

Queensland Race Walking Club Inc.

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



November 7th 2024



**Athletics -
Track & Field**

IMPORTANT TRACK WALKS UPDATE FROM QA

The prediction for Friday and Saturday is for temperatures of 35 + and high humidity. This requires Queensland Athletics to take reasonable steps to ensure officials and athletes are safe. Thus we will be making some changes to the time of some long events and to rules around field attempts.

The 5000m Walk scheduled for 3.50pm (Men) and 4.25 (Women) on Friday will be moved to Saturday and combined with the 3000m Walk, all athletes that entered both will be given times for both 3000m and 5000m.

It was suggested to QA that to best look after the welfare of the athletes it would be better to have the combined races on Friday afternoon thereby allowing the athletes over day to recover and rehydrate before the 10km road race on Sunday morning.

Doing a hard 5km late on Friday afternoon in the heat and then having to back up first thing early the next morning is not ideal. A response was not received from QA.



Track Walk Programme

Friday 8 November, 2024 State Athletics Facility Nathan, Brisbane

~~3.50pm M30+ 5000m Race Walk~~

~~4.25pm W30+ 5000m Race Walk~~

Saturday 9 November, 2024 State Athletics Facility Nathan, Brisbane

4.00pm M30+ **3000/5000** Metre Race Walk

4.30pm W30+ **3000/5000** Metre Race Walk

Track Walk Entrants

W30+ 3000 Metre Race Walk

- W40 1 Hanson, Melissa W42 AUS
2 Newington, Dash W40 AUS
3 Prasad, Sunita W40 IND
4 Rani, Soma W44 IND
- W45 1 Kaur, Kulwinder W47 IND
2 Kaur, Rajwinder W48 IND
3 Pannach, Wendy W45 AUS
- W50 1 Dale, Joy W53 AUS
2 Fernando, Niroshani W53 SRI
- W55 1 Adams, Diana W56 AUS
- W60 1 Nilsson, Lynda W62 AUS
2 Weekes, Anne W62 AUS
- W75 1 Yuen, Swee W76 AUS
- W80 1 McKinven, Noela W82 AUS

M30+ 3000 Metre Race Walk

- M35 1 Shaikh, Ibrahim Ali M38 IND
- M40 1 Ramu, Sivagurunathan M43 IND
2 Veetapan, Raman M43 IND
- M50 1 Prasad, Pramesh M50 AUS
- M55 1 Rastogi, Kuldeep Kumar M58 IND
2 Starr, Peter M59 AUS
- M60 1 Baker, Peter M60 AUS
2 Rowe, Gregory M63 AUS
- M65 1 Bennett, Peter M68 AUS
2 Morton, Ian M68 NZL
3 Virk, Mohinder Singh M66 IND
- M75 1 Yuen, Tuck M76 AUS

W30+ 5000 Metre Race Walk

- W40 1 Hanson, Melissa W42 AUS
2 Newington, Dash W40 AUS
3 Prasad, Sunita W40 IND
4 Rani, Soma W44 IND
- W45 1 Pannach, Wendy W45 AUS
- W50 1 Dale, Joy W53 AUS
2 Gannon, Brenda W50 AUS
- W55 1 Adams, Diana W56 AUS
- W60 1 Weekes, Anne W62 AUS
- W75 1 Yuen, Swee W76 AUS
- W80 1 Laming, Estelle W83 AUS
2 McKinven, Noela W82 AUS

M30+ 5000 Metre Race Walk

- M40 1 Hyland, Scott M44 AUS
2 Thirupathi, Kasinathan M43 IND
3 Veetapan, Raman M43 IND
- M50 1 Prasad, Pramesh M50 AUS
- M55 1 Rastogi, Kuldeep Kumar M58 IND
- M60 1 Rowe, Gregory M63 AUS
- M65 1 Bennett, Peter M68 AUS
2 Morton, Ian M68 NZL
3 Virk, Mohinder Singh M66 IND
- M75 1 Yuen, Tuck M76 AU

Check-In Procedures/Times

All entered athletes are assumed to have checked in for their event IF it is a final.

Marshalling:

Marshalling for Field events will be at the event site, Track events will marshal at the start line of the event. No athlete can cross the infield at any time, if you need to make your way to the other side of the field you must make your way around the outside of the track, there will be long throws events happening at all times during the competition and thus crossing the infield is a severe safety hazard to all.

Call Room: There is no Call Room for this event.

Post Event Control/Medals

Medals for Track events may be collected from the Technical Information Centre 10-15 minutes after the conclusion of your event .Subject to the completion of the judges reports There will be a medal dais with a Pan Pacs backdrop available for photo opportunities

Competition/Bib Numbers

All athletes have been allocated a bib number relative to the age group they are competing in, these bib numbers **MUST** be worn at all times when competing. These numbers can be collected from the Technical Information Centre during each day of competition day.

Results can be found at: <https://qldathletics.anet.live/meets/40599>



**Athletics -
Road Race Walk**

Proudly Hosted by the Queensland Race Walking Club

A big thank you to our club officials and volunteers giving up their time this weekend to set up and conduct this road walks at the Games.

Sunday 10 November 7:00am start

Luke Harrop Cycle Circuit Runaway Bay

Sports Drive Runaway Bay

- 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
- Uniforms are not compulsory

10km Road Walk Entries

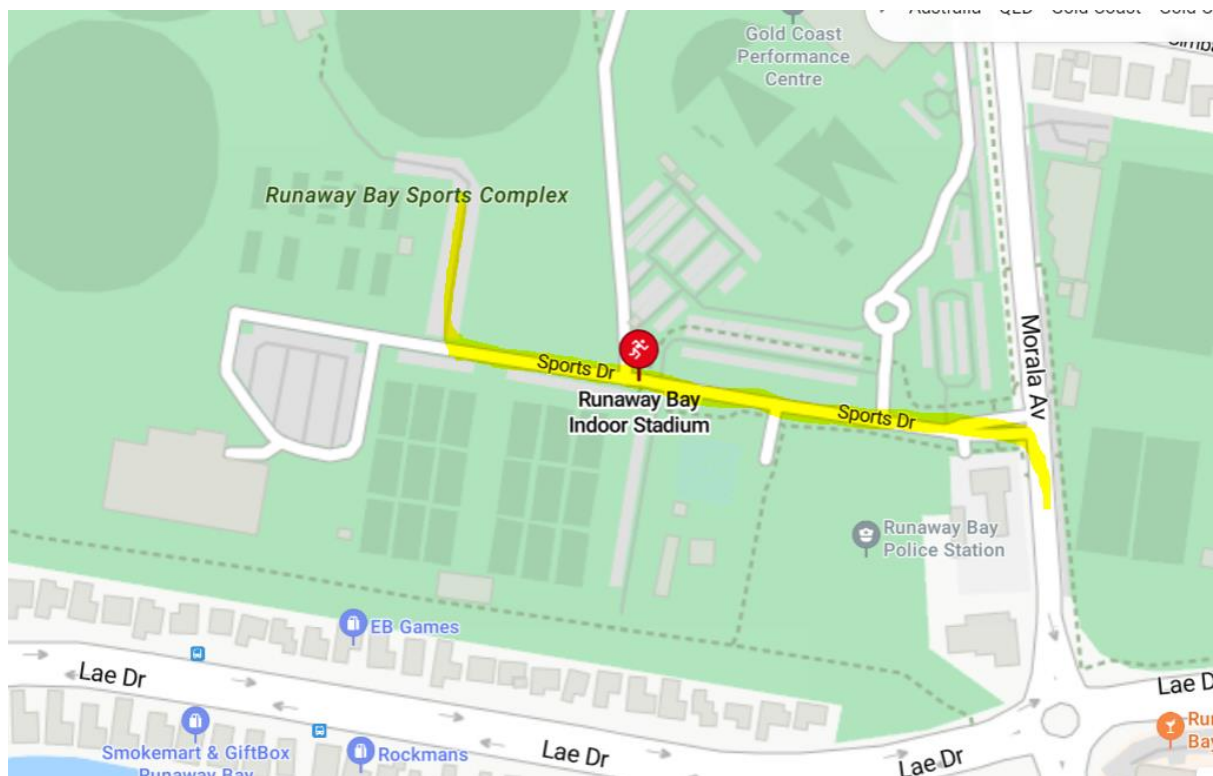
Peter Bennett	Australia	65-69
Simon Cartwright	Australia	55-59
Joy Dale	Australia	50-54
Wendy Fuller	New Zealand	70-74
Brenda Gannon	Australia	50-54
Paul Gleeson	Australia	65-69
Scott Hyland	Australia	40-44
Charanjit Kaur	India	35-39
Paul Lindenberg	Australia	60-64
Len Lyons	New Zealand	75-79

Penny McIntosh	Australia	65-69
Noela McKinven	Australia	80-84
edwin merchant	Australia	75-79
Ian Morton	New Zealand	65-69
Dash Newington	Australia	40-44
Pramesh Prasad	Australia	50-54
Kuldeep Kumar Rastogi	India	55-59
Kelly Ruddick	Australia	50-54
Kuljit Singh	India	35-39
Nyle Sunderland	Australia	55-59
Shyam Sundar Swaminathan	India	35-39
David Upton	New Zealand	80-84
Mohinder Singh	Virk India	65-69
Anne Weekes	Australia	60-64
Christopher Worsnop	Australia	65-69

The Venue

To get to the cycle track follow directions to the Runaway Bat Cricket Club, Sports Drive, Runaway Bay. Coming from the south turn left off Morala Avenue into Sports Drive.

The main car park is at the end of Sports Drive but there is limited parking available near the cricket club by turning right at the tennis courts (as indicated in yellow on the map) . Toilets are located outside the entrance to the cricket club. From there walk across the cricket oval to the race precinct.



RESULTS RESULTS RESULTS

Queensland Athletics All Schools Championships

Girls 3000m RW Under 14

- 1 Isabella Welch John Paul College 16:16.84
- 2 Elspeth Hooper All Saints Anglican School 16:24.81
- 3 Zoe Renton St Peter's Lutheran 17:22.78

- 4 Mackenzie Bandidt St Peter's Lutheran 17:47.67
5 Kiara Waterman Northpine CC 18:15.86
6 Savannah Dunleavy Jimbara SS 20:44.28
7 Mackenzie Wormald Kings Chrisitan College 21:47.23

Girls 3000m RW Under 15

- 1 Bethany Moore-Kirkland Scot's PGC 16:12.64
2 Ella Cosgrave Trinity Lutheran 16:48.12
3 Eliza Kelly Burpengary SSC 17:22.11

Girls 3000m RW Under 16

- 1 Olivia Boulton Marymount College 15:53.14

Boys 3000m RW Under 14

- Cory Lockwood Marymount College DQ TR 54.7.1
Lachlan Moore Ormiston College DQ TR 54.7.1
Leo Ramsay St Mary MacKillop DQ TR 54.7.1

Boys 3000m RW Under 15

- 1 Noah Cooke Northside CC 14:33.22
2 Eli Melinz Peregian Beach College 17:47.63

Women 5000m RW Under 17

- 1 Milly Sharpe Toolooa SHS 25:57.43
2 Katie Bray QACI 32:46.88 +30s, TR 54.7.4

Women 5000m RW Under 18

- 1 Brooke Newberry St Ursula's College 29:54.53

Men 5000m RW Under 17

- 1 Kai Dale Pimpama SHS 27:16.79

Men 5000m RW Under 18

- 1 Bailey Housden Mt Maria College 24:06.07
--Roel Wheeley Faith Redlands DQ TR 54.7.5

Olympic silver medallist banned for suspected blood doping

Olympic silver medallist race walker Koki Ikeda of Japan has been provisionally banned for suspected blood doping, track and field's Athletics Integrity Unit said on Friday.

Ikeda was second in the 20-kilometre event at the Tokyo Olympics in 2021 and placed seventh at the Paris Olympics three months ago.

The 26-year-old walker was notified of a charge based on suspect readings in his biological passport, the AIU said. The passport can indicate markers of doping over time without an athlete testing positive for a banned drug. The investigators gave no timetable for the disciplinary case. Ikeda also took silver at the 2022 world championships in Eugene, Oregon.

COMING UP

UQ ATHLETICS CLUB 1500M CLASSIC CELEBRATION MILE

Wednesday 13 November 2024

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

The UQ Athletics Club is pleased to announce that it is hosting the annual UQ Athletics Club 1500m Classic – Celebration Mile on **Wednesday 13 November 2024**.

All races on the program (race walking, school aged, masters and open) will be one mile (1609 m) in distance, in place of the usual 1500m, to celebrate the 70th anniversary of the running of the first sub 4 minute mile by Roger Bannister in 1954.

6:00 PM Girls One Mile Walk

6:00 PM Boys One Mile Walk

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

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

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 16th 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 13th Wednesday UQ Classic 1,500 metres

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

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

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

February 22nd QA Shield QSAC 3,000

QA 10,000 metres Championships

March 13-16th QA Championships QSAC

Queensland Masters Athletics 2024

8th -10th November 2024 SAF

PanPac Masters Athletics

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

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 2nd RWA Federation Carnival in Melbourne on August 25th.

[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 1st to \$ 25 for all athletes. There will no longer be separate rates for students and non-students.

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.

Queensland Athletics Memberships Fees 2024/25
commencing October 1st

MEMBERSHIP OPTIONS 2024-2025

Season Period: 01 OCTOBER 2024 – 30 SEPTEMBER 2025



	Platinum \$250.00 + club fee [^]	Gold \$150.00 + club fee [^]	Base & Qrun \$12.00 + club fee [^]	School Student \$0 <small>(only valid for QA All Schools pre meet & 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 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.'