

Queensland Race Walking Club Inc.

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



October 3rd 2024

The Original Race Walker?



Are emus role models to follow to ensure we are maintaining contact? Recent reports in The Courier Mail and on the ABC suggest that “grounded running” is the most energy efficient way for emus to move. Have any of our race walk judges ever called an emu out for contact?

“Computer-generated emus have helped solve the long-running paradox of why birds sometimes run with at least one foot still touching the ground. This gait, called “grounded running”, was thought to use more energy than “aerial running”, where all feet are momentarily in the air at the same time.

One theory for why birds use grounded running was it increased stability and possibly injury prevention at the expense of using extra energy. But a new study from Mr van Bijlert and colleagues, published in Science Advances, suggests that the anatomy of emus and other birds makes grounded running the most energy-efficient way to move at some speeds.

Emus are one of the fastest bipedal animals on the planet. They can run at about 48 kilometres per hour for more than a kilometre

The study found the emu's anatomy prevented full leg extensions like human runners, so grounded running could be more energy efficient at times than aerial running.

Humans and other animals, on the other hand, waste energy when trying to run with a foot on the floor at all times. It's why we go into aerial running, with both feet off the ground, when switching from walking to running.

While birds like emus can also go into full aerial running as they reach higher speeds, they also use ground running to transition from walking”

Maybe it does not have the same ring to it as the Kangaroos, the Wallabies or the Kookaburras but our international race walking teams could take on the moniker of the Emus!

RESULTS RESULTS RESULTS

The North Queensland championships were on in Townsville last weekend and a number of club members travelled north to compete and to officiate.

Peter Sharpe has kindly sent this report:

Some great race walks on the weekend at the ANQ Championships in Townsville:

Alex lowered the previous U20 men's record of 27:58.39 from 2022 to 24:49.37.

Milly lowered the U18 women's record from 25:46.52 from 2011 to 25:13.58.

Great race from Izzy Blackburn who looked comfortable in the lead all the way

Great effort too from Joy who after finishing the 1,500m race had to jog back to the start line for the 5,000m!

Peter spent a day officiating and acknowledged those who spent the entire three days of the carnival in an official capacity; Jas Blackburn, Liz Bradley and Carmen Simms.

ANQ Championships Townsville

Girls 800 Metre Race Walk 10yrs (U11)

- 1.Blackburn, Izzy 4:34.83 Qld Race Walk
- 2.Trickey, Nina 4:51.07 Athletics NQ
- 3.Kenny, Willow 5:39.00 Whitsunday A
- 4.Gordon, Lauren 5:42.97 Townsville NQ
- 5.Ryder, Miley-Rose 5:54.74 Emerald
- 6.Packer, Maia 6:03.01 Townsville N
Rolley, Olivia---DQ Townsville N

Boys 800 Metre Race Walk 10yrs (U11)

- 1.Riley, Blake 5:56.56 Cairns Athletic
- 2.Daniels, Jaiden 6:13.82 Normanton Athletic
Roberts, Logan---DQ Townsville N 10
Ryan, Perry---DQ Central Queen

Girls 1500 Metre Race Walk 12yrs (U13)

- 1.Paulke, Alayna 10:01.16 Athletics No
- 2.Carus, Lilli 12:31.32 Bowen Athletic

Boys 1500 Metre Race Walk 12yrs (U13)

- 1.Frumento, Chase 10:19.72 Mulgrave Ath

Girls 1500 Metre Race Walk 13yrs (U14)

- 1.Ellwood, Lani 8:31.31 Emerald

Women 30-49 1500 Metre Race Walk 30-49yrs

- 1.Newington, Dash 10:07.67 Central Queen

Women 50+ 1500 Metre Race Walk 50-109yrs

- 1.Dale, Joy 11:28.23 Qld Masters

Women 3000 Metre Race Walk 15yrs (U16)

- 1.Paulke, Addison 20:40.56 Mentone Athletic

Women 5000 Metre Race Walk U18

- 1.Sharpe, Milly 25:13.58 Athletics No **Championship Record**

Men 5000 Metre Race Walk U18

- 1.Dale, Kai 29:01.23 Qld Race Walk

Men 5000 Metre Race Walk U20

- 1.Bradley, Alex 24:49.37 Qld Race Walk **Championship Record**

Women 5000 Metre Race Walk Open

- 1.Dale, Joy 40:04.15 Qld Masters

Queensland Masters Athletics

Saturday September 28th QSAC

5000 Metre Race Walk

McKinven, Noela W82 44:32.60 (28:25.39 70.47%)

Bennett, Peter M68 32:34.15 (25:31.28 70.89%)
Hyland, Scott DNF
Kirwin, Roslyn DNS

Age Graded Times & Percentages in Brackets

800 Metre Race Walk

Bakes, Jessica W37 7:00.55
Stott, Emma W42 5:23.32
Molloy, Joanne W44 5:25.13
McKinven, Noela W82 7:02.78
Leggat, Grayson M9 5:16.55
Bennett, Peter M68 4:42.67

THIS WEEK

QLD School Sports Championships QSAC

Track and Field State Championships (10-12 years)

8th-10th October

Track and Field State Championships (13-19 years)

11^h-14th October.

Race walks on the 13th.

The 3,000m event is on the Sunday at 5:25pm

(Combined boys & girls' event for our 13, 14 & 15 age groups.)

The 5,000m is on the Sunday at 5:45pm

(Combined boys and girls' event for our 16, 17,18 & 19 age groups.)

COMING UP

Queensland Athletics All Schools incorporating the Selection Trials for the Australian All Schools

QSAC Sunday November 3rd

Draft Walks Programme

09:15AM Under 14/15/16Female 3000m Walk

09:40AM Under 14/15/16Male 3000m Walk

10:05AM Under 17/18 Female/Male 5000m Walk

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

Track Season 2024/25

Queensland Athletics

Oct 31st – Nov 3rd QA All Schools QSAC

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

21st September 2024 Saturday SAF

8.00 3000m Race Walk

10.00 1500m Race Walk

28th September 2024 Saturday SAF

8.00 5000m Race Walk

9.35 800m Race Walk

19th October 2024 Saturday SAF

8.00 3000m Walk

9.40 1500m Walk

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



ENTRIES OPEN

[Enter | Pan Pacific Masters Games](#)

Draft Track Walk Programme

Track Entries Close Friday 18 October 2024 (11:59pm AEST)

Friday 8 November, 2024

M30+/W30+ 5000m Race Walk Final

Saturday 9 November, 2024

M30+/W30+ 3000 Metre Race Walk Finals

Sunday 10 November 7:00am start

Luke Harrop Cycle Circuit Runaway Bay

See the event on Facebook-

<https://www.facebook.com/PanPacMasters/videos/502695062668015>

- 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

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.

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:

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.

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.'