

# Queensland Race Walking Club Inc.

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



July 4<sup>th</sup> 2024



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.'*

## 2024 Australian All Schools Athletics Championships Brisbane December 6-8<sup>th</sup>

The future stars of Australian athletics will take centre stage in the very city that will host the Olympic and Paralympic Games in 2032, with **Tourism and Events Queensland** and the **Brisbane Economic Development Agency** today announcing Brisbane as the location for the 2024 Chemist Warehouse Australian All Schools Athletics Championships.

The incredible talent of the next generation will kick off an action-packed summer of athletics at the Queensland Sport and Athletics Centre, from December 6-8, with the one-day National Schools Challenge taking place on December 9.

The Australian All Schools Athletics Championships is the pinnacle event for school-aged athletes (aged 12-17 for able-bodied students, and up to 19 years for para events), and provides a platform for students to compete against their peers, chase personal bests and achieve national recognition.

Over 1,200 school students from across the country will converge taking some of their first steps toward the top as many Australian greats have done before them.

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

**National Schools Challenge Date: Monday 9th December 2024**

**Venue: QSAC - Queensland Sport and Athletics Centre**



# 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.

## 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                    | 2004 / 2005       |
|        |         |          | Under 20 Women                  |                   |
|        |         |          | Under 18 Boys                   | 2006 / 2007       |
|        |         |          | Masters Women/Masters Men (60+) | 30+ Women/60+ Men |
| 2      | 9.00am  | 5km      | Under 18 Girls                  | 2006 / 2007       |
|        |         |          | Under 16 Boys                   | 2008 / 2009       |
|        |         |          | Under 16 Girls                  |                   |
| 3      | 9.30am  | 3km      | Under 14 Girls<br>Under 14 Boys | 2010 / 2011       |
| 4      | 10.00am | 2km      | Under 12 Girls<br>Under 12 Boys | 2012 / 2013       |
|        |         | 1km      | Under 10 Girls<br>Under 10 Boys | 2014- 2017        |

## 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

# 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

#### QRWC Handicap #8 Yeronga June 30<sup>th</sup>

##### A Grade 10km

Men: (1) Peter Bennett 1.07.54

Women: (1) Joy Dale SB 1.21.59 (2) Noela McKinven 1.30.58

##### B Grade 5km

Men: (1) Kai Dale SB 29.15

Women: (1) Taylah Morris SB 31.37 (2) Katie Bray SB 32.10

##### C Grade 3km

Men: (1) Eli Melinz SB 18.43 (2) Leo Ramsay 19.18

Women: (1) Eliza Kelly 17.50 (2) Kiara Waterman SB 18.49

##### D Grade 2km

Women: (1) Amelia Chisholm 11.33 (2) Jessica Gorham 14.42

##### E Grade 1.5km

Women: (1) Clara Hermus 10.05 (2) April Kelly 11.12

##### F Grade 1km

Women: (1) Izzy Blackburn 6.14 (2) Piper Dunleavy 8.47 (3) Eq Alana Blackburn, Harper Waterman 9.54

398 k  
401 c  
407 kk  
413 cC  
432 k  
509 k

Thank you to our judges, lapscorers, timekeepers and other volunteer on Sunday. Without your help the meet could not have taken place.

## **THIS WEEK**

No club races this Sunday. The USCAC track carnival is on Sippy Downs on the Sunshine Coast and the marathon is on down on the Gold Coast.

|  |
|--|
| <p style="text-align: center;"><b>2024 USCAC Winter Track &amp; Field Carnival Timetable</b><br/><b>Sunday 7th July</b><br/><b>UniSC Athletics Track Sippy Downs</b></p> |
|--|

**Walk Programme Sunday July 7<sup>th</sup>**

8.30am 5000m Run U16 to Masters Men/Women  
9.00am 1500m Walk U12 to Masters Men/Women  
9.30am 700m/1100m Walk 8yr/9&10yr Men & Women  
10.00am 3000m Walk U14 to Masters Men/Women

**Entries closed- No late nominations accepted**

## COMING UP



### Coast2Coast International Meet

Gold Coast Performance Centre, Runaway Bay, Queensland

12<sup>th</sup> - 14<sup>th</sup> July 2024

**What:** A Mid-Winter Track & Field Meet for Athletes

**Age groups:** Open, U20, U18, U16, male and female

**Who:** Athletes from the USA, New Zealand, Queensland, Interstate Australia and some Pacific Islands

**Hosted by:** Gold Coast Victory Athletics Club Inc

**Awards:** Medals to first three placegetters in each of the three age groups plus relays

**Entries Closed**

## NEXT WEEK

### Sunday July 14<sup>th</sup> 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

**Entries opening soon.**

## **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 - Old 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**

### **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.

**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

**Sunday July 28th 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

## 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 |
|-------|-------|--------------------------|-----------------|------|
| March | 3     |                          |                 |      |
|       | 9-10  | QMA Track Championships  | SAF             |      |
|       | 14-17 | QA Track Championships   | Main Track QSAC |      |
|       | 22-24 | QLAA State Championships | QSAC            |      |



|                  |       |                                     |                            |        |
|------------------|-------|-------------------------------------|----------------------------|--------|
|                  | 29 -1 | AMA National Championships          | Hobart                     |        |
|                  | 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.

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

## **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 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**

# 22 DAYS TO GO UNTIL PARIS 2024

## PARIS 2024

26 JUL - 11 AUG & 28 AUG - 8 SEP



**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.

The 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.

### **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.

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](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<br>+ CLUB FEE | \$0<br>+ CLUB FEE | \$0<br>+ CLUB FEE | \$0<br>+ CLUB FEE |
|-------------------|-------------------|-------------------|-------------------|

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/>

