Queensland Race Walking Club Inc.

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



September 5th 2024

World Athletics U20 Championships, Lima Peru Four Aussie Walkers, Four PB's & an Australian U20 Record

Inspired by Australia's Olympic success in race walking, Isaac Beacroft carved 68 seconds off his own national Under 20 record in the 10,000m Race Walk, walking to fourth place as Alexandra Griffin backed up the performance with a fifth-place finish in the Women's 10,000m Race Walk.

Rayen Cherni set a championship record in the men's 10,000m race walk to win the first ever gold medal for Tunisia at the World Athletics U20 Championships, while China's Baima Zhuoma (43.26) dominated the women's race during the final morning session of action in Lima on Friday (30).

In a hard-fought men's race, the top 17 all set area or national U20 records, or achieved PBs, with Cherni winning in an African U20 record of 39:24.85, Mexico's Emiliano Barba securing silver in a North and Central American U20 record of 39:27.10 and Italy's Giuseppe Disabato gaining bronze in a national U20 record of 39:31.25.

Australia's Isaac Beacroft, who won the U20 title on the roads at the World Race Walking Team Championships in Antalya in April, finished fourth on the track in Lima, setting an Oceanian U20 record of 39:36.39, while Japan's Sohtaroh Osaka finished fifth in a PB of 39:39.36.

RESULTS RESULTS

10,000 Metres Race Walk Men - Final

- 1 Rayen CHERNI TUN CR 39:24.85 ~
- 2 Emiliano BARBA MEX AU20R 39:27.10 ~
- 3 Giuseppe DISABATO ITA NU20R 39:31.25 ~
- 4 Isaac BEACROFT AUS AU20R 39:36.39
- 5 Sohtaroh OSAKA JPN PB 39:39.36
- 6 Zhaohe SONG CHN NU20R 39:41.01
- 7 Jiaqi WANG CHN PB 40:14.62

- 8 Taisei YOSHIZAKO JPN PB 40:14.67 ~
- 9 Stephen Ndangiri KIHU KEN NU20R 40:37.54 ~
- 10 Quentin CHENUET FRA NU20R 40:39.14
- 11 Frederick WEIGEL GER PB 40:52.97
- 12 Jesus Leonardo RAMIREZ COL PB 40:55.25 ~ ~
- 13 Marcus WAKIM AUS PB 41:03.05
- 14Uziel Enrique COL CAAL GUA PB 41:35.02 ~
- 15 Alessio COPPOLA ITA PB 41:36.11
- 16 Daniel MONFORT ESP PB 41:46.30
- 17 Yasser REDAOUIA ALG PB 41:52.71
- 18 Nick Joel RICHARDT GER PB 41:58.01
- 19 Bastien PICART FRA 42:00.90
- 20 HIMANSHU IND 42:01.30
- 21 Roman HORBACHOV UKR PB 42:27.80
- 22 Eduard MURAVSKYI UKR PB 42:34.99
- 23 Yu-Hsien CHEN TPE NU20R 42:37.45
- 24 SACHIN IND 42:37.68
- 25 Oscar BOCANEGRA MEX 42:38.01
- 26 Filip KRESTIANKO SVK PB 42:42.15 >
- 27 Julian Andres ALFONSO COL PB 43:02.39 ~
- 28 Jhoshua MONTERROSO ORTÍZ GUA PB 43:34.61
- 29 Beom-su SEO KOR 43:37.02
- 30 Jakub BÁTOVSKÝ SVK PB 43:38.22 >>

31 Jonah CROPP NZL 43:58.44

- 32 Wassim OUNALLI TUN PB 44:12.72
- 33 Alex Mateo SANCHEZ GUAMAN ECU 44:15.29
- 34 Ivan Dario OÑA COLCHA ECU 44:23.77
- 35 Eduardo CAMARATE POR 44:34.70
- 36 Ayoub GHAZRANI MAR 44:45.24
- 37 Daniel MORILLA ESP 45:10.98
- 38 José Duvan CCOSCCO SUELDO PER 47:52.81 Anes CHAOUATI ALG DQ TR54.7.5 >> >

10,000 Metres Race Walk Women - Final

- 1 Zhuoma BAIMA CHN WU20L 43:26.60
- 2 Meiling CHEN CHN PB 44:30.67
- 3 AARTI IND NU20R 44:39.39 ~ ~
- 4 Alessia Cristina POP ROU NU20R 44:54.32 ~

5 Alexandra GRIFFIN AUS PB 45:16.26

- 6 Renata CORTES MEX PB 45:24.47 ~ ~
- 7 Michelle CANTÒ ITA PB 45:38.85
- 8 Chloe LE ROCH FRA NU20R 45:52.59
- 9 Giulia GABRIELE ITA PB 45:54.71
- 10 Griselda SERRET ESP PB 45:54.98
- 11 Kylie GARREIS GER NU20R 46:33.65
- 12 Imen SAII TUN NU20R 46:34.44 ~ ~
- 13 Mina STANKOVIC SRB NU20R 46:38.04
- 14 Suzuka KUGE JPN PB 46:38.20
- 15 Rubi Dayana SEGURA GARCIA COL PB 46:48.76
- 16 Suzu OKUNO JPN PB 46:51.77
- 17 Mona ALI HUSSEIN MOHAMED EGY NU20R 47:05.00 >
- 18 Alexandra KOVÁCS HUN 47:11.41
- 19 Chelsea ROBERTS AUS PB 2 47:16.20
- 20 Tabea KIEFER GER PB 17 47:25.70
- 21 Valeria FLORES MEX SB 27 47:41.65 ~
- 22 Ema KLIMENTOVÁ CZE PB 6 47:48.07
- 23 Hiwot AMBAW ETH 48:01.86 >

- 24 Léna AUVRAY FRA 48:48.10
- 25 Maysaa BOUGHDIR TUN SB 49:12.39 ~
- 26 Lisbeth Carolina LÓPEZ JAYES GUA SB 49:29.93
- 27 Justė PERVENECKAITĖ LTU 49:46.29 >
- 28 Tamara INDRIŠKOVÁ SVK PB 49:57.77
- 29 Yadira ORIHUELA POMA PER 50:08.20
- 30 Angelica HARRIS USA 50:16.24
- 31 Tülin EK TUR 50:18.66
- 32 Katherine Dayanna BARRETO ECU 51:48.01
- 33 Aliisa KIISKI FIN 52:45.86 Aldara MEILÁN ESP DNF Birhan MULU ETH DQ TR54.7.5 ~ ~ ~ >

THIS WEEK

Come Celebrate the 2024 Road Walk season QRWC Relay/Trophy/BBQ Day

Sunday September 8th Dowse Lagoon, Brighton Road, Sandgate

PREPARE FOR THE DAY

Enter the Relay

Relays are \$5 per athlete. Season pass holders free (use your discount code). 2024 Queensland Race Walking Club Relay - Qld Race Walking Club - revolutioniseSPORT

Register & Pay for the Lunch

2024 Presentation Day Lunch and Awards - Old Race Walking Club - revolutioniseSPORT

The cost will be: \$ 15 a single, \$ 25 for two or \$35 for a family of 3 to 5. Additional family members at the single rate.

Reminders

Bring along a plate to share for dessert

Donate a raffle prize (unwanted presents, bottles of wine etc)

Volunteer to assist on the BBQ or food preparation & cooking

9.00am 4 x 1,500 metre Relay

For the relays please be ready to compete by 9am as we need to finalise handicaps, teams and your competing order in your team. All this takes time and we want teams to be started by 9.30am.

NOTE If you have already indicated that you are part of a teams could you please send Noela <u>noelarhoda@gmail.com</u> the four names of team members preferably in their starting order. Could you also please provide the name of your team.

Each leg of the relay is one lap of Dowse Lagoon anti clockwise direction, plus a little detour near the end up a rise just when you are feeling the strain.

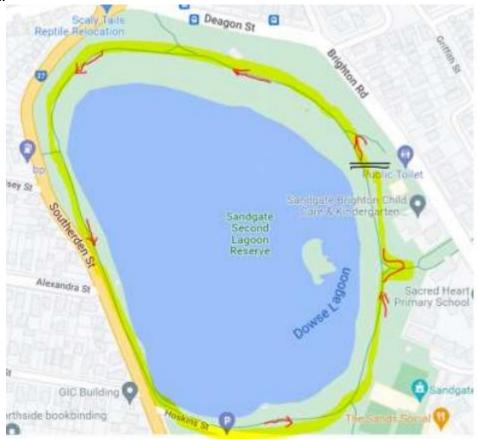
This is a fun event and sheep stations are not risk so please at all times act within the spirit of good sportsmanship. There will be judges on the course to ensure nobody is gaining an unfair advantage. Time penalties may apply against your team maty be applied if anyone is straight out running. Don't let your team mates down by not doing the right thing

RAFFLES We will be having a multi draw raffle during the morning. If you would like to donate a raffle prize please bring it along on the day

Raffle tickets will be \$ 2 each or 6 for \$10

Light Beer \$3 & soft drinks \$2 will be in sale. Tea and coffee are complimentary

Please bring along your deck chairs or a picnic rug. Don't forget your sunglasses, a hat and sunscreen.



1,500 metre loop of the lagoon for each of the 4 members in a team Start line is approx. near the double black lines, red arrows for the direction of travel. There is a short out and back section near the end to make up the full distance.

Parking along Brighton Road

10.00am – 12.00am BBQ & Presentations

TROPHIES All the medals from the QRWC track championships, Grade Handicap points trophies, Club Road Walk championships trophies and the perpetual trophies will be presented.

LUNCH We will be having a BBQ lunch following the relays.

All assistance in food preparation, BBQ cooking & food serving will be greatly appreciated. **DESSERT** Please Bring A Plate to share.

The highlight of the day is not the relays, the trophy presentations or the BBQ lunch. What everybody really waits for all those "no calorie "desserts. fruit platter is always welcome.



CRITERIA FOR ORWC PERPETUAL TROPHIES

Male Age Distance First Presented Criteria

David Smith Shield Open 20km 2007 20km stated as Dave Smith race

Open Men's 15km Open 15km 1978 Stated as 15km Championship

Open Men's Cup Open 10km 1978 Club 10km Championship

U14 Boys 12,13yrs 2km 2019 Club Championships

U12 Boys 10,11 1.5km 2019 Club Championships

U10 Boys not yet 10yrs .75km 2019 Club Championships

Female

Open Women 15km Shield

Open 15km 2019 Stated as 15km Championship

Open Women 10km Open 10km 2019 Club Championships

Under 20 Women 18,19 8km 2019 Club Championships

U16 Girls 14,15 4km 2019 Club Championships

U14 Girls 12,13 2km 2016 Club Championships

Under 12 Girls10,11 1.5km 1979 Club Championships

Under 18 Men's 10km Any male club athlete who is not yet 18 at the time of achieving the best 10km time of the season. Not restricted to the "U18 Group" First presented in 2019

Under 16 Boys 5km Any male club athlete who is not yet 16 at the time of achieving the best 5km time of the season. Not restricted to the "U16 Group" First presented 2014

Under 18 Girls 5km Any female club athlete who is not yet 18 at the time of achieving the best 5km time of the season. Not restricted to the "U18 Group" First presented in 1982

Under 10 Girls Any girl who is not yet 10 and has been friendly and helpful in the Club. First presented in 1991. If no suitable candidate – not presented.

Bill Cook Trophy for Team winning the Fun Relay. First presented 1981

Most Outstanding Member. This is our most prestigious trophy and is not restricted to athletes. No member can hold it for consecutive years, but may be judged by the Committee for further years that are not consecutive. If no suitable candidate for the year, it will not be presented. First presented in 2016.

QRWC HANDICAP TROPHIES

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. Starting points are awarded for starting the event. Completed points are awarded for finishing the race distance. The Best Season Performance. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points. **To maximise your points for the season it is recommended that an athlete stays in the same grade for the season.**

Track Season 2024/25

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

GirlsU17 1500m Walk

Boys U17 1500m Walk

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 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, 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 $2^{\rm nd}$ RWA Federation Carnival in Melbourne on August $25^{\rm th}$.

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 Membershuips 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 (only valid for QA All Schools pre meet & QA All Schools Champs)
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 1st to \$ 25 for all athletes. There will no longer be separate rates for students and non-students.

NON-COMPETING MEMBERS

COMMITTEE **VOLUNTEER** OFFICIAL COACH MEMBER Club volunteers are Coaches may join an Club committee athletics club if they always welcome to Officials accredited members are required assist with club are accredited and to be registered with Athletics Australia operations and currently registered members of their club competition days 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.



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 **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

 $\frac{http://www.qldathletics.org.au/Portals/50/General/QA\%20Member\%20Protection\%20Policy\%20-\%20July\%202015.pdf$

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.

Code Of Conduct/Behaviour Queensland

Athletics requires every individual and body bound by this policy to: QA Member Protection Policy - July 2015

- 4.1 Be ethical, fair and honest in all their dealings with other people and Queensland Athletics:
- 4.2 Treat all persons with respect and courtesy and have proper regard for their dignity, rights and obligations;
- 4.3 Always place the safety and welfare of children above other considerations;
- 4.4 Comply with Queensland Athletics', Athletics Australia's, the IAAF's, the National and International Olympic and Paralympic Committees' constitution, rules and policies including this Policy;
- 4.5 Operate within the rules and spirit of the sport;
- 4.6 Comply with all relevant Australian laws (federal and State), particularly antidiscrimination and child protection laws;
- 4.7 Be responsible and accountable for their conduct; and
- 4.8 Abide by the relevant specific Codes of Conduct referred to in Part B of this Policy.

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:

<u>qrwc1@optusnet.com.au</u> Membership, coaching or general enquiries about the club <u>racewalkqld@outlook.com</u> 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.'