

# Queensland Race Walking Club Inc.

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



**November 21<sup>st</sup> 2024**

## **QA Shield Meet with Race Walks**

Race walkers get to kick off their QA track season at the Shield Meet at QSAC this Saturday afternoon (November 23<sup>rd</sup>).

At 5pm there is a single start 3,000 & 5,000. Metre walk for men and women.

Queensland Masters do have a track meet this Saturday morning but there are NO walk on the programme. There are steeplechase events scheduled instead. The next Masters track walks are on the 14<sup>th</sup> & 15<sup>th</sup> December.

The GC50 is on this Sunday at Coolangatta with a 50km and Half Marathon events  
There are 5 & 10km events on the Saturday. We usually have some of our members either running or walking at this carnival.

## **COMING UP**

### **UQ ATHLETICS CLUB 1500M CLASSIC CELEBRATION MILE**

**November 30, 2024 @ 6:00 pm - 9:30 pm**

#### **UQ Athletics Club 1500M Classic - Celebration Mile (incorporating the Open Queensland Athletics Mile Championships)**

##### **Women 1 Mile Race Walk Open**

4 Moore-Kirkland, Bethany 10 DDA

5 Millard, Summer 05 UNQ

6 Renton, Zoe 11 TWH

7 Boulton, Olivia 09 GCA

8 Cosgrave, Ella 10 BOR

9 Williams, Lyla 07 KCA

10 Williams, Freya 14 KCA

##### **Men 1 Mile Race Walk Open**

1 Cooke, Noah 10 QRWC

2 Housden, Bailey 07 QRWC

3 Moore, Lachlan 11 IGN

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

**All Schools Dates: Friday 6<sup>th</sup> - Sunday 8<sup>th</sup> December 2024**

**National Schools Challenge Date: Monday 9<sup>th</sup> December 2024**

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

**Draft Walk Programme**

### **Friday 6 December**

4.45pm 5000m Race Walk Under 17 Girls

4.45pm 5000m Race Walk Under 18 Girls

5.35pm 5000m Race Walk Under 17 Boys

5.35pm 5000m Race Walk Under 18 Boys

### **Saturday 7 December**

5.10pm 3000m Race Walk Under 15 Girls

5.10pm 3000m Race Walk Under 16 Girls

6.10pm 3000m Race Walk Under 15 Boys

6.10pm 3000m Race Walk Under 16 Boys

### **Sunday, 8 December**

9.00am 3000m Race Walk Under 14 Girls

9.30am 3000m Race Walk Under 14 Boys

## **National Walk Competitions**

### **2024 Australian 35km Race Walking Championships**

**Sunday 15 December 2024 Albert Park, Melbourne**

**Entries now open**

#### [Roster Athletics · 2024 Australian 35km Race Walking Championships](#)

7:00 am 20km Race Walk Men Senior

7:00 am 20km Race Walk Women Senior

7:00 am Australian Championship 35km Race Walk Men Senior

7:00 am Australian Championship 35km Race Walk Women Senior

### **Supernova Track 10km Walks**

**AIS Track Canberra January 25-26th**

### **2025 Australian and Oceania 20km Race Walking Championships**

February 16<sup>th</sup> War Memorial Drive, between Froome and Bunday's Roads, Adelaide

### **2025 Australian Athletics Championships**

**WA Athletics Stadium, Perth**

U13 - U18 Championships: 4-8 April 2025

Open & U20 Championships: 10-13 April 2025

## **Qld Track Season 2024/25**

### **Queensland Athletics**

November 23<sup>rd</sup> QA Shield QSAC 3,000/5,000 metres

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

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

February 22<sup>nd</sup> QA Shield QSAC 3,000

QA 10,000 metres Championships

March 13-16<sup>th</sup> QA Championships QSAC

### **Queensland Masters Athletics 2024**

**14th/15th December 2024, Venue SAF**

**QMA Decathlon/Heptathlon Championships & other events**

**14th December 2024 Saturday**

9.00 1500m Walk

**15th December 2024 Sunday, SAF**

8.15 3000m Walk

9.30 800m Walk

**21st December 2024 Saturday SAF**

8.00 3000m Race Walk

10.00 1 Mile Race Walk

10.50 End of Year Social Morning Tea

**Draft QMA dates for 2025**

**January**

11th Saturday morning QSAC Main Track

18th Saturday morning SAF QMA Women's Throws Pentathlon

25th Saturday morning SAF QMA Men's Throws Pentathlon

**February**

1st – Saturday morning SAF QMA Pentathlon and 3000m run/walk

15th Saturday morning SAF Memorial Day Events

22nd Saturday morning SAF AMA Decathlon and Heptathlon Day 1

23rd Sunday morning QSAC main track AMA Decathlon and Heptathlon Day 2

**March**

1st – Saturday morning QSAC Main Track

8th – Saturday morning SAF

19th - Wednesday night SAF

23rd to 30th WMA Indoors Championships

29th – Saturday morning SAF

**April**

5th Saturday SAF QMA State Championships Day 1

6th Sunday SAF QMA State Championships Day 2

12th Saturday morning SAF



**AMA Championships in Adelaide 18th to 21st April**

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

**Friday 18 April** 1500m Race Walk

**Saturday 19 April** 5000m Race Walk

**Monday 21 April** 10km Road Walk

**Road Walk Venue**

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

**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.

**UPDATE: We are now looking at Saturday, February 1 2025 to present this course in Brisbane.**

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.

## 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](#)

## Racewalking Queensland Management Committee 2024/25

**President:** P Bennett

**Vice President:** J-R McRoberts

**Secretary:** N. McKinven

**Treasurer:** N McKinven

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

**Patrons:** Patrick & Maxine Sela

**Registrar:** S Dale

**Handicapper:** A Guevara / N McKinven

**Uniforms:** S Dale

**Publicity / Media:** Jasmine Blackburn

**Results:** R Wales / N McKinven

**Newsletter Editor:** P. Bennett

**Equipment Officer:** Ignacio Jimenez & Noela McKinven

**Canteen Convenor:** Vacant, but to be by roster.

**Club Captains:** Bailey Housden, Phoebe Chadwick

## QRWC MEMBERSHIP 2024/25

**NOTE:** The Committee has set the QRWC annual membership fee for 2024/25 from October 1<sup>st</sup> to \$ 25 for all athletes. There will no longer be separate rates for students and non-students.

### NON-COMPETING MEMBERS

#### VOLUNTEER

Club volunteers are always welcome to assist with club operations and competition days

#### COMMITTEE MEMBER

Club committee members are required to be registered members of their club

#### OFFICIAL

Officials accredited with Athletics Australia

#### COACH

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

NOTE – Additional club membership fees may apply, which varies for each club.

## Queensland Athletics Memberships Fees 2024/25 commencing October 1<sup>st</sup>

# MEMBERSHIP OPTIONS 2024-2025

Season Period: 01 OCTOBER 2024 – 30 SEPTEMBER 2025



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

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## Queensland Athletics Member Protection Policy

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

**You can read the full policy here**

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

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

### **Who this Policy Applies To**

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

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

## Race Walk Coaching

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

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 3 Performance coach

Jasmine-Rose McRoberts Level 2 Club coach

Argenis Guevara Level 1

Katya Martin Level 1

### **Contact emails:**

[qrwc1@optusnet.com.au](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.





**Community  
Grants Hub**  
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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.'