

# Queensland Race Walking Club Inc.

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



April 11<sup>th</sup> 2024



## 2024 Australian Athletics Championships

The 2024 Australian Track & Field Championships kick off on Thursday morning with the men's Open & U20 10.000 metres being one of the first events. Queensland is strongly represented in the U20 events by Bailey, Sam & Alex. In the evening the women are racing with Tayla & Brenda in the Open race and Mia & Phoebe in the U20's. The junior walks will be conducted next Tuesday & Wednesday. We wish all our walkers the very best at these championships. We know you will all do us proud and be fine ambassadors for the State.

### Walks Programme

#### Thursday April 11<sup>th</sup>

- 9.00am 10000m Race Walk U20 Men
- 9.00am 10000m Race Walk Open Men
- 6.00pm 10000m Race Walk U20 Women
- 6.00pm 10000m Race Walk Open Women

#### Tuesday, 16 April

- 9.10am 5000m Race Walk U17 Men
- 9.10am 5000m Race Walk U18 Men
- 10.45am 5000m Race Walk U17 Women
- 10.45am 5000m Race Walk U18 Women

#### Wednesday, 17 April

- 1.50pm 3000m Race Walk U14 Men
- 1.50pm 3000m Race Walk U14 Women
- 4.45pm 3000m Race Walk U15 Men
- 4.45pm 3000m Race Walk U16 Men

#### Thursday, 18 April

10.30am 3000m Race Walk U15 Women

10.30am 3000m Race Walk U16 Women

## **Walks Programme & Entries** (with seasons best & pb's where provided)

### **Thursday April 11<sup>th</sup>**

9.00am 10000m Race Walk U20 Men

9.00am 10000m Race Walk Open Men

6.00pm 10000m Race Walk U20 Women

6.00pm 10000m Race Walk Open Women

### **U20 Women 10,000. metres**

1 Alexandra Griffin Western Australia 47:12.46 47:12.46

2 Chelsea Roberts New South Wales 51:26.77 51:26.77

3 Ciara Cassilles New South Wales 55:33.40

4 Daisy Braithwaite South Australia 53:33.12 56:51.65

5 Emily Smith Victoria

6 Hana Jugovic Australian Capital Territory

7 Laelia Byatt New South Wales 1:02:31.76 1:02:31.76

8 Lyla Williams New South Wales 58:19.01

9 Maddison Nash Victoria 50:39.84 50:39.84

10 Mia Bergh Queensland 55:55.26 55:55.26

11 Nellie Langford South Australia 49:42.14 53:44.88

12 Phoebe Chadwick Queensland 1:04:49.82

13 Sienna Pitcher New South Wales 49:17.35 49:17.35

14 Zoe Woods New South Wales 48:51.90 48:51.90

### **U20 Men 10,000. metres**

1 Alex Bradley Queensland

2 Bailey Housden Queensland 41:30.77 41:30.77

3 Eden Morgan Victoria

4 Isaac Beacroft New South Wales 41:48.76

5 Joel Byatt New South Wales 47:38.88 47:38.88

6 John Ronan Western Australia 42:15.14 42:15.14

7 Kodi Clarkson Australian Capital Territory 44:47.69 44:47.69

8 Marcus Wakim Victoria 41:29.32 41:29.32

9 Oliver Morgan Tasmania

10 Owen Toyne Australian Capital Territory 42:13.86 42:13.86

11 Riley Coughlan Victoria 42:17.05 42:17.05

12 Sam McCure Queensland 44:20.48 44:20.48

13 Scott Peart Victoria

14 Will Bottle South Australia 42:43.34 42:43.34

### **Open Men 10,000 metres**

1 Corey Dickson Victoria 40:42.97 40:42.97

2 Declan Tingay Western Australia 38:03.78

3 Dylan Richardson New South Wales 41:56.22 43:14.18

4 Fraser Saunder Victoria 45:04.08

5 Gwyllym Young Australian Capital Territory 45:20.18 46:49.51

6 Jack McGinniskin New South Wales 43:59.83 44:47.98

7 Kim Mottrom South Australia 42:39.64 48:52.46

8 Kyle Swan Victoria 38:46.99 38:46.99

9 Rhydian Cowley Victoria 38:55.20 38:55.20

10 Rupert Van Dongen Victoria

11 Timothy Fraser Australian Capital Territory 39:16.75 39:16.75

12 Tristan Camilleri South Australia 43:33.70

13 Will Thompson Victoria 40:16.59

### **Open Women 10,000 metres**

- 1 Alanna Peart Victoria 47:47.55 49:47.75  
2 Allannah Pitcher New South Wales 45:30.53 45:30.53  
**3 Brenda Gannon Queensland 54:06.51 1:00:50.82**  
4 Bridget Bell New South Wales 51:18.87 51:18.87  
5 Char Hay Victoria 51:55.09  
6 Elizabeth McMillen New South Wales 47:14.68 48:23.18  
7 Hannah Bolton New South Wales 47:27.34 47:27.34  
8 Hannah Mison New South Wales 46:02.80 47:21.65  
9 Jemima Montag Victoria 42:34.30 43:14.78  
10 Kaitlyn Siviour Victoria 52:54.34  
11 Samantha Findlay South Australia 47:53.64 48:47.43  
**12 Tayla Billington Queensland 46:54.49 47:37.57**

### **Tuesday, 16 April**

#### **Boys U17 5,000 metres**

- Samuel LINDSAY TAS 21:36.84 22:08.00  
Sebastian RICHARDS SA 26:14.00 26:15.10  
Dylan ALLABUSH NSW 25:24.24 24:34.10  
Alexander BRAENDLE NSW 29:46.00  
Kodi CLARKSON ACT 21:33.00 22:26.41  
**Kai DALE QLD 26:40.20**

#### **Boys U18 5,000 metres**

- Oliver MORGAN TAS 24:47.16 23:20.00  
**Roel WHEELEY QLD 25:27.00**  
**Bailey HOUSDEN QLD 20:07.56 20:08.40**  
Owen TOYNE ACT 20:21.89 20:22.10  
Myles ASHBY NSW 22:52.90 22:52.00  
Joel BYATT NSW 23:02.03 23:02.00  
John RONAN WA 20:17.94 20:15.00  
Peter CHARLTON NSW 37:06.00

#### **Girls U17 5,000 metres**

- Caetlin ASHBY 2009 NSW 31:38.00  
**Katie BRAY QLD 30:51.10**  
**Milly SHARPE QLD 28:34.81 26:53.00**  
Angelina LEGRAND SA 27:16.26 27:16.20  
Kaytee BOGAERS WA 25:38.66 25:38.00  
Laura Corvalan SOTOMAYOR NSW 31:41.00  
Madeleine MAXWELL NSW 29:43.10  
Matilda OLSON NSW 29:29.00  
Leila BEVIS WA 30:20.69 29:39.30

#### **Girls U18 5,000 metres**

- Taylah MORRIS QLD 31:20.25 30:18.00**  
Ariana PASHUTINA VIC 27:12.66 28:26.20  
Lyla WILLIAMS NSW 25:47.98 25:47.98  
Matilda WEBB NSW 25:30.98 25:30.98  
Summer SIVARAJ NSW 28:35.20  
Sienna PITCHER NSW 23:39.49 23:39.40  
Brooke NEWBERRY NSW 28:43.40  
Ciara CASSILLES NSW 26:08.73 26:09.20  
Jessey BEKTAS NSW 28:06.40  
**Olivia BOULTON QLD 28:16.00**  
Grace BECK NSW 26:32.46 27:02.37

Isabelle CURTIS WA 30:01.48 30:01.00

### **Wednesday, 17 April**

#### **Boys U14 3,000 metres**

Keiran SMITH WA 15:09.47 14:53.00

Liam DOMONEY WA 15:41.40

**Lachlan MOORE QLD 16:17.10**

Angus SHUTTLEWORTH VIC 14:25.10

Lewis MCLENNAN VIC 17:27.22 16:00.10

Patrick WADDINGTON NSW 16:56.10

Noah VELLA NSW 16:24.40

Mitchell MCCARTHY NSW 16:42.30

Charlton MAXWELL NSW 16:35.00

Michael MATHISON NSW 16:57.10

Callum MARTIN NSW 14:48.00

Tyler COUSINS NSW 15:13.20

#### **Girls U14 3,000 metres**

Ela UZUN VIC 13:43.34 13:36.00

Mya MCCLURE VIC 14:42.30 14:45.00

Havana ALI VIC 15:45.00

Nikki HEARNDEN NSW 16:18.20

Erin CASSILLES NSW 16:17.30

Miarose EVERSON NSW 16:15.00

Gemma DIXON NSW 15:17.00

Hazel LEWIS SA 17:18.10 17:18.10

Lani ELLWOOD QLD 17:38.54 17:39.40

**Mackenzie BANDIDT QLD 19:15.00**

**Savannah DUNLEAVY QLD 17:02.10**

Ashleigh MANSELLNSW 17:11.10

**Isabella WELCH QLD 15:45.21 16:11.30**

**Kiara WATERMAN QLD 18:16.00**

#### **Boys U15 3,000 metres**

Jaime HVALICA VIC 15:27.83 15:27.00

Rhys CHANDLER NSW 16:26.40

Alexander BRAENDLE NSW 15:33.00

**Noah COOKE QLD 14:55.04 14:55.20**

**Eli MELINZ QLD 19:00.00**

#### **Boys U16 3,000 metres**

Liam FREUNDT SA 17:11.00 17:11.00

Angus SHUTTLEWORTH VIC 14:25.10

Hamish MCLENNAN VIC 18:23.00

Christopher NILON NSW 16:47.00

Max DAVIDSON VIC 14:33.23 14:16.00

### **Thursday, 18 April**

#### **Girls U15 3,000 metres**

Sierra THOMPSON WA 21:15.30

Matilda READ VIC 16:02.00

Hannah MATTHEWS VIC 16:10.40

Sophie POLKINGHORNE 13:48.49 13:48.00

Emma HOSKINS NSW 15:58.37 15:58.30

Trinity DOULIS WA 15:49.27 15:49.27

Alexis THIELE SA 16:22.00 16:23.20

Lexie BEACROFT NSW 16:46.00

Matilda RECH SA 17:55.30 17:55.30

Bethany MOORE-KIRKLAND QLD 17:42.10  
Macy DEVINE TAS 17:50.27 17:08.10  
Mikaela MCDONALD QLD 17:39.40  
Eliza KELLY QLD 17:15.10

### Girls U16 3,000 metres

Olivia BOULTON QLD 15:59.00  
Grace MARIN SA 16:55.59 16:23.20  
Emma GROCOTT ACT 14:42.11 14:42.00  
Lucy JOHNS VIC 16:28.98 16:28.20  
Isabelle CURTIS WA 15:15.86 15:15.86  
Katica BORSIC WA 17:23.00  
Chelsey IRELAND WA 17:21.04 17:21.30  
Emma HEARNDEN NSW 15:29.31 15:29.30  
Maisie MITCHELL NSW 14:37.04 14:37.00  
Matilda WEBB NSW 14:21.15 14:21.10  
Mietta MORGAN VIC 18:06.09 16:33.00  
Jessica LORING NSW 14:36.24 14:36.20  
Stella PINCHES NSW 16:16.41 16:16.40

### Open/U20 Walks Officials

WALKS CHIEF JUDGE - MEN:

Zoë Eastwood-Bryson (S)

WALKS CHIEF JUDGE - WOMEN:

Kirsten Crocker (N)

WALKS ASSISTANT CHIEF JUDGE:

TBA

WALKS JUDGES:

Renee Cassell (A), Lisa Colquhoun (A), Blake Steele (T), Jodie Sundstrom (N)

WALKS RECORDER/POSTING BOARD:

Bernadette Hennighan (W)/ Marie Fitzsimons (W)

PENALTY ZONE:

Marie Fitzsimons (W)/Bernadette Hennighan (W)

### Juniors Walks Officials

WALKS CHIEF JUDGE - MEN:

from rotation group below

Lisa Colquhoun (A)

WALKS CHIEF JUDGE - WOMEN:

Blake Steele (T)

WALKS ASSISTANT CHIEF JUDGE:

from rotation group below

WALKS JUDGES:

Marie Fitzsimons (W), Wayne Fletcher (T), Bernadette Hennighan (W), Jodie Sundstrom (N)

WALKS RECORDER/POSTING BOARD:

Shane Bicknell (W), Jasmine Blackburn (Q), Leighanne Priestley (N)  
by rotation

PENALTY ZONE:

tba

AA MANAGER - SPORT & EVENTS:

Rosie King

## RESULTS

### QRWC Sign On Day

Sunday April 7<sup>th</sup>

### Kalinga Park

#### 5km

Men: (1) Argenis Guevara 31.35 (2) Peter Bennett 32.01 (3) Pat Sela 43.18

Women: (1) Phoebe Chadwick 29.30 (2) Taylah Morris 33.04 (3) Noela McKinven 42.34

#### 3km

Women: (1) Eliza Kelly 17.36 (2) Savannah Dunleavy 17.49

## **2km**

Women: (1) Kiara Waterman 12.34 (2) Jessica Gorham 12.58 (3) Izzy Blackburn 13.01

## **1km**

Women: (1) Trish Hibbs 6.23 (2) April Kelly 6.24

## **Judges' Reports**

11 kkKK

13 kk

428 k

434 c

JG c

We returned to Kalinga Park after a two-year absence since the last Brisbane floods. It was drizzly during set up and there were pools of water on sections of the road but that served to keep the number of cyclists down. By the time the races started the rain had gone and it became hot and steamy for the athletes. Following the meet, we had our annual general meeting with an enthusiastic group of attendees. The club was pleased to announce the **Club Captains for this year are Bailey Housden and Phoebe Chadwick.**

We will have more from the AGM in the coming weeks.

Your new Management Committee is....

## **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:**

## **NEXT RACE**

### **Handicap #1 Sunday April 21<sup>st</sup>**

#### **Logan River Parklands, Beenleigh**

8.00am A Grade 10km

8.15am E Grade 1km

F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

# QRWC 2024 ROAD WALK SEASON

## Rules of Race Walking

*There are two basic rules in Race Walking: • Contact: The athlete must never have both feet off the ground at once. • Knees: The advancing leg must be straightened (not bent at the knee) from when the foot first makes contact with the ground until the vertical upright position*

[Calendar Programme \(qrwc.com.au\)](http://qrwc.com.au)

## QRWC MEMBERSHIP 2024

The Qld Racewalking Club registration portal is open to athletes who wish to register with QRWC .

[Membership - Qld Race Walking Club - revolutioniseSPORT](#)

Many of our members who have been competing during the track season as a member of QRWC are registered through to the end of September 2024. These athletes are all set for entering winter road walk competitions and the QA Road walk Championships . So no need to take action until the first race portal opens.

New or existing non financial members who wish to join the club and compete in the QA Road Walk Championships are encouraged to register on the RevSport Portal

Of course, for those athletes not wishing to compete at or represent QRWC at QA events ( i.e. already registered with other QA clubs , QRWC will retain the current membership options whereby only the QRWC club fee (i.e. \$15 Student/\$25 Non-Student) will apply. This membership can be taken out at any time prior to the start of the QRWC winter season in April 2024.

For these athletes, please email the Registrar if you have any questions or concerns. [qrwcregistrar@gmail.com](mailto:qrwcregistrar@gmail.com)

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2024 and will cover the traditional QRWC winter racewalking season.

	\$15.00	Students
<b>Membership Fee</b>	\$25.00	non-students
	*club fee on top of Qld Athletics membership (Base \$12)	

## Season Pass

The QRWC Season Pass is a convenient way to not only save some money but to not have the worry about paying race fees with your entry each week. This **Pass, at a cost of \$75**, enables the athlete to compete in up to 16 club meets a season (10 x handicaps, Sign On Day, club road championships, club track championships, Gold Coast Championships, Postal Challenge, & relays).

This Pass does not cover QA, AA, QLA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet. The Pass can be purchased via the Shop on the QRWC RevSport portal.

Note: The pay as you go facility is still available to those that want to register for a race and pay their \$5 each week As an alternative to the season pass a 5-race Pass is also now available. The 5-race pass costs \$25. There is no saving with this pass but it will eliminate the need to go into the separate payment screen when registering for an event. It should also help

those members who have a \$10 minimum purchase with their credit card. These options are now live - to purchase, go to the RevSport shop and purchase as you would with a uniform item. Season Pass, Club Uniforms Go to Shop - Qld Race Walking Club - revolutioniseSPORT

When you go into the shop and purchase a SP or 5-race pass, the Registrar will get a notification from the RevSport Shop via email. The Registrar will then set up an individual discount code with the appropriate details, for each person that buys the pass. An email will then be sent to the applicant with their individual discount code. Once you have the code you can enter it at the check-out when you enter a race. The system is not automatic so please allow a day or two when you purchase a Pass to receive your discount code. When you enter a race, you will get to the check-out screen and it will charge you \$5, then when you enter your discount code in the field, it will reduce your race fee by 100% (i.e., \$5) so that there is a zero charge. You then will not be prompted to go to the payment screen. It has been tested and it works! Please be patient while we get the SP and 5-race pass up and running, and to email the Registrar if you have any questions or concerns. [qrwregistrar@gmail.com](mailto:qrwregistrar@gmail.com)  
For the first race meet of the season please purchase the Pass first and allow time to receive the code before you enter the race. After you have the code, it is just a matter of entering the race each week and keying in the discount code.

### 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.



**Please put your hand up to help run the club and our weekly meets**



## Handicap #2 Sunday April 28<sup>th</sup>

### John Walker Place, Brisbane Corso, Yeronga

8.00am A Grade 10km

8.15am E Grade 1.5km

F Grade 1km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

## 16th Annual Gold Coast Road Walk Championships

### Sunday May 5<sup>th</sup> Mudgeeraba

8.00am Open M/W 10km

8.05am U10 M/W 1km

U8 M/W 0.5km

8.15am U20 M/W 5km

U18 M/W 5km

Invitational M/W 5km (non-championship event)

8.45am U16 M/W 3km

U14 M/W 2km

U12 M/W 2km

## Handicap #3 Sunday May 19<sup>th</sup>

### John Frederick Park, Capalaba

8.00am A Grade 10km

8.15am E Grade 1km / F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km / D Grade 2km

MONTH	DATE	EVENT	VENUE	TIME
<b>March</b>	<b>3</b>			
	<b>9-10</b>	<b>QMA Track Championships</b>	<b>SAF</b>	
	<b>14-17</b>	<b>QA Track Championships</b>	<b>Main Track QSAC</b>	
	<b>22-24</b>	<b>QLAA State Championships</b>	<b>QSAC</b>	
	<b>29 -1</b>	<b>AMA National Championships</b>	<b>Hobart</b>	
	<b>31</b>	<b>Easter Sunday</b>	<b>No competition</b>	
<b>April</b>	<b>7</b>	<b>QRWC Sign On Meet /AGM</b>	<b>Kalinga Park</b>	<b>TBC</b>
	<b>11-19</b>	<b>AA U14-Open Track Championships</b>	<b>Adelaide SA</b>	
	<b>14</b>	<b>No Club Competition</b>		
	<b>21</b>	<b>QRWC Handicap Meet 1</b>	<b>Beenleigh</b>	<b>8.00am</b>
	<b>28</b>	<b>QRWC Handicap Meet 2</b>	<b>Yeronga</b>	<b>8.00am</b>
<b>May</b>	<b>5</b>	<b>Gold Coast Championships</b>	<b>Mudgeeraba</b>	<b>8.00am</b>
	<b>12</b>	<b>Mother's Day</b>	<b>No club competition</b>	
	<b>19</b>	<b>QRWC Handicap Meet 3</b>	<b>Capalaba</b>	<b>7.30am</b>
	<b>26</b>	<b>QRWC Handicap Meet 4</b>	<b>North Lakes</b>	<b>8.00am</b>
<b>June</b>	<b>2</b>	<b>QRWC Handicap Meet 5</b>	<b>Yeronga</b>	<b>8.00am</b>
	<b>9</b>	<b>LBG Federation Meet</b>	<b>Mt Stromlo Canberra</b>	
	<b>16</b>	<b>QRWC Handicap Meet 6</b>	<b>Mudgeeraba</b>	<b>8.00am</b>
	<b>23</b>	<b>QRWC Handicap Meet</b>	<b>TBA</b>	
	<b>30</b>	<b>QRWC Handicap Meet</b>	<b>TBA</b>	
<b>July</b>	<b>7</b>	<b>Gold Coast Marathon</b>	<b>Southport</b>	
	<b>14</b>	<b>RWA Postal Challenge</b>	<b>Beenleigh</b>	
	<b>21</b>	<b>QRWC Handicap Meet</b>	<b>TBC</b>	

	28	QRWC Track Championships	UQ St Lucia	
<b>August</b>	4	<b>QA Road Walk Championships</b>	<b>TBC</b>	
	11	QRWC Handicap Meet	TBC	
	18	QRWC Club Championships	TBC	
	25	2 <sup>ND</sup> RWA Federation Meet	Melbourne	
<b>September</b>	1	<b>Father's Day</b>		
	8			
	15			
	22			

### QRWC Handicap Meets and Points

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. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

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.

## Handicap Points - What does it all mean?

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. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

**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.

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### 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.

#### IMPORTANT UNIFORM INFORMATION

If you are planning on going to Canberra, please make plans now to purchase a club uniform (please check that your current uniform still fits). If the club does not have your size in stock it can take up to 6 weeks to get them custom made. Avoid disappointment of a last minute panic and contact the Uniform shop today.

[Shop - Qld Race Walking Club - revolutioniseSPORT](#)



### UniSport Nationals Athletics

#### Gold Coast Performance Centre, Runaway Bay

Thursday 25 April

4:30 PM Open Men 5000m Walk Final

4:30 PM Open Women 5000m Walk Final



# RACE WALKING AUSTRALIA

AUSTRALIAN FEDERATION  
OF RACE WALKING CLUBS

The QRWC is a member of the Australian Federation of Race-Walking clubs and there are two annual Federation Carnivals you are all encouraged to support.

## **1<sup>st</sup> Federation Carnival**

Sunday 9<sup>th</sup> June 2024 Stromlo Forest Park, Canberra

57th Annual Lake Burley Griffin Walking Carnival

**RWA to release full details shortly**

## **2<sup>nd</sup> Federation Carnival**

Sunday, August 25<sup>th</sup>, 2024. Middle Park Melbourne

Race Walking Australia Winter Championships

Events from U10's to Masters

**RWA to release full details shortly**



**Coast2Coast**

**International Meet**

Gold Coast Performance Centre, Runaway Bay, Queensland

12<sup>th</sup> - 14<sup>th</sup> July 2024

**What:** A Mid-Winter Track & Field Meet for Athletes

**Age groups:** Open, U20, U18, U16, male and female

**Who:** Athletes from the USA, New Zealand, Queensland, Interstate Australia and some Pacific Islands

**Hosted by:** Gold Coast Victory Athletics Club Inc

**Awards:** Medals to first three placegetters in each of the three age groups plus relays

**Registrations open:** Monday, 13<sup>th</sup> May 2024

**Note:** Race walking events will be held on Friday July 12<sup>th</sup>

**Entry fee:** Early bird (13 May to 2 June) \$27.50 (GST incl) per event

**Standard entry (3 June to 2 July) \$36.30 (GST incl) per event**

Close of entries: 11:59pm Tuesday 2 July

Late entries (3 July to 5 July) \$60.50 (GST incl) per event – conditions apply

Registrations Link :- Link for Australian athletes will be available from the opening of registrations.

School groups and Overseas groups please contact Peter Hannan on

[treasurer@goldcoastvictory.com.au](mailto:treasurer@goldcoastvictory.com.au) for information regarding group entries.



**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**

Opened in 2004, the Luke Harrop Cycle Circuit is a 1.9 kilometre, eight-metre-wide, off-road training circuit and is a permanent memorial to Australian triathlete, Luke Harrop. Located in the northern suburb of Runaway Bay, the circuit is a popular facility for cycling, running and walking enthusiasts. The circuit is located next to the Gold Coast Performance Centre athletics track.

- 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. Time wise it would be post Olympics, mostly likely October or November.

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.

### Coaching Courses Coming Up

13 Apr 2024 **Level 1 Youth Coach Course** QSAC Queensland

18 May 2024 **Level 2 Club Coach** Runaway Bay QLD

12 Jun 2024 **Level 1 Recreational Running Coach** Online QLD

29 Jun 2024 **Level 3 Performance Development Course (Days 1 & 2)** Gold Coast

WORLD ATHLETICS  
RACE WALKING TEAM  
CHAMPIONSHIPS  
ANTALYA24

## Antalya, Turkey April 21<sup>st</sup> 2024

This will be the second time that Turkey has hosted a World Athletics Series event, following the 2012 World Athletics Indoor Championships, held in Istanbul. Some 500 athletes from 50 countries are expected to compete in Antalya next year in what will be a qualifying event for the Paris Olympic Games.

## WORLD ATHLETICS RACE WALKING TOUR 2024

**05 MAY 2024** 3RD KORZENIOWSKI RACE WALKING CUP WARSZAWA POL

**11 MAY 2024** 31ST GRANDE PRÉMIO INTERNACIONAL DE RIO MAIOR EM MARCHA ATLÉTICA RIO MAIOR POR

**18 MAY 2024** XXXVII GRAN PREMIO CANTONES DE A CORUNA DE MARCHA LA CORUÑA ESP

**25 MAY 2024** ZÁHORÁCKA DVADSIATKA BORSKY MIKULÁS SVK

**06 OCT 2024** III GRAN PREMIO INTERNACIONAL FINETWORK MADRID MARCHA MADRID ESP

**26 OCT 2024** LUSATIAN INTERNATIONAL RACE-WALKING MEETING ZITTAU GER

## OLYMPIAD PARIS 2024

### Walks Schedule

Thursday August 1<sup>st</sup> 7:30am 20km Race Walk Men

9:20am 20km Race Walk Women

Wednesday August 7<sup>th</sup> Marathon Race Walk Mixed Relay with 25 teams, each comprising one male and one female athlete, who will complete in four legs of approximately equal distance. Each athlete will complete two legs of just over 10km each, alternating male, female, male, female.

Note that, in Paris, there will be a cut off time of 3h20m and teams who have not completed the marathon distance will be classified at the position at which they cross the finish line after the cut-off time.

## **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.



## **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.

### **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 anti-discrimination 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 2  
 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.

For news and information on the Australian Federation of Race Walking (Racewalking Australia) and the member clubs go to [www.rwa.org.au](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>