

Queensland Race Walking Club Inc.

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



April 18th 2024

2024 Australian Athletics Championships

Adelaide

The Athletics Australia track championships have concluded for the walkers in Adelaide with wonderful results for our athletes. There were seasons and personal bests recorded by our athletes right across the ages in the walk events.

Congratulations to our medal winners: Gold medals were won by Club Captain Baliey Housden in the U18 Men's 5,000 metres and Noah Cooke in the U15 Men's 3,000 metres. Milly Sharpe won the silver medal in the U17 Women's 5,000 metres

Well done to our two walkers who finished just outside the medals in 4th place; Bethany Moore-Kirkland in the U15 Women's 3,000 metres and Eli Melinz in the U15 Men's 3,000 metres.

The way some of our young walkers have developed and improved over the last 12 months is just amazing and we hope you can continue upwards to greater things. Great effort by every walker that took part in these championships. You have all done yourselves, your parents, your coaches and the club proud.

RESULTS

Australian Athletics Championships Adelaide

(Note: A have some of the placing positions wrong in some of the races where more than one age group was involved. Looks like they recorded their cross the line position rather than age group position)

10000m Race Walk • Men • Senior

1 Declan TINGAY WA	38:07.88 CR, SB
2 Rhydian COWLEY VIC	38:13.51 PB
3 Kyle SWAN VIC	39:10.71
4 Timothy FRASER ACT	39:18.98
5 Will THOMPSON VIC	40:00.90 PB
6 Corey DICKSON VIC	41:28.09
7 Dylan RICHARDSON NSW	42:47.90 SB
8 Jack MCGINNISKIN NSW	43:47.21 PB
9 Gwyllym YOUNG ACT	44:16.22 PB

10 Fraser SAUNDER VIC	44:20.21 PB
11 Kim MOTTROM SA	46:42.32 SB
Tristan CAMILLERI SA	DQ TR54.7.5
Rupert VAN DONGEN VIC	DNS

10000m Race Walk • Men • U20

1 Isaac BEACROFT NSW	40:44.47 CR, NR - AUS, PB
2 Marcus WAKIM VIC	41:32.21
3 Will BOTTLE SA	41:48.23 PB
4 Riley COUGHLAN VIC	42:14.59 PB
5 Owen TOYNE ACT	43:20.85
6 Bailey HOUSDEN QLD	43:35.74 Notes: YC - TR7.1
7 Kodi CLARKSON ACT	44:19.01 PB
8 Scott PEART VIC	47:39.96 =PB
9 Alex BRADLEY QLD	49:56.07 PB
Joel BYATT NSW	DNF
Sam MCCURE QLD	DNF
Eden MORGAN VIC	DQ TR54.7.5
John RONAN WA	DNS

10000m Race Walk • Women • U20

1 Alexandra GRIFFIN WA	45:56.22 PB
2 Chelsea ROBERTS NSW	48:08.18 PB
3 Nellie LANGFORD SA	48:49.51 PB
4 Maddison NASH VIC	49:01.52 PB
5 Zoe WOODS NSW	49:37.80
6 Sienna PITCHER NSW	50:46.07
7 Lyla WILLIAMS NSW	53:31.93 PB
8 Ciara CASSILLES NSW	54:24.56 PB
9 Daisy BRAITHWAITE SA	55:28.36 SB
10 Mia BERGH QLD	55:34.78 PB
11 Hana JUGOVIC ACT	56:03.06 PB
12 Laelia BYATT NSW	58:41.04 PB
13 Phoebe CHADWICK QLD	1:02:00.23 PB
Emily SMITH VIC	DQ TR54.7.5

10000m Race Walk • Women • Senior

1 Jemima MONTAG VIC	43:54.80
2 Elizabeth MCMILLEN NSW	44:33.80 PB
3 Allanah PITCHER NSW	44:51.53 PB
4 Hannah MISON NSW	45:45.72 PB
5 Hannah BOLTON NSW	45:52.31 PB
6 Alanna PEART VIC	46:56.97 PB
7 Tayla BILLINGTON QLD	47:50.38
8 Samantha FINDLAY SA	48:27.75 SB
9 Bridget BELL NSW	51:49.36
10 Char HAY VIC	52:26.58 SB
11 Brenda GANNON QLD	59:55.72 SB
12 Kaitlyn SIVIOUR VIC	DNS

5000m Race Walk • Women • U18

1 Sienna PITCHER NSW	24:18.19
2 Ciara CASSILLES NSW	26:06.69 SB
3 Matilda WEBB NSW	26:21.83
5 Ariana PASHUTINA VIC	26:25.23 SB
7 Grace BECK NSW	27:10.65

8 Olivia BOULTON QLD	27:18.07 SB
10 Brooke NEWBERRY NSW	27:40.09 SB
12 Jessey BEKTAS NSW	28:24.70
13 Lyla WILLIAMS NSW	28:45.92
15 Summer SIVARAJ NSW	30:14.23
19 Taylah MORRIS QLD	32:48.25

5000m Race Walk · Women · U17

1 Angelina LEGRAND SA	26:23.56 SB
2 Milly SHARPE QLD	26:55.55
3 Kaytee BOGAERS WA	27:32.56
4 Matilda OLSON NSW	28:01.03 SB
5 Madeleine MAXWELL NSW	29:54.85
6 Caetlin ASHBY NSW	30:57.01 SB
7 Katie BRAY QLD	31:10.03
8 Leila BEVIS WA	32:43.77
9 Laura Corvalan SOTOMAYOR NSW	33:03.92

5000m Race Walk · Men · U17

1 Kodi CLARKSON ACT	21:24.99 SB
2 Samuel LINDSAY TAS	22:36.32
3 Dylan ALLABUSH NSW	24:35.16
4 Sebastian RICHARDS SA	24:48.86 SB
5 Kai DALE QLD	26:07.60 SB
6 Alexander BRAENDLE NSW	27:35.33 SB

5000m Race Walk · Men · U18

1 Bailey HOUSDEN QLD	20:42.75
2 Owen TOYNE ACT	21:42.41
3 Joel BYATT NSW	22:22.52 Notes: TR54.7.4 SB
4 Myles ASHBY NSW	24:27.02
5 Roel WHEELEY QLD	25:06.07 SB
6 Peter CHARLTON NSW	38:34.58

3000m Race Walk · Women · U14

1 Ela UZUN VIC	13:48.44 CR
2 Gemma DIXON NSW	14:01.82 SB
3 Mya MCCLURE VIC	14:08.80 SB
4 Havana ALI VIC	15:36.02 SB
5 Isabella WELCH QLD	15:45.25 SB
6 Nikki HEARNDEN NSW	16:00.17 SB
7 Erin CASSILLES NSW	16:32.41
8 Ashleigh MANSELL NSW	16:34.46 SB
9 Hazel LEWIS SA	16:49.40 SB
10 Savannah DUNLEAVY QLD	16:57.26 SB
11 Lani ELLWOOD QLD	17:30.74 SB
12 Mackenzie BANDIDT QLD	17:44.81 SB
Miarose EVERSON NSW	DQ TR54.7.1
Scout LINTON NSW	DQ TR54.7.1

3000m Race Walk · Men · U14

1 Callum MARTIN NSW	13:33.60 CR, SB
2 Tyler COUSINS NSW	14:33.03 SB
3 Liam DOMONEY WA	14:43.90 SB
4 Angus SHUTTLEWORTH VIC	14:56.54
5 Keiran SMITH WA	15:07.94

6 Lewis MCLENNAN VIC 15:10.53 SB
7 Lachlan MOORE QLD 15:24.37 SB
8 Mitchell MCCARTHY NSW 15:54.86 SB
9 Charlton MAXWELL NSW 16:05.71 SB
10 Noah VELLA NSW 16:06.22 SB
11 Michael MATHISON NSW 16:36.37 SB
12 Patrick WADDINGTON NSW 17:16.73

3000m Race Walk · Men · U15

1 Noah COOKE QLD 14:36.96 SB
2 Alexander BRAENDLE NSW 14:57.29 SB
3 Rhys CHANDLER NSW 16:35.27
4 Eli MELINZ QLD 18:01.52 SB
Jaime HVALICA VIC DNS

3000m Race Walk · Men · U16

1 Max DAVIDSON VIC 13:52.29 SB
4 Christopher NILON NSW 15:28.71 SB
5 Liam FREUNDT SA 16:04.49 SB
7 Hamish MCLENNAN VIC 17:31.08 SB
Angus SHUTTLEWORTH VIC DQ TR54.7.1

3000m Race Walk · Women · U15

1 Sophie POLKINGHORNE NSW 14:07.16
2 Matilda READ VIC 15:38.37 SB
3 Hannah MATTHEWS VIC 15:40.54 SB
4 Bethany MOORE-KIRKLAND QLD 15:51.91 SB
5 Emma HOSKINS NSW 16:09.81
6 Lexie BEACROFT NSW 16:10.22 SB
7 Alexis THIELE SA 16:23.10 SB
8 Mikaela MCDONALD QLD 16:36.08 SB
9 Eliza KELLY QLD 16:48.41 SB
10 Trinity DOULIS WA 17:14.60
11 Macy DEVINE TAS 17:19.63
12 Matilda RECH SA 17:50.28 SB

3000m Race Walk · Women · U16

2 Matilda WEBB NSW 14:28.88
3 Maisie MITCHELL NSW 14:34.41 SB
4 Jessica LORING NSW 14:41.64
5 Emma GROCOTT ACT 15:29.74
8 Emma HEARNDEN NSW 15:50.24
10 Stella PINCHES NSW 15:56.02 SB
13 Katica BORSIC WA 16:22.58 SB
15 Lucy JOHNS VIC 16:27.68 SB
18 Grace MARIN SA 16:50.38
21 Isabelle CURTIS WA 17:39.85
23 Chelsey IRELAND WA 18:07.11
24 Mietta MORGAN VIC 18:09.12
Olivia BOULTON QLD DQ TR54.7.1

THIS WEEK

Handicap #1 Sunday April 21st

Logan River Parklands, Blackbird Street, 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

Registrations are open for Sunday at Logan River Parklands, Beenleigh. Please use the following link;

[QRWC Handicap #1 Sunday April 21st - Old Race Walking Club - revolutioniseSPORT](#)

We meet at the picnic tables adjacent to the carpark at the end of Blackbird Street, Beenleigh. Note: this is on the western side of the M1 motorway (the opposite side to the public boat ramp).

The course is a circular circuit around picturesque bushland. Each lap is just less than 900m. Thus, each race requires an additional distance to be covered at the completion of the last circular lap. This involves continuing past the start/finish line, up to the marked kilometre cone for your distance. Turn around at the cone and then head back to the finish. Please listen carefully to the instructions given at the start of the race to avoid confusion

Race Fees

Members \$5 / Non Member on the day \$10

This is the first handicap meet of the season so please take the time to read the information on point scoring below and to take the time to assess which grade you should compete in. If you are not sure which grade you should enter, please talk to your coach. Points are calculated from the grade you start the season in so it is beneficial to remain in the same grade for the season to maximise points. You are allowed one change of grade during the season but please inform the Secretary beforehand.

Have a great season.



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

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)



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

COMING UP

Handicap #2 Sunday April 28th

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 5th 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 19th

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
March	3			
	9-10	QMA Track Championships	SAF	
	14-17	QA Track Championships	Main Track QSAC	
	22-24	QLAA State Championships	QSAC	
	29 -1	AMA National Championships	Hobart	
	31	Easter Sunday	No competition	

April	7	QRWC Sign On Meet /AGM	Kalinga Park	TBC
	11-19	AA U14-Open Track Championships	Adelaide SA	
	14	No Club Competition		
	21	QRWC Handicap Meet 1	Beenleigh	8.00am
	28	QRWC Handicap Meet 2	Yeronga	8.00am
May	5	Gold Coast Championships	Mudgeeraba	8.00am
	12	Mother's Day	No club competition	
	19	QRWC Handicap Meet 3	Capalaba	7.30am
	26	QRWC Handicap Meet 4	North Lakes	8.00am
June	2	QRWC Handicap Meet 5	Yeronga	8.00am
	9	LBG Federation Meet	Mt Stromlo Canberra	
	16	QRWC Handicap Meet 6	Mudgeeraba	8.00am
	23	QRWC Handicap Meet	TBA	
	30	QRWC Handicap Meet	TBA	
July	7	Gold Coast Marathon	Southport	
	14	RWA Postal Challenge	Beenleigh	
	21	QRWC Handicap Meet	TBC	
	28	QRWC Track Championships	UQ St Lucia	
August	4	QA Road Walk Championships	TBC	
	11	QRWC Handicap Meet	TBC	
	18	QRWC Club Championships	TBC	
	25	2 ND RWA Federation Meet	Melbourne	
September	1	Father's Day		
	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

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Completed points are awarded for finishing the race distance.

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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](#)

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



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.

1st Federation Carnival

Sunday 9th June 2024 Stromlo Forest Park, Canberra

57th Annual Lake Burley Griffin Walking Carnival

RWA to release full details shortly

2nd Federation Carnival

Sunday, August 25th, 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

12th - 14th 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, 13th May 2024

Note: Race walking events will be held on Friday July 12th

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 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+

100 DAYS TO GO UNTIL PARIS 2024



Walks Schedule

Thursday August 1st 7:30am 20km Race Walk Men

9:20am 20km Race Walk Women

Wednesday August 7th 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.

WORLD ATHLETICS
RACE WALKING TEAM
CHAMPIONSHIPS
ANTALYA24

Antalya, Turkey April 21st 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

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, through our current volunteer education grant.

Coaching Courses Coming Up

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

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

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
Membership Fee	\$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. qrwcregistrar@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 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.



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 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.

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

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