road Walk Championships	QSAC	8.30am
August	4	QRWC Track Championships	UQ St Lucia	8.00am
	11	QRWC Handicap Meet 10	Capalaba	7.30am
	18	QRWC Club Championships	Beenleigh	8.00am
	25	2 nd 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](#)

Member Protection Information Officer The new eLearning course

Member Protection Information Officers (MPIOs) are an integral part of all levels of Australia sport, especially grassroots sport. MPIOs are there to listen to issues raised by members of members of any sport before triaging and referring them to the right place to find a resolution. The MPIO is responsible for providing information about a person's rights, responsibilities and options to an individual making a complaint or raising a concern, as well as support during the process.

MPIOs:

1. Are trained to be the first point of contact for any person considering making a complaint under the sport's Integrity Framework
2. Listen and provide confidential, impartial and timely information and support.
3. Depending on the nature of the issue raised, they provide referral options to the member which may include Sport Integrity Australia, a National Integrity Manager or an external agency for further information.

MPIOs don't handle complaints or investigate grievances, and they don't mediate between members or stakeholders. They're also separate from the Integrity Manager or the Complaints Officer in your sport. MPIOs are an impartial party who are there to help guide people in the right direction.

MPIOs can be based within a club, a State Sporting Organisation, a National Sporting Organisation, or a National Sporting Organisation for People with Disability.

What is the value of an MPIO?

MPIOs are there to provide a safe space and remove barriers to addressing complaints within a sporting organisation, and they can make the difference between an issue being resolved and a disclosure or complaint not being made at all.

In times of difficulty, individuals want to be able to find someone to ask questions and seek guidance. As an MPIO, you will be a point of contact and source of information on issues in

sport, including things like child safeguarding, bullying, harassment, vilification, discrimination, and social media abuse.

It's important that people report poor behaviour as soon as they see or hear about it. This can stop that behaviour from continuing or getting worse. If people see poor behaviour go unchallenged, it can create negative cultures and environments where people can be harmed.

Unfortunately, not everyone feels comfortable speaking up, and people may be reluctant to act about a concern or a complaint because they:

- are unaware of their rights
- fear victimisation
- lack confidence
- do not want to be labelled
- blame themselves
- don't trust the process.

With the right communications skills, MPIOs will have the ability to mitigate or lessen the impact of such barriers.

With thousands of MPIOs across the country and hundreds completing the training each year, the updated online course and face to face workshop provide comprehensive training on being the first point of call for issues in a community sport club.

MPIO training covers:

- The role and responsibilities of an MPIO
- How MPIOs can help triage member protection and child safeguarding issues within a club
- Where to refer people if they have a complaint
- Trauma-informed listening practices
- How to create an inclusive, safe, and fair sporting club environment.

To support the updated training, there is a new suite of resources available including guides, templates, and social media content.

To find out how you can become an MPIO or recruit one for your club, visit:

www.playbytherules.net.au/mpio



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

The Championships, which date back to 1975, will have a new record of masters athletes and countries in attendance. Over 8000 athletes ranging between the ages 35-100+ will compete in running, jumping, throwing and race-walking events in both stadia and non-stadia, running and race walking disciplines.

Sweden tops the entries with 1883 participants, followed by the USA with 602, Germany, 579, United Kingdom 558 and Spain 369. The WMA highlights the attendance of athletes

from 111 countries; many are making the journey to Sweden after overcoming the many barriers of training, and the challenge of reaching competition stage, particularly in countries like Cuba, Mongolia, Venezuela, Democratic Republic of Congo, Indonesia, Ghana, and Papua New Guinea.

Australia will have a team there competing including race walkers.

Walks Schedule

5000m Track Walk 19th

10km Road Walk 17th

20km Road Walk 25th

2024 World Athletics U20 Championships **Lima, Peru August 27-31st**

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

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

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

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

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



100 DAYS TO GO!

ENTRIES NOW OPEN

[Enter | Pan Pacific Masters Games](#)

Save on the Competitor Games Fee and get your entry in before the **Super Saver pricing ends on 31 August 2024 at 11:59pm AEST!**

Draft Track Walk Programme

Friday 8 November, 2024

M30+/W30+ 5000m Race Walk Final

Saturday 9 November, 2024

M30+/W30+ 3000 Metre Race Walk Finals

Confirmed Road Walk Programme

Sunday 10 November 7:00am start

Luke Harrop Cycle Circuit

- The competition circuit will be a 1km loop.
- All participants will start together.

- A First Aid officer will be present. There will be a water station on the circuit.
- Uniforms are not compulsory.
- Age category placegetter medals will be presented at the venue at the conclusion of the competition.
- Parking and toilet facilities are located adjacent to the competition circuit

Age is determined as at race day / Minimum age for competition is 30 years

Age Divisions 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

Important Update – New Track Venue Announced

Unfortunately the originally confirmed venue - **Gold Coast Performance Centre at Runaway Bay** - is no longer available for use during the Pan Pacific Masters Games. Due to the lack of suitable infrastructure, quality or safety of the alternative venues located in the Gold Coast Athletics – Track & Field events will now be conducted at the **Queensland Sport and Athletics Centre (QSAC) Mount Gravatt**

Transport – if you have booked your accommodation on the Gold Coast, a bus will be arranged to take paid participants to and from the QSAC venue daily. The bus will pick up and drop off in a central location on the Gold Coast – further details TBA.

The road walks will still take place at Runaway Bay



2024 Australian All Schools Athletics Championships Brisbane December 6-8th

All Schools Dates: Friday 6th - Sunday 8th December 2024

National Schools Challenge Date: Monday 9th December 2024

Venue: QSAC - Queensland Sport and Athletics Centre

Level 3 Race Walking-specific accreditation course

The QRWC is in discussions with AA about the possibility of the club hosting a Level 3 Race Walking-specific accreditation course this year. AA is working with the course presenters on suitable dates

Not only will this initiative upskill the next generation of race walking coaches it will also be an opportunity for current coaches to advance their qualifications and skills.

To be eligible to undertake the Level 3 course applications will need to hold a Level 2 certification so now is the time to make sure you qualify by doing a Level 1 and Level 2 coaching course if required. Please note that the QRWC can re-imburse your coaching course fees, if required, through our current volunteer education grant.

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

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

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

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

Email peter.bennett@live.com

These are the general areas

Sport Science

Preparation and Planning

Strength and Conditioning

Performance Health

Competition Skills

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

Handicap Points - What does it all mean?

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

Starting points are awarded for starting the event.

Completed points are awarded for finishing the race distance.

The **Best Season Performance**. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points.

QRWC Handicap Meets and Points

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 - Qld Race Walking Club - revolutioniseSPORT](#)

Many of our members who have been competing during the track season as a member of QRWC are registered through to the end of September 2024. These athletes are all set for entering winter road walk competitions and the QA Road walk Championships . So no need to take action until the first race portal opens.

New or existing non financial members who wish to join the club and compete in the QA Road Walk Championships are encouraged to register on the RevSport Portal

Of course, for those athletes not wishing to compete at or represent QRWC at QA events (i.e. already registered with other QA clubs , QRWC will retain the current membership options whereby only the QRWC club fee (i.e. \$15 Student/\$25 Non-Student) will apply. This membership can be taken out at any time prior to the start of the QRWC winter season in April 2024.

For these athletes, please email the Registrar if you have any questions or concerns. qrwcregistrar@gmail.com

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2024 and will cover the traditional QRWC winter racewalking season.

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

Season Pass

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

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

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

NON-COMPETING MEMBERS

VOLUNTEER	COMMITTEE MEMBER	OFFICIAL	COACH
Club volunteers are always welcome to assist with club operations and competition days	Club committee members are required to be registered members of their club	Officials accredited with Athletics Australia	Coaches may join an athletics club if they are accredited and currently registered with Athletics Australia

Working with Children Check – Blue Card

Volunteers, committee members, technical officials and coaches are required to have a Blue Card as deemed necessary by their club in accordance with the Queensland Blue Card system. Please refer to your club or www.bluecard.qld.gov.au for more information.

\$0 + CLUB FEE	\$0 + CLUB FEE	\$0 + CLUB FEE	\$0 + CLUB FEE
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NOTE – Additional club membership fees may apply, which varies for each club.

Our Volunteers – We need you to

For all our road walk and track meets we need the help of our members to set up and run the meets in a safe and organised manner. Please feel free to offer your services whether it be as a judge, timekeeper, setting out the course or helping to pack up. All assistance is greatly appreciated. We especially need lap scorers. If you would like to help out, please talk to any member of the Committee.

Everyone who helps out to run our events are volunteers who freely give up their time so that our athletes can race. Please treat them with respect and appreciation at all times and offer to assist them whenever possible. Without judges, timekeepers and lapscorers we don't have a race walk competition we just have a walk and no matter how fast you go your result will not be official or accepted for qualifying purposes. Judges are there to ensure no one gets an unfair advantage and to assist the athletes. If you get a caution or a report, use it as a learning experience. Find out what you have done wrong from the judge and talk to your coach to see if you need to correct your technique. If you do nothing and just blame the judges, then you will never learn or get ahead in the sport.

Racewalking Queensland Management Committee 2024/25

President: P Bennett

Vice President. J-R McRoberts

Secretary: N. McKinven

Treasurer N McKinven

Committee: Shane Pearson, Joanne McRoberts, Claire Chadwick, Jasmine Blackburn, Ignacio Jimenez, Simon Dunleavy

Patrons: Patrick & Maxine Sela

Registrar: S Dale

Handicapper A Guevara / N McKinven

Uniforms: S Dale
Publicity / Media Jasmine Blackburn
Results R Wales / N McKinven
Newsletter Editor: P. Bennett
Equipment Officer. Ignacio Jimenez & Noela McKinven
Canteen Convenor. Vacant, but to be by roster.
Club Captains: Bailey Housden, Phoebe Chadwick

Queensland Athletics Member Protection Policy

As a member of Athletics Australia, Queensland Athletics, an affiliated club or an individual member everyone is required to comply with the Queensland Athletics Member Protection Policy. We are committed to the health, safety and general well-being of all of our members and will work to ensure that everyone associated with our organisation complies with this policy. We would encourage all who are involved in athletics to familiarise themselves and comply with this policy.

You can read the full policy here

<http://www.qldathletics.org.au/Portals/50/General/QA%20Member%20Protection%20Policy%20-%20July%202015.pdf>

All our members, whether an athlete, coach, volunteer official or a parent should be aware of their obligations and responsibilities under these policies.

Who this Policy Applies To

This policy applies to the following, whether they are in a paid or unpaid/voluntary capacity:

- Parents, guardians, spectators and sponsors to the full extent that is possible.
- Individuals appointed or elected to boards, commissions, committees and sub-committees;
- Employees and volunteers; • Support personnel (e.g. managers, physiotherapists, psychologists, masseurs, sport trainers, etc);
- Coaches and assistant coaches (whether or not they are accredited)
- Athletes, coaches, officials and any other personnel participating in any teams, events and activities, including camps and training sessions, conducted or sanctioned by Queensland Athletics • Referees, judges and other officials.
- Members, including life members.
- Member associations and each of its members, including life members.
- Affiliated clubs and associated bodies of Queensland Athletics;
- Peak associations and other State bodies engaged in any form of athletics.
- Any other person or body that is a member of or affiliated to Queensland Athletics.

Code Of Conduct/Behaviour Queensland

Athletics requires every individual and body bound by this policy to: QA Member Protection Policy – July 2015

- 4.1 Be ethical, fair and honest in all their dealings with other people and Queensland Athletics;
- 4.2 Treat all persons with respect and courtesy and have proper regard for their dignity, rights and obligations;
- 4.3 Always place the safety and welfare of children above other considerations;
- 4.4 Comply with Queensland Athletics', Athletics Australia's, the IAAF's, the National and International Olympic and Paralympic Committees' constitution, rules and policies including this Policy;
- 4.5 Operate within the rules and spirit of the sport;
- 4.6 Comply with all relevant Australian laws (federal and State), particularly anti-discrimination and child protection laws;
- 4.7 Be responsible and accountable for their conduct; and
- 4.8 Abide by the relevant specific Codes of Conduct referred to in Part B of this Policy.

Race Walk Coaching

If you are looking for coach or would like to be part of a training squad here are the qualified coaches in the club:

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 2

Jasmine-Rose McRoberts Level 2 Club coach

Argenis Guevara Level 1

Katya Martin Level 1

Contact emails:

grwc1@optusnet.com.au Membership, coaching or general enquiries about the club
racewalkqld@outlook.com Articles for the newsletter, to send in results, to join newsletter mailing list.

About us

Racewalking Queensland conducts its own winter road walk programme from April until September. Thank you to all our contributors of results & reports to this newsletter. We value your input.

For news and information on the Australian Federation of Race Walking (Racewalking Australia) and the member clubs go to www.rwa.org.au

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>



Department of
Tourism and Sport

The Queensland Government provided \$2,500 to the Queensland Race Walking Club to assist training and education volunteers to enable Queenslanders to participate in sport and recreation activities.'