

Queensland Race Walking Club Inc.

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



September 26th 2024

Little Athletics Spring Carnival Bundaberg

A number of our junior members made the trip up to Bundaberg on the weekend for the annual Little Athletics spring carnival. Well done to all who took part and congratulations to age winners; Jake Dunleavy, Amelia Chisholm, Savannah Dunleavy, Kiara Waterman Eliza Kelly &, Milly Sharpe. The standout result was a new Queensland Best Performance by Milly in the girls 16 & Under 1,500 metres in a time of 6:56.01.



Milly looking sharp on her way to a QBP in Bundaberg

RESULTS RESULTS RESULTS

Little Athletics Spring Carnival September 21st Bundaberg

Girls 8 & U 700m Race Walk

- 1 Annabelle Ford Maryborough LAC 5:45.98
- 2 Elsie Graham West Bundaberg LAC 6:02.63
- 3 Febrey Saluta North Rockhampton LAC 6:39.57
- 4 Alina Smith Ipswich LAC 7:00.99

Boys 8 & U 700m Race Walk

- Nolan Tianxiao Yu Runaway Bay LAC DQ

Girls 9 & U 1100m Race Walk

- 1 Bella Sansom Deception Bay LAC 6:27.79
 - 2 Greta Ing Bargara LAC 6:31.52
 - 3 Elizabeth Halliday Wynnum Manly Little Athletics 7:59.81
 - 4 Febreze Silvestre North Rockhampton LAC 8:42.43
- Sage Jones Ipswich LAC DQ

Boys 9 & U 1100m Race Walk

- 1 Benjamin Trent Deception Bay LAC 8:43.09
- 2 Colin Wilson West Bundaberg LAC 9:20.21
- 3 Zayden Brahman Bundaberg LAC 10:01.85

Girls 10&U 1100m Race Walk

- 1 Isla Cooper Caloundra LAC 6:32.58
- 2 Indianna Keightley Bargara LAC 6:48.10
- 3 Jessica Gorham Ipswich LAC 6:52.47
- 4 Nina Trickey Tully LAC 7:26.62
- 5 Elouise Barkle Bargara LAC 8:09.17
- 6 Leilani Suey West Bundaberg LAC 8:34.16
- 7 Lilah Todd Highfields & District LAC 9:22.11
- 8 Chloe Schulke Nanango LAC 9:24.21
- 9 Kaitlin Ford Maryborough LAC 9:45.96

Boys 10&U 1100m Race Walk

- 1 Jake Dunleavy Deception Bay LAC 5:40.69
 - 2 Brayden Potts Gold Coast LAC 7:09.17
 - 3 Jackson Potts Gold Coast LAC 7:11.81
 - 4 Jett Irvine West Bundaberg LAC 7:13.06
 - 5 Ewan Fairfull-Smith Mt Gravatt LAC 8:09.23
 - 6 Harrison Bray The Gap LAC 11:09.70
- Lewis Finn Miller Caloundra LAC DNS

Girls 11&U 1500m Race Walk

- 1 Amelia Chisholm Ormeau LAC 8:38.25
- 2 April Kelly Deception Bay LAC 10:58.04
- 3 Summer Van Beek Glasshouse District LAC 11:36.89
- 4 Olivia Thomas Deception Bay LAC 11:56.33

Boys 11&U 1500m Race Walk

- 1 Tomas Sheridan North Rockhampton LAC 11:20.73
- 2 Samuel Gees Bargara LAC 11:28.32
- 3 Isaac Thomas Deception Bay LAC 13:29.38

Girls 12&U 1500m Race Walk

- 1 Savannah Dunleavy Deception Bay LAC 8:41.10
- 2 Summer Keightley Bargara LAC 11:04.91

Boys 12&U 1500m Race Walk

- 1 Jordan Jeffress Gold Coast LAC 14:46.14

Girls 13&U 1500m Race Walk

- 1 Kiara Waterman Deception Bay LAC 8:32.26
- 2 Katelyn Trent Deception Bay LAC 10:26.82
- 3 Grace Sheridan North Rockhampton LAC 10:26.90

Girls 14&U 1500m Race Walk

- 1 Eliza Kelly Deception Bay LAC 8:19.75
- 2 Makayla McDonald Ormeau LAC 11:06.56

Boys 14&U 1500m Race Walk

- 1 Koby Irvine West Bundaberg LAC 7:32.87
- 2 Eli Melinz Noosa LAC 8:09.95
- 3 Benjamin Ford Maryborough LAC 11:00.85

Girls 15&U 1500m Race Walk

- 1 Jenny Hamilton South Burnett LAC 10:55.10

Girls 16&U 1500m Race Walk

- 1 Milly Sharpe Gladstone LAC 6:56.01 **QBP**

2 Katie Bray The Gap LAC 8:54.93

Boys 16&U 1500m Race Walk

1 Jaydon Lucas West Bundaberg LAC 9:02.30

Queensland Masters Athletics

QSAC Saturday September 21st

3,000 Metre Race Walk

McKinven, Noela W82 26:06.36 (16:09.43 71.73%)

Hyland, Scott M44 14:00.50 (13:40.84 78.44%)

Bennett, Peter M68 Qld Masters 18:59.45 (14:58.35 71.67%)

Sela, Patrick M85 Qld Masters 25:56.44 (16:10.29 66.36%)

Age Graded Times & Percentages in Brackets

1,500 Metre Race Walk

Stott, Emma W42 Qld Masters 11:00.91

McKinven, Noela W82 Qld Masters 13:10.06

Bennett, Peter M68 Qld Masters 9:27.11

Sela, Patrick M85 Qld Masters 12:52.81

THIS WEEK

Queensland Masters Athletics

September 28th Saturday SAF

8.00am 5000m Race Walk

9.35am 800m Race Walk

Visitors welcome

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#2 - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

Visitors (including juniors) enter here

[QMA BRISBANE 25#2 VISITOR ENTRY - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

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

Ground fees \$12

COMING UP

Queensland Athletics All Schools

QSAC Sunday November 3rd

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

**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

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+

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
-------------------	-------------------	-------------------	-------------------

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

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 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/>



**Community
Grants Hub**
Improving your grant experience



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.'