

Queensland Race Walking Club Inc.

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

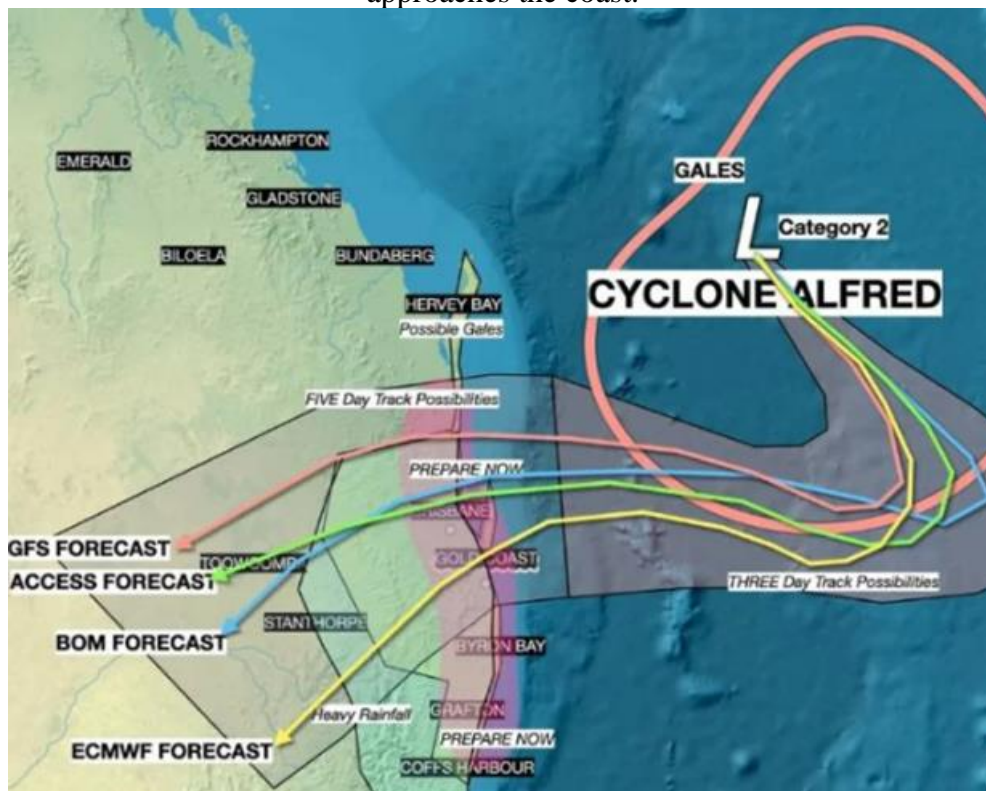


March 6th 2025

Tropical Cyclone Alfred headed for Queensland and New South Wales coast

Tropical Cyclone Alfred is looking more likely to make landfall in Brisbane's northern suburbs, with the worst impacts to be felt to the south of the system, according to the Bureau of Meteorology.

It was upgraded to a category 2 overnight and is likely to maintain that intensity as it approaches the coast.



**Be Aware & be Prepared
Stay Calm and be Kind**

Have you prepared an emergency kit?

Cyclone Alfred may cause your home to lose power, water and gas. You may also not be able to reach supermarkets or a pharmacy.

Consider ensuring that you have:

Non-perishable food to last 3-4 days

Water for drinking and cleaning (3L per person per day)

Toilet paper

Medication (if needed)

First aid kit

Batteries

Torches

Valuable documents such as passports, ID, birth certificates, in a safe place

Portable chargers for phones

Radio to stay up to date with local alerts

Plan a safe place to shelter

Plan for either a safe room or two in your house, or a shelter building elsewhere. A safe room could be a hallway, a bathroom, or a big walk-in wardrobe. It needs to be away from windows, in case they are broken by flying debris.

Cyclone Alfred is expected to make landfall as a category two cyclone on Thursday night or Friday morning.

What does that mean?

Liz Ritchie is a professor of atmospheric sciences from Monash University and an expert in tropical cyclones and extreme weather events.

She says a category two system is moderately intense, but still very impactful, and could see:

- Sustained surface winds between 90 and 110kph.
- Swells of up to 10 metres in height while it's over the ocean.
- Heavy rain on the south side of the cyclone.

Dr Ritchie warned of high tides, heavy rain, and flooding as the cyclone moves closer to the coast.

And there could be additional flooding depending on when the cyclone makes landfall.

"If it comes in when you're on a low tide, then it's not so impactful, but if it comes in on your high tide, then it can be quite impactful,"

Brisbane City Council is warning 20,000 homes could be impacted by TC Alfred.

Lord Mayor Adrian Schrinner says "residents at risk from significant storm surge and flooding are urged to consider relocating".

According to new council modelling areas most at risk include Nudgee Beach, Brighton, Windsor, Ashgrove, Morningside and Rocklea.

"Properties could experience anything from mild inundation in their yards to significant flooding in their homes," Mr Schrinner says.

The storm surge is expected to peak from Thursday.

Some key information sources & contacts

BOM provide key updates during emergencies

Brisbane City Council also has specific information about particular creeks and local information via the Brisbane Severe Weather Alert Service.

BCC Emergency Dashboard compiles local alerts, road closures, power outages, and more key information.

Follow ABC Emergency

For **SES assistance** (roof tarping, tree down on property, water coming into home) call **132 500**.

Call **Urban Utilities** on **13 23 64** for leaking water pipes, sewerage and wastewater, drinking water supply issues.

Call **Energex** on **136 262** for fallen power lines and power outages, for status of creek and river alerts, road closures, power outages, evacuation centres and warnings.

What else can you do?

Clean your outdoors from anything that could be picked up by wind

All of your gardening tools, bikes, and plants need to come inside. Loose branches need to be trimmed, and sent to a green waste tip ASAP. Anything else loose needs to be tied down, stored, or removed. You don't want your old shovel flying into your neighbour's window.

Stay safe, look out for your families, your friends, your neighbours, the elderly and don't forget to take care of your pets.

The Official OMA Championships return to Queensland



Oceania Masters Athletics (OMA) is bringing back the official OMA Championships in 2025. The 2025 Championships will be held from 6-10 September at the State Athletics Facility in Brisbane, which is part of the Queensland Sport and Athletics Centre (QSAC), the state's premier athletics facility.

Masters athletes travelling from across the Oceania-Pacific region will compete in track and field events, as well as the out of stadia Cross Country. **This is a great opportunity for our regional Masters athletes to wear their national uniform and represent their country with pride.**

Masters athletes registered with affiliated clubs from 22 member countries throughout the Oceania-South Pacific region are eligible to compete.

Find out more about the championships on our website: www.oceania-masters-athletics.org

Registrations will open on Friday March 14

Preliminary Walks Programme

Saturday September 6th 10km Road Walk

Monday September 8th 1,500 metre Track Walk

Wednesday September 10th 5,000 metre Track Walk

THIS WEEK

Queensland Masters Athletics

8th March 2025 SAF

8.00am 3000m Race Walk

Due to cthe cyclone alert please check regularly for updates on this meet at

<https://www.qldmastersathletics.org.au/>

Member Entry

<https://www.revolutionise.com.au/qldmastersathletics/events/285449>

Visitor Entry

<https://www.revolutionise.com.au/qldmastersathletics/events/285452>

RESULTS RESULTS RESULTS

Qld Athletics 5000m Race Walk Championships

UQ Athletics Centre March 1st

Women 5000 Metre Race Walk Under 17

1 Boulton, Olivia 09 GCA-AUS 28:29.81

2 Kelly, Eliza 10 QRWC-AUS 31:06.32

Women 5000 Metre Race Walk Under 18

1 Sharpe, Milly 08 GLD-AUS 25:39.99

2 Bray, Katie 08 ASR-AUS 32:52.12

Men 5000 Metre Race Walk Under 17

1 Cooke, Noah 10 QRWC-AUS 24:57.33

Men 5000 Metre Race Walk Under 18

1 Dale, Kai 08 QRWC-AUS 28:23.49

Queensland Masters Athletics

QSAC March 1st

1500 Metre Race Walk

Gannon, Brenda W50 Qld Masters 9:22.10

McKinven, Noela W82 Qld Masters 13:39.31

Cartwright, Simon M55 Qld Masters 10:44.21

Bennett, Peter M69 Qld Masters 9:33.81

5000 Metre Race Walk

Gannon, Brenda W50 Qld Masters 32:19.01 (28:44.17 69.70%)

McKinven, Noela W82 Qld Masters 45:09.88 (28:49.18 69.50%)

Jimenez Solis, Ign M59 Qld Masters 26:35.56 (22:54.42 78.98%)

Cartwright, Simon M55 Qld Masters 37:46.13 (32:32.05 55.61%)

Bennett, Peter M69 Qld Masters 32:51.35 (25:44.76 70.27%)

Sela, Patrick M85 Qld Masters 44:28.35 (27:18.64 66.24%)

COMING UP

2025 Australian Athletics Championships

WA Athletics Stadium, Perth

U13 - U18 Championships: 4-8 April 2025

Friday April 4th

5.25pm 3000m Race Walk U14 Men

3000m Race Walk U14 Women

Saturday 5th

4.50pm 5000m Race Walk U17 Women

5000m Race Walk U18 Women

Sunday 6th

5.00pm 5000m Race Walk U17 Men

5000m Race Walk U18 Men

Tuesday 8th

11.30am 3000m Race Walk U15 Women

3000m Race Walk U16 Women

12.40pm 3000m Race Walk U15 Men

3000m Race Walk U16 Men

Open & U20 Championships: 10-13 April 2025

Thursday 10th

8.00am 10000m Race Walk U20 Men

10000m Race Walk Open Men

Friday 11th

8.00am 10000m Race Walk U20 Women

10000m Race Walk Open Women

Qld Track Season 2025

Queensland Masters Athletics

8th March 2025 SAF

8.00 3000m Race Walk

19th March 2025 Wednesday Evening SAF

7.00pm 2000m Walk

8.15pm 800m Race Walk

29th March 2025 Saturday SAF

9.45 1500m Race Walk

QMA State Championships, SAF

Enter here

<https://www.revolutionise.com.au/qldmastersathletics/events/283156>

Entries close Friday 21 March 7pm

Saturday 5th April

5000m Walk

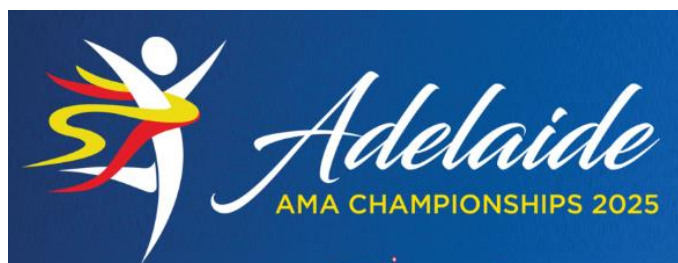
Sunday 6th April

1500m Walk

12th April 2025 Saturday SAF

8.00 3000m Race Walk

10.00 1500m Race Walk



AMA Championships in Adelaide 18th to 21st April

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

Entries Closing 13th March / No Late Entries

Friday 18 April 1500m Race Walk

Saturday 19 April 5000m Race Walk

Monday 21 April 10km Road Walk

QUEENSLAND RACE WALKING CLUB INC

Known as RACEWALKING QUEENSLAND NOTICE – ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the Queensland Race Walking Club Inc. will be held at **Kalinga Park on Sunday, 30th March, 2025. commencing at 9.30am.**

The Business of the meeting will be

- * The Receiving and Confirmation of the minutes of the 2024 Annual General Meeting
- * The Receiving of the Management Committee Report for 2024
- * The Receiving and Adoption of the Statement of Income and Expenditure, Assets and Liabilities for the financial year
- * The election of the Officers and other members of the Management Committee
- * The Appointment of a Patron
- * The Appointment of a Registrar
- * The Appointment of an Equipment Officer
- * The Appointment of a Canteen Convenor
- * The Appointment of a Newsletter Producer
- * The Appointment of a Handicap/Results Person
- * The Appointment of Publicity/ Media Persons
- * Any appropriate General Business

NOMINATIONS are invited for the following positions for 2025

*President	*Vice President	*Secretary	*Treasurer
Registrar	Equipment Officer	Canteen Convenor	
Newsletter Producer	Handicap/ Results	Publicity/Media Persons	

*Not less than one (1) nor more than six (6) other committee members with the number to be decided at the Annual General Meeting.

Positions marked with * are members of the Management Committee.

NOMINATIONS for the above positions must be in writing signed by the nominee and his/her proposer and seconder and must be lodged with the RETURNING OFFICER, Mrs Noela McKinven as below.

RETURN FORM by the required date (16th March, 2025) to: Mrs Noela McKinven, 79 Joalah Cres, Ferny Hills 4055. (photocopies may be made of this form). Fully signed Forms may be emailed to noelarhoda@gmail.com

Have your say in how the club supports our race walkers by nominating for one of the above positions. All positions become vacant at the AGM.

QRWC 2025 ROAD WALK SEASON

February	16	AA 20KM Road Championships	Adelaide SA	
	22	<u>3,000 metres Championships U15 & U16</u> M&F QA 10,000 metres Track C/ships U20 & Open	SAF	
March	1	5,000m U17 & U18 State Championship	UQ St Lucia	
	13-16	QA Track Championships	Main Track QSAC	No Walks
	21-23	QLAA State Championships	QSAC	
	30	Sign On / AGM	Kalinga Park	8.00am
April	4-8	AA U13-U18 Track Championships	Perth	
	5-6	QMA Track Championships	SAF	
	10-13	AA U20-Open Track Championships	Perth	
	18-21	AMA National Championships	Adelaide	
	20	Easter Sunday	No competition	
	27	Handicap Meet # 1	Beenleigh	8.00am
May	4	Handicap Meet # 2	Yeronga	8.00am
	11	Mother's Day	No club competition	
	18	Handicap Meet # 3	Capalaba	7.30am
	25	Handicap Meet # 4	TBA	
June	1	GC Championships	Mudgeeraba	8.00am
	8	LBG Federation Meet	Canberra	
	15	Handicap Meet # 5	TBA	
	22	QA Road Walk Championships	QSAC	
	29	Handicap Meet # 6	TBA	
July	6	Gold Coast Marathon	Southport	
	13	Handicap Meet # 7		
	20	Race Walking Australia Postal Challenge	Beenleigh	
	27	QRWC Track Championships	UQ St Lucia	
August	3	Handicap Meet # 8	TBA	
	10	Handicap Meet # 9	TBA	
	17	Handicap Meet # 10	TBA	
	24	AA Junior Road Walk Championships	Ballarat, Vic	
	31	QRWC Road Walk Championships	TBA	
September	6-10	Oceania Masters Athletics Championships	QSAC	
	7	Father's Day	No competition	
	14	Relay/BBQ/ Presentation Day	Sandgate	

This is a draft calendar only and is subject to change. Additional venues and dates will be added (or changed) when confirmed. **Note the QA road walks are now June 22nd**

Please regularly check the club website Queensland Race Walking Club or the club weekly newsletter for the latest updates. To subscribe to the QRWC newsletter please email racewalkqld@outlook.com
Race day programmes of events of events will be rolled out once dates and venues are finalised.

Sign-On Day /AGM Sunday March 30th

Kalinga Park

No points races

8.00am 3km / 5km

8.45am 2km / 1km

9.30am AGM

Handicap #1 Sunday April 27th

Logan River Parklands, Beenleigh

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

Handicap #2 Sunday May 4th

John Walker Place, Brisbane Corso, Yeronga

8.00am A Grade 10km

8.15am E Grade 1.5km

F Grade 1km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

Handicap #3 Sunday May 18th

John Frederick Park, Capalaba

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

Handicap #4 May 25th

TBA

17th Annual Gold Coast Road Walk Championships

Sunday June 1st Mudgeeraba

8.00am Open M/W 10km

8.05am U10 M/W 1km

U8 M/W 0.5km

8.15am U20 M/W 5km

U18 M/W 5km

Invitational M/W 5km (non-championship event)

8.45am U16 M/W 3km

U14 M/W 2km

U12 M/W 2km

WORLD RACE WALKING TOUR 2025

08 MAR 2025 6° Circuito Internacional de Caminata 2025
Malecón de Coatzacoalcos, Coatzacoalcos MEX C Bronze
16 MAR 2025 Asian Race Walking Championships Nomi JPN A Bronze
22 MAR 2025 44rd Dudinska 50 Dudince SVK A Gold
12 APR 2025 32° Grande Prémio Internacional de Rio Maior em Marcha
Rio Maior POR A Gold
26 APR 2025 The Penn Relays Franklin Field, Philadelphia, PA USA B Silver
26 APR 2025 Záhorácka Dvadsiatka Borsky Mikulás SVKB Silver
04 MAY 2025 4th Korzeniowski Warsaw Race Walking Cup Warszawa POL A Gold
18 MAY 2025 European Race Walking Team Championships Poděbrady CZE A Gold
01 JUN 2025 IV GP Internacional Madrid Marcha Silbo Telecom Madrid ESP A Gold
07 JUN 2025 XXXVII Gran Premio Cantones de A Coruna de Marcha ESP A Gold
12 JUN 2025 51st International Race Walking Festival Alytus'Alytus LTU B Silver
25 OCT 2025 Lusatian Race Walking Weinauparkstadion, Zittau GER B Silver
14 DEC 2025 World Race Walking Tour St Anne's Park, Dublin IRL C Bronze

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

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Race Walk Coaching

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

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 3 Performance coach

Jasmine-Rose McRoberts Level 2 Club coach

Argenis Guevara Level 1

Katya Martin Level 1

Contact emails:

qrwc1@optusnet.com.au Membership, coaching or general enquiries about the club
racewalkqld@outlook.com Articles for the newsletter, to send in results, to join newsletter mailing list.

About us

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



Department of
Tourism and Sport

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