

Queensland Race Walking Club Inc.

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



September 19th 2024

Back on Track 2024/25

This Saturday, September 21st the track season gets underway with Masters in Brisbane and Little Athletics in Bundaberg

The first competition day for the QMA 2024/25 season will be at the SAF track at the QE2 complex at Nathan.

There are two walk events on the programme

8.00am 3,000m Race Walk

10.00am 1,500m Race Walk

Members and Visitors are encouraged to enter on-line or at the track at least 30 minutes before event. These events are combined run/walks.

Masters Members enter here

[QMA BRISBANE 25#1 - Old Masters Athletics Association Inc - revolutioniseSPORT](#)

Visitors (including juniors) enter here

[QMA BRISBANE 25#1 VISITOR ENTRY - Old Masters Athletics Association Inc - revolutioniseSPORT](#)

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

Ground fees \$12

All the best to our juniors travelling to Bundaberg for the annual Spring Carnival this Saturday

Little Athletics Spring Carnival September 21st 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

NEXT WEEK

Queensland Masters Athletics

September 28th Saturday SAF

8.00am 5000m Race Walk

9.35am 800m Race Walk

Visitors welcome

COMING UP

QA All Schools

QSAC Sunday November 3rd

Walks Programme

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

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

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

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 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 6-8th

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

National Schools Challenge Date: Monday 9th December 2024

Venue: QSAC - Queensland Sport and Athletics Centre

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, through 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

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

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 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.

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.

Racewalking Queensland Management Committee 2024/25

President: P Bennett

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Secretary: N. McKinven

Treasurer N McKinven

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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.

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.'

