

# Queensland Race Walking Club Inc.

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



September 12<sup>th</sup> 2024

## **That's All Folks for 2024 QRWC Road Walk Season Celebrated**

The 2024 winter road walk season wound up on Sunday at Sandgate Lagoon with our annual BBQ/ Relay/Trophy Day.

A bright, sunny day started with a flurry of activity as car boots were unloaded, tables set up, trophies unpacked and food preparations beginning. Before everyone could get settled into their deckchairs Jasmine was politely asking people to part with their money and buy raffle tickets.

While this was happening relay teams were finalised and handicaps confirmed. The judges set out along the course armed with walkie talkies to ensure there was no funny business going on. Soon the teams were set on their way by Stuart & Joanne at intervals determined by their team handicap. While it is a fun event some competitors found out how painful a 1,500-metre lap of the lagoon can be. Congratulations to the winning team and to all who took part.

Then it was time to chat and have a cool drink as we waited for lunch. We had Shane on the BBQ and Pat & Maxine cooking the curries on the gas burners.

While the food was being prepared, we had our raffle draws. Thank you to Jasmine & Joanne for looking after the ticket sales and the draws. And thank you to everyone who donated a prize. Lunch consisted of three tables of chicken curry, lentil curry, potato curry steamed rice, sausages, beef patties, quiche, a selection of salads and so much more made for a very enjoyable meal with plenty left over to allow for seconds

It was a great team effort from our committee to organise the day, co-ordinated by Noela (who was also the handicapper for the relays and a relay competitor), buy, prepare and cook the food, set up the tables and pack up afterwards so thank you to everyone involved.

With lunch out of the way it was time for the presentation of trophies for the year. No long speeches just straight into honouring the achievements of our athletes during the season. Our club captains Phoebe & Bailey presented the medals and trophies with Stuart making the announcements. Our perpetual trophies were presented by committee member and race judge Simon Dunleavy. The trophy for the Most Outstanding member was awarded to Bailey Housden with Shane Pearson give a rundown on the many outstanding achievements by Bailey during the year.

Congratulations to all the recipients of trophies and medals. Once the trophy presentations were out of the way nobody needed any prompting to get stuck into the table full of cakes and desserts A wonderful way to end the day and indeed the season. Thank you to all the hard-working committee members that do so much behind the scenes all year, to all out wonderful volunteers that turn up every Sunday morning to set up, time keep, lap score & judge. The races cannot happen without you all. Thank you also to all the athletes that race at our meets, for your perseverance, commitment, sportsmanship and in having fun along the way. And to all the parents who sacrifice their Sunday mornings to bring you along to races. See you all next season.







*All relay & trophy photos courtesy of Jaz Blackburn*

## **RACE WALKING QUEENSLAND TRACK CHAMPIONSHIP MEDALS 2024**

### **Open Men 5000m**

1<sup>st</sup> Scott Hyland

### **Open Women 5000m**

1<sup>st</sup> Katya Martin 2<sup>nd</sup> Jasmine-Rose McRoberts 3<sup>rd</sup> Joy Dale

### **U20 Women 5000m**

1<sup>st</sup> Phoebe Chadwick

### **U18 Men 5000m**

1<sup>st</sup> Kai Dale

### **U16 Men 3000m**

1<sup>st</sup> Noah Cooke

### **U16 Women 3000m**

1<sup>st</sup> Beth Moore-Kirkland 2<sup>nd</sup> Olivia Boulton 3<sup>rd</sup> Eliza Kelly

### **U14 Men 1500m**

1<sup>st</sup> Lachlan Moore 2<sup>nd</sup> Cory Lockwood 3<sup>rd</sup> Eli Melinz

### **U14 Women 1500m**

1<sup>st</sup> Kiara Waterman

### **U12 Men 1500m**

1<sup>st</sup> Leo Hyde

### **U12 Women 1500m**

1<sup>st</sup> Savannah Dunleavy 2<sup>nd</sup> Izzy Blackburn 3<sup>rd</sup> April Kelly

### **U10 Men 1000m**

1<sup>st</sup> Jake Dunleavy

### **U10 Women 1000m**

1<sup>st</sup> Clara Hermus 2<sup>nd</sup> Piper Dunleavy 3<sup>rd</sup> Harper Waterman

## **RACE WALKING QUEENSLAND CLUB CHAMPIONSHIPS 2024**

### **Open Men**

1<sup>st</sup> S. Hyland 2<sup>nd</sup> P. Bennett

### **Open Women**

1<sup>st</sup> K. Martin 2<sup>nd</sup> J. McRoberts 3<sup>rd</sup> J. Dale

## **Masters Medal**

### **Women**

1st N. McKinven

### **U18 Men**

1st K. Dale

### **U18 Women**

1st K. Bray

### **U16 Men**

1st N. Cooke

### **U16 Women**

1st O. Boulton 2nd E. Kelly 3rd M. McDonald

### **U14 Men**

1st L. Moore 2nd C. Lockwood 3rd E. Melinz

### **U14 Women**

1st I. Welch 2nd K. Waterman 3rd E. Hooper

### **U12 Women**

1st S. Dunleavy 2nd A. Chisholm 3rd I. Blackburn

### **U10 Men**

1st J. Dunleavy

### **U10 Women**

1st F. Williams 2nd C. Hermus 3rd P. Dunleavy

## **RACE WALKING QUEENSLAND HANDICAP TROPHIES 2024**

### **A Grade Men**

1st Peter Bennett

### **A Grade Women**

1st Joy Dale 2nd Noela McKinven

### **B Grade Men**

1st Kai Dale

### **C Grade Men**

1st Eli Melinz

### **C Grade Women**

1st Kiara Waterman 2nd Eliza Kelly 3rd Abigail Rogers

### **D Grade Men**

1st Leo Ramsay 2nd Leo Hyde 3rd Hayden Robertson

### **D Grade Women**

1st Amelia Chisholm 2nd Jessica Gorham 3rd Izzy Blackburn

### **E Grade Men**

1st Jake Dunleavy 2nd Connor Robertson

### **E Grade Women**

1st April Kelly 2nd Clara Hermus

### **F Grade Women**

1st Harper Waterman 2nd Piper Dunleavy

## **RACE WALKING QUEENSLAND PERPETUAL TROPHIES 2024**

### **U10 Girls Harrison Trophy**

Piper Dunleavy

### **U10 BOYS**

Jake Dunleavy

### **U12 GIRLS**

Savannah Dunleavy

### **U12 BOYS**

NP

### **U14 GIRLS**

Isabella Welch

### **U14 BOYS**

Lachlan Moore

### **U16 GIRLS**

Olivia Boulton

### **U16 BOYS 5KM**

Noah Cooke

### **U18 WOMEN 5KM**

Milly Sharpe

### **U18 MEN 10KM**

Bailey Housden

### **U20 WOMEN**

NP

**OPEN MEN 10KM CHAMPIONSHIP**  
**OPEN WOMEN 10KM CHAMPIONSHIP**  
**OPEN MEN 15KM CHAMPIONSHIP**  
**OPEN WOMEN 15KM CHAMPIONSHIP**  
**RELAY TEAM**

Scott Hyland  
Katya Martin  
Kai Dale  
Joy Dale  
"The Boyz"  
Noah Cooke, Kai Norton,  
Shane Pearson, Bailey Housden  
Bailey Housden

**MOST OUTSTANDING MEMBER**

**Baileys achievements since November 2023.**

# NSW Champs under 20s 10k - 2nd World Junior A qualifier 41.51. Qld U18 record  
# Australian Schools Champs. U/18 5k 2nd 20.08 World Ranking 3<sup>rd</sup> Qld U/18 record  
# Australian Race walking squad and development camp.  
# Supanova 10k - U/20 2nd. WJ Qualifier - 41.30 World Ranking 1 Qld U/18 record  
# World Cup trials U/20 - 10k 5th WJ Qualifier 43.26  
# QA meet 3000m walk - 11.25 Australian U/20 record  
# QA state track Champs 5000m walk U/18s 1st  
# LAQ states 1500m walk 1st - 5.20. Australian U/17 record  
# Australian Track U/20s 10k. 6th. WJ Qualifier 43.30 U/18s 5000m walk 1st  
# Selected into Australian U/18s Oceania team.  
# Selected into National PTP squad  
Oceania Athletics Championships U/18s 5000m walk. - 1<sup>st</sup> Championship record.  
# Named best Race walker from all categories at Oceania Championships  
# RWA Postal Challenge. U/18s 10k 1st Australian.

Personal bests

1500m walk - 5.20  
3000m walk - 11.25  
5000m walk - 20.08  
10k walk - 41.30

## **Track Season 2024/25**

### **Little Athletics Spring Carnival** **September 21<sup>st</sup> Bundaberg**

9:00am

Girls U9 700m Walk

Boys U9 700m Walk

Girls U10 1100m Walk

Boys U10 1100m Walk

Girls U11 1100m Walk

Boys U11 1100m Walk

9:25am

Girls U12 1500m Walk

Boys U12 1500m Walk

Girls U13 1500m Walk

Boys U13 1500m Walk

Girls U14 1500m Walk

Boys U14 1500m Walk

Girls U15 1500m Walk

Boys U15 1500m Walk

Girls U16 1500m Walk

Boys U16 1500m Walk

Girls U17 1500m Walk

Boys U17 1500m Walk

## **Queensland Athletics**

Oct 31<sup>st</sup> – Nov 3<sup>rd</sup> QA All Schools QSAC  
November 13<sup>th</sup> Wednesday UQ Classic 1,500 metres  
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**

### **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 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**

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

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

National Schools Challenge Date: Monday 9th December 2024

Venue: QSAC - Queensland Sport and Athletics Centre

### 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 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



# 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

### 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	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 + 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.

## 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

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**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.

## 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.

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.'