

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 68 years in the making.



August 17th 2023



**WORLD ATHLETICS
CHAMPIONSHIPS
BUDAPEST 23**

The World Athletics Championships Budapest, HUNGARY August 19-27th



The Australian Athletics Team has arrived in Budapest from their staging camp in France, ready to make history as the country's largest-ever team fielded for a World Athletics Championships.

With most putting the finishing touches on their preparations at the Athletics Australia Staging Camp in Montpellier, the competing team of 66 are now poised to deliver on the world stage and build upon the success of Australian athletics seen over the past two years. With many of Australia's major players training at CREPS de Montpellier including reigning world champions Kelsey-Lee Barber and Eleanor Patterson, Athletics Australia General Manager, High Performance Andrew Faichney said athletes, coaches and staff alike have made their time in France count.

"This camp has been incredibly important for us and has given us a glimpse of what we can achieve as a team," Faichney said.

"In a sport that focuses on individual pursuits, staging camp brings everyone together and allows everyone to bring their energy and work together as everyone finishes their

preparations. It's a training check, yes, but it's also an important opportunity to create cohesion within our team, which can make a massive impact in the final weeks and days before the World Championships begin.

"We'd like to thank the staff at CREPS for the use of their facilities, and the people of Montpellier for hosting us. It's been a great camp, and while we have a major championships to focus on now, we are very much looking forward to coming back here to finalise our Olympic preparations next year."

Team co-captain and four-time World Championships representative, Rhydian Cowley said the camp has been beneficial for the entire athlete cohort.

"It's been a really great camp and one that athletes have really enjoyed. It's been great to have everyone together for the first time in a year, and it's been really fantastic to have everything we need in one place so we can do what we do best," Cowley said.

"It's also been useful for us to get to know the facilities here, and we're all looking forward to coming back next year ahead of Paris 2024."

Australia sits in a perfect position to launch a serious assault in Budapest as the team looks to add to its results from the Oregon World Athletics Championships last year. In the USA, Australia completed its most successful World Championships campaign in over a decade, finishing sixth out of 198 countries on the medal table, with two gold medals and one bronze. This year, Australia's stocks have only risen, with five global medallists on the team, a number Olympic and global finalists, plus plenty of new talent on hand, including 12 debutants.

"We have assembled what we believe to be one of our strongest teams yet and our camp has demonstrated what we already know – we are in shape to build upon the success of the team's achievements over the last two years," Faichney said.

"I'm looking forward to witnessing some incredible performances from our athletes and I have no doubt they will have the ability to inspire athletics fans back at home."

Race Walks

Saturday August 19th Men's 20km [Declan Tingay WA](#), [Kyle Swan VIC](#), [Rhydian Cowley VIC](#)

Sunday August 20th Women's 20km [Jemima Montag VIC](#), [Rebecca Henderson VIC](#), [Olivia Sandery SA](#)

Thursday August 24th Men's 35km [Rhydian Cowley VIC](#)

Women 35km [Rebecca Henderson VIC](#), [Allanah Pitcher NSW](#)

SBS is providing a bigger coverage than usual both on SBS Viceland and SBS On Demand. Details here:

<https://www.facebook.com/sbssportau/>

<https://www.sbs.com.au/sport/article/how-to-watch-2023-world-athletics-championships-live-on-sbs/peqspg2lv>

Race Previews by Jon Mulkeen for World Athletics

Men's 20km race walk

In a race with so many contenders, it's difficult to know where to start when weighing up the potential medallists in Budapest. But the man who has won the past two world 20km race walk titles is as good a starting point as any.

Toshikazu Yamanishi led a Japanese 1-2 from Koki Ikeda at the World Championships in Oregon last year and at the World Race Walking Team Championships in Muscat a few months prior. The Japanese duo are formidable competitors, but both have had relatively low-key seasons so far, making their current form difficult to assess.

Yamanashi's sole competitive outing in 2023 was a third-place finish in Rio Maior in 1:20:58. Ikeda, meanwhile, hasn't competed since winning the Japanese title in February in 1:18:36. Despite their quiet seasons – which isn't unusual for them – it's safe to assume that when they step on the start line for a major championship, they will be ready to compete for medals.

The same applies to Massimo Stano, who beat Ikeda and Yamanashi to the Olympic title in Tokyo. The Italian triumphed over 20km in the Japanese capital in 2021, then won the 35km gold in Oregon last year.

Having won global titles at both distances, he now fancies his chances at doubling up and is entered for both events in Budapest. The 31-year-old has competed just twice this year, clocking a 10km PB of 39:06 and then finishing third over 20km at the European Team Championships in Podebrady. Both performances are superior to the pre-championships form he displayed in 2021 and 2022, so Stano is certainly one to keep an eye on. He is one of several men who'll be doubling up in Budapest, with the schedule offering a five-day rest period between the disciplines. The 20km will be up first, though – and, in fact, will be the first title on offer in Budapest – so all athletes will take to the start line with fresh legs.

Perseus Karlstrom, currently world ranked No.1 at 20km, contested both distances in Oregon and earned bronze medals in both. One of the more prolific racers on the circuit, the 33-year-old from Sweden has finished first or second in all four of his 20km races this year, and has broken 1:20 on three occasions.

Spain's Alvaro Martin and Diego Garcia Carrera are also entered for both distances. Martin has won the last two European titles at 20km, while Garcia earned silver in 2018 and bronze in 2022. Martin has had the more impressive 2023 campaign to date, winning seven of his nine races across four different distances, and holding a season's best of 1:18:49. They finished just shy of the podium in Tokyo in 2021, placing fourth and sixth respectively, so are still chasing their first senior global medals.

Other men who'll be doubling in Budapest include Brazil's Caio Bonfim, Germany's Christopher Linke, Ecuador's Brian Pintado, Colombia's 2017 world champion Eider Arevalo and Canada's world and Olympic medallist Evan Dunfee. Bonfim, the 2017 world bronze medallist, won in La Coruna in what was the most competitive 20km outside of the World Championships, clocking a national record of 1:18:29. Linke, the European 35km silver medallist, has placed in the top five at the past two Olympic Games and at the 2017 and 2019 World Championships.

Pintado doubled up in Oregon, placing fifth in the 20km and fourth in the 35km, so it would only require a small improvement on that for the 28-year-old to reach the podium. Arevalo, meanwhile, hasn't finished in the top 10 over 20km at a global championship since winning the 2017 world title, but a 1:19:23 victory in Dudince bodes well for the Colombian.

Dunfee, who usually performs better at longer distances, showed great speed when winning the 10,000m at last year's Commonwealth Games. He has clocked 1:20:52 for 20km this year, just 39 seconds shy of his PB.

There will also be many athletes entered for just the 20km, including China's Zhang Jun. He heads to Budapest as the world leader over 20km, having won in Taicang in April in 1:17:38. But following that, he placed 12th in Rio Maior and fifth in La Coruna. Zhang was a precocious teen, earning 2015 world U18 silver and winning the U20 race at the 2016 World Race Walking Team Championships. His best performance as a senior at a global championship remains his eighth-place finish at the Olympic Games. Other contenders include Kenya's Samuel Gathimba, who was fourth in Oregon, [Australia's much-improved Declan Tingay](#), Italy's European Team Championships winner Francesco Fortunato, and Ecuador's David Hurtado.

Women's 20km race walk

Last year's World Championships in Oregon marked the beginning of Kimberly Garcia's reign as the queen of race walking.

The 29-year-old from Peru made history by winning gold medals at both distances, then continued that momentum into 2023 by setting a world record over 35km in her first race of the year.

But in recent months, Spain's Maria Perez has made it known that Garcia may not have it all her own way in Budapest.

Perez, the 2018 European 20km champion, clocked a world-leading Spanish record of 1:25:30 over 20km in March and then broke Garcia's world 35km record two months later.

Perez has won eight of her nine races this year; her only loss came in La Coruna where she finished fifth in a high-quality race won by Garcia, though it was just less than two weeks after her record-breaking performance over 35km. Garcia also suffered a rare defeat this year, placing fourth in Rio Maior, but she rebounded with her victory in La Coruna, where she set a national record of 1:26:40 – a welcome confidence boost in her final race before heading to Budapest. China's 2017 world champion Yang Jiayu won in Rio Maior, leading a Chinese 1-2-3 with Garcia finishing 21 seconds behind the winner. Yang, the world record-holder over 20km, has enjoyed a strong season so far, clocking a season's best of 1:26:41 and winning over 10km in Madrid.

Yang forms part of a formidable Chinese trio in this event; four-time world champion Liu Hong will be making her eighth World Championships appearance, while Ma Xhenxia will be looking to improve upon her 10th-place finish from 2022. Despite setting a Chinese record over 35km this year, and being the world record-holder at 50km, Liu will contest just the shorter discipline in Budapest. But her presence means that three current world record-holders – Yang (20km) and Perez (35km) being the others – will clash over 20km in Budapest.

Ma, winner of four major age-group titles in her teens, won the 20km at last year's World Race Walking Team Championships, and earlier this year she improved her PB to 1:26:43. Since winning the Olympic title in Tokyo, Antonella Palmisano has spent most of her time rehabbing her way back from injury. But the Italian returned to form with a runner-up finish at the European Team Championships this year and will be aiming to make it back on to the podium in Budapest.

Other strong contenders from Europe include Greece's double continental champion Antigoni Ntrimpoti and Poland's double world silver medallist Katarzyna Zdzienko.

The Latin American challenge will also be fierce. Mexico's Alegna Gonzalez won in Dudince and set a PB of 1:26:59 in La Coruna. Colombia's Sandra Lorena Arenas improved her own national record to 1:28:02 in Nomi, while Peru's Evelin Inga, Brazil's Erica Sena and Ecuador's Glenda Morejon have all been in good form.

[Australia's two-time Commonwealth champion Jemima Montag is undefeated this year. She placed sixth at the Olympic Games and fourth at last year's World Championships, so if that improvement trend continues, she could well end up on the podium in Budapest.](#)

Men's 35km race walk

The three medallists from Oregon will clash with two of the fastest men in history in what looks set to be an enthralling men's 35km in Budapest.

Massimo Stano won the world title in 2022, adding another gold medal to his tally following his Olympic 20km triumph in 2021. Japan's Masatora Kawano finished just one second behind to take silver, while Sweden's Perseus Karlstrom earned his second bronze medal of the championships, following his third-place finish over 20km.

All three men will be in action in Budapest; in fact, the top 16 finishers from Oregon will all toe the line at 35km in the Hungarian capital, many of whom would have contested the 20km just five days prior.

China's He Xianghong, however, is concentrating solely on the longer distance. He finished fifth in Oregon last year in a national record of 2:24:45, then earlier this year he set an Asian record of 2:22:55, the second-fastest time in history for the relatively new discipline.

Japan's Tomohiro Noda is another who has improved since Oregon. He placed ninth there, but earlier this year he broke Kawano's national record at the Japanese Championships with 2:23:13, making him the third-fastest man in history. Ecuador's Brian Pintado – who, like Stano and Karlstrom, will be doubling up in Budapest – finished one place shy of the medals in Oregon. He comfortably won the national 35km title earlier this year, then went on to set a 20km PB of 1:19:05 to win in Rio Maior, so he'll be heading to Budapest in good form.

Canada's Evan Dunfee, sixth in Oregon last year, is another athlete entered for both distances. As a world and Olympic medallist over 50km, he'll prefer his chances over the longer distance in Budapest.

Spain will have more than one medal contender in this race. Alvaro Martin, the European champion over 20km, won the 35km at this year's European Team Championships in a national record of 2:25:35.

Miguel Angel Lopez, the 2015 world 20km champion, won the European title over the longer distance last year. European 20km bronze medallist Diego Garcia Carerra, meanwhile, will be doubling up in Budapest. Such is Spain's strength, Olympic 50km fourth-place finisher Marc Tur is their reserve. Brazil's Caio Bonfim, Germany's Christopher Linke and Colombia's 2017 world 20km champion Eider Arevalo will all be contesting the 35km in Budapest five days after racing over 20km. Other contenders include Japan's Satoshi Maruo, Poland's surprise Olympic 50km race walk champion Dawid Tomala, China's Wang Qin and [Australia's Rhyddian Cowley](#).

Women's 35km race walk

Like with the 20km, the women's 35km race walk in Budapest looks set to be another showdown between defending champion Kimberly Garcia and world record-holder Maria Perez.

Last year in Oregon, Garcia struck gold with a South American record of 2:39:16. She improved on that with a world record of 2:37:44 in March this year, but just two months later, Perez chopped another 29 seconds off the record with her 2:37:15 victory in Podebrady. In the only clash between the pair this year, Garcia came out on top (albeit over 20km). Perez, meanwhile, is undefeated at 35km in all four of her career races at that distance.

But this will be much more than just a two-woman race; eight of top nine finishers from last year's World Championships will be in Budapest.

That includes Qieyang Shijie, the double bronze medallist in Oregon, who leads a strong Chinese trio. She's joined on the team by Li Maocuo, runner-up over 50km at the 2019 World Championships and over 35km at the 2022 World Race Walking Team Championships, and Bai Xueying, the fastest of the Chinese entrants.

Antigoni Ntrimpoti finished fourth over 35km in Oregon but then went on to win both race walking disciplines at the European Championships one month later. She hasn't raced over 35km so far this year, but has shown good form at 20km, setting a national record of 1:28:12 and winning in Podebrady. Katarzyna Zdziebło was a surprise double silver medallist in Oregon behind Garcia, but the Pole has struggled for form this season. Kumiko Okada, who finished sixth over 20km at the 2019 World Championships, made a promising 35km debut earlier this year, setting a Japanese record of 2:44:11 in the process. Serena Sonoda, who was ninth in Oregon, will join Okada on the Japanese team. Spain's Raquel Gonzalez, Brazil's Erica Sena and Portugal's 2017 world 50km champion are all worth keeping an eye on too.

<p style="text-align: center;">QUEENSLAND ROAD WALKING CHAMPIONSHIPS + QMA Long Course Road Walk Championships Saturday September 2nd QSAC</p>
--

Entries will remain open until Thursday August 31st

PROGRAMME OF EVENTS

1 8.30am 20km Open Men

Open Women

Masters Men (30-59) 30-59

10km Under 20 Men 2004 / 2005

Under 20 Women

Under 18 Boys 2006 / 2007

Masters Women/Masters Men (60+) 30+ Women/60+ Men

2 9.00am 5km

Under 18 Girls 2006 / 2007

Under 16 Boys 2008 / 2009

Under 16 Girls

3 9.30am 3km

Under 14 Girls 2010 / 2011

Under 14 Boys

4 10.00am 2km

Under 12 Girls 2012 / 2013

Under 12 Boys

1km

Under 10 Girls 2014- 2017

Under 10 Boy

ENTRIES - Entries are taken online at <http://www.qldathletics.org.au/> **Entries Close 9.00am Thursday 31st August 9.00am.** There are strictly no late entries.

Fees - Qld Athletics Base Members - \$30.00 Gold Members - \$20.00 Platinum Members – Free

RESULTS RESULTS RESULTS

QRWC Handicap Meet #9

13th August 13th

John Frederick Park, Capalaba

With the season end getting closer it was pleasing to see so many seasons best performances recorded on Sunday at Capalaba. There were certainly some top walks on Sunday. Tayla walked an outstanding 10km in a time of 45.19 which was not only a PB but is quite likely the fastest woman's road 10km ever recorded at a club meet. Bailey Housden walked his fastest road 10km of the season with 46.09 and Scott Hyland won the club 15km championship with a time of 1:17.21. In the women's 15km we saw two new Qld Masters records. Brenda Gannon won the women's championship in a time of 1:25.51 which stripped nearly four minutes off her own W45 record from 2021. Not to be outdone Noela McKinven set a record in the W80 15km of 2:15.59.

Well done to everyone who competed on Sunday and remember that this Sunday at Yeronga is our last handicap meet for the season. Thank you to all the judges, timekeepers, lapscorers and volunteers who helped set up, run the meet and then pack up on Sunday.

A Grade Men's 15km

(1) Scott Hyland 1h17.21 (2) Adam Patterson 1.40.40 (3) Peter Bennett SB 1.42.33

A Grade Women's 10km

(1) Tayla Billington 45.19 SB (2) Brenda Gannon 59.38* (3) Lily Housden 1.13.28* (4) Jasmine McRoberts 1.13.37* (5) Joy Dale SB 1.22.42* (6) Noela McKinven 1.29.23*

* Denotes 10km time within 15km Championship

15km Club Championship

Men: (1) Scott Hyland 1.17.21 (2) Adam Patterson 1.40.40 (3) Peter Bennett 1.42.33.

Women: (1) Brenda Gannon 1.28.51 (2) Jasmine McRoberts 1.49.20 (3) Lily Housden 1.49.57 (4) Joy Dale 2.01.41 (5) Noela McKinven 2.15.59

Invite 10km

(1) Bailey Housden SB 46.09

B Grade 8km

Men: (1) Bailey Housden (within 10km) 36.48 (2) Kai Dale SB 48.14 (3) Patrick Sela 1.10.49

Women: (1) Lyla Williams 47.37 (2) Taylah Morris 54.22

C Grade 5km

Women: (1) Kiara Waterman SB 31.45 (2) Korey Brady SB 32.45

D Grade 3km

Women: (1) Isabella Welch 17.05 (2) Savannah Dunleavy SB 19.15 (3) Bethany Moore-Kirkland SB 19.16 (4) Izzy Blackburn 22.11 (5) Mackenzie Wormald SB 22.12. Freya Williams DNF

E Grade 2km

Men: (1) Jake Dunleavy SB 12.36 (2) Leo Ramsay SB 13.17.

Women: (1) Amelia Chisholm 13.05 (2) Dakota Vicary 15.15.

F Grade 1km

Women: (1) Piper Dunleavy 10.14 (2) Harper Waterman 13.32.

Judges' Reports

11 kK

219 k

395 k

419 k

428 k

430 c

THIS WEEK

QRWC Handicap #10 Sunday August 20th

John Walker Place, 261 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

ENTER HERE

[QRWC Handicap #10 Sunday August 20th - Old Race Walking Club - revolutioniseSPORT](#)

NEXT WEEK

QRWC Road Walk Championships Sunday August 27th

Logan River Parklands, Beenleigh

8.00am Open & Masters 10km

Under 20 M & W 8km

Under 18 M & W 6km

Invitation Open 5km (non-championship)

8.15am Under 10 M & W 0.75km

Under 12 M & W 1.5km

8.30am Under 14 M & W 2km

Under 16 M & W 4km

ENTER HERE

[QRWC Road Walk Championships Sunday August 27th - Old Race Walking Club - revolutioniseSPORT](#)

Note

- Age is taken as Age on the Day
- Athletes eligible for awards in their own age group event only.
- Trophies will be awarded to the first three placings of registered club members in each age group (male & female) and medals in the Masters age group.
- For Masters Athletes the first three finishers of club members in Open races will be the Open place getters and the next three Masters Age competitors to finish after that will be eligible for Masters Medals.
- Registrations will open on RevSport on Monday 14th August
- Entry Fee Members \$10 Non-Members entry Fee \$15 (not eligible for championship awards) Invitation 5km \$5



We will be having a fund-raising Sausage Sizzle on this day with cold drinks, tea/coffee on sale

QRWC Club Championship Records

Men's Open 10 km Rhydian Cowley 2012 40:38.00
Under 20 Men 8 km Dane Bird-Smith 2009 34.59.00
Under 18 Men 6 km Dane Bird-Smith 2009 26.16.00
Under 16 Men 4 km Jesse Osborne 2010 18:30.00
Under 14 Boys 2 km Bailey Housden 2020 8.59.00
Under 12 Boys 1.5 km Myles Callaghan 2019 7.28.00
Under 10 Boys 750 m Mathew Houston 1995 3:40.00
Women's Open 10 km Karen Foan 2002 49:15.00
Under 20 Women 8 km Jessica Pickles 2013 38:55.00
Under 18 Women 6 km Katie Hayward 2016 27:13:00
Under 16 Women 4 km Clara Smith 2013 18.59.00
Under 14 Girls 2 km Jayda Anderson 2018 9.20.00
Under 12 Girls 1.5 km Rachel Barker 2007 7.29.00
Under 10 Girls 750 m Theresa Dorman 1994 3:47.00
Men's Master's 10 km Ignacio Jimenez 2012 49:41.00
Women's Master's 10 km Nyle Sunderland 2013 57:22.00

COMING UP

QRWC Relay/Trophy/BBQ Day Sunday September 10th

Dowse Lagoon, Sandgate

9.00am 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**.

4 x 1,500 metre Relay

RELAY This is a 4 x 1,500 handicapped relay, so it is not really about being the fastest. Get your teams together now and come up with an apt team name. You don't have to be a competitive walker to take part so this is the opportunity for all parents, coaches, judges, volunteers and other family members to have a go. Now is your big chance to show us your style. Look out for the sheet at the Sign In desk to nominate your team or if you wish to be allocated to a team.

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.

RAFFLES For a bit of fun and to raise some money for the club we have a tradition of having a multi draw raffle at the lunch. If you would like to donate a raffle prize (check your cupboards for any unwanted Christmas gifts or "surplus" bottles of wine) we would be pleased to hear from you or bring them along over the last few Sundays of the season.

LUNCH We will be having a BBQ lunch following the relays. The club will provide the BBQ fare and we have members bringing along a delicious chicken curry & rice and another member some quiches. If you would like to help out in the food department, please let Noela know. We do ask if members could please bring along a plate to share for dessert or a fruit platter is always welcome.

Light beer & soft drinks will be in sale. Please bring along your deck chairs or a picnic rug. The costs of the lunch will be: \$ 15 a single, \$ 25 for two or \$35 for a family of 3 to 5. Additional family members at the single rate.

Reminder: Perpetual Trophies

Thank you so much to everyone who has returned their 2022 perpetual trophy. There are still a few perpetual trophy outstanding to be returned over the next few meets. If you cannot make it to a meet, please contact Noela noelarhoda@gmail.com to arrange the return of your trophy.

U14 GIRLS

Destinee Pickvance-Yee

U14 BOYS

Noah Wheeley

U16 BOYS 5KM

Sam McCure

U18 MEN 10KM

Sam McCure

U20 WOMEN

Jasmine-Rose McRoberts

2023 Australian All Schools Championships



The 2023 Australian All Schools Championships will head west this year with **Perth hosting the Championship at the WA Athletics Stadium from December 8-10**, with the one-day National Schools Challenge to be held the following day on December 11.

2024 Australian Athletics Championships



The Australian Athletics Championships is the largest annual athletics event in Australia and the Oceania region, traditionally attracting more than 3,500 athletes from across Australia and the Pacific.

The 101st edition of the Championships will be the culmination of another impressive domestic season and also act as a key part of the nomination process for the Australian Olympic and Paralympic Teams travelling to the Paris 2024 Games. It is expected that the Australian Olympic Committee will make the first round of selections for the Olympic team on ground in Adelaide, following the conclusion of the Open age championships.

QRWC 2023 WINTER ROAD WALKING 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**.

MONTH	DATE	EVENT	VENUE	TIME
April	23	QRWC Handicap Meet # 1	Beenleigh	8.00am
	30	QRWC Handicap Meet # 2	Yeronga	7.30am
May	7	QRWC Handicap Meet # 3	North Lakes	8.00am
	14	Mother's Day	No club competition	
	21	QRWC Handicap Meet # 4	Ripley	8.00am
	28	QRWC Handicap Meet # 5	Capalaba	8.00am
June	4	Gold Coast Championships	Mudgeeraba	8.00am
	11	LBG Federation Meet	Canberra	8.00am
	18	QRWC Handicap Meet # 6	North Lakes	8.00am
	25	QRWC Handicap Meet # 7	Yeronga	8.00am
July	2	Gold Coast Marathon	No club competition	
	9	QRWC Track Championships	USC Sippy Downs	9.00am
	16	RWA Postal Challenge	Beenleigh	8.00am
	23	QRWC Track & QMA Meet	UQ St Lucia	8.00am
	30	QA Championships	POSTPONED	
August	6	QRWC Handicap Meet # 8	Ripley	8.00am
	13	QRWC Handicap Meet # 9	Capalaba	7.30am
	20	QRWC Handicap Meet # 10	Yeronga	8.00am
	27	QRWC Road Walk C/Ships	Beenleigh	8.00am
September	2	QA Road Walk Championships	QSAC	8.30am
	3	Father's Day	No club competition	
	10	QRWC Relay/Trophy/BBQ Day	Sandgate Lagoon	9.00am

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.

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

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.

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.

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.

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:

i.e. All of us

- 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 5

- 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.

QRWC MEMBERSHIP

Many of our members have already signed up to QRWC for this year - memberships commencing on/after 1 October 2022 are valid until 30 September 2023 and will cover the 2023 QRWC winter road walking season. For members yet to renew their QRWC membership, or for new members, refer to the following for membership options: The QRWC membership year runs from 1 October until to 30 September the following year (eg. 1 October 2022 to 30 September 2023). Memberships can be commenced at any time during this period. You don't have to wait until the start of the winter road walking season in April to join QRWC or renew your membership.

When looking at QRWC membership options, there are two types:

1. Standalone QRWC membership -or-
2. Combining QRWC membership with a Queensland Athletics (QA) membership.

Standalone QRWC Membership

QRWC membership allows athletes to compete in all QRWC weekend races as well as QRWC championships. Note: race fees are in addition to membership fees. There are two membership options: student (\$15) and non-student (\$25). This level of membership is suitable for athletes wishing to compete at QRWC races only, or athletes wishing to compete at QRWC races who are already a member of another QA club (see below for details on QA membership).

Combined QRWC/QA Membership

Queensland Athletics (QA) conducts a number of events throughout the year, including approximately 4 or 5 track racewalks held over the summer months and the QA Qld Road Walking Championships (usually held around July each year). These events are run by QA and are different to the races run by QRWC. In order to compete at the QA events, athletes must be a member of an affiliated QA club (such as QRWC) and also pay the QA membership fee.

Athletes wishing to join both QA and QRWC can do this in one transaction via the QRWC membership portal. This combined membership allows athletes to compete at QA events during the summer season (October to March) and the Qld Road Walking Championships in July, as well as the QRWC winter road walking events (ie. the traditional Sunday morning races held from April to September).

QA has a 3 different membership levels (platinum, gold and base). Further information about QA memberships can be found at: 2022-23 QA Membership Options (revolutionise.com.au)

If you would like more information regarding membership options, please contact our Registrar at qrwcregistrar@gmail.com

All our committee members, coaches, officials and volunteers are urged to register with QA for \$0 and to please check that your Blue Card is valid.

Australian Masters Road 20km August 6th Adelaide or Virtual

Sunday 6th August 20km Walk Championship.

While we would like to welcome all entrants at our Adelaide event – it is also being run as a postal event. I would appreciate you letting your fellow walkers know the details.

As this is an AMA event, the recently introduced “No Advantage” principle will apply.

Note : The organiser has agreed to extend the date of the Queensland virtual event to September 2nd when the postponed QA Road Walk Championships will be conducted .

GAMES OF THE XXXIII OLYMPIAD 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.

Racewalking Queensland Management Committee 2023/24

President: P Bennett

Vice President. J-R McRoberts

Secretary: N. McKinven

Treasurer P Sela/N McKinven

Committee: Shane Pearson, Joanne McRoberts, John McRoberts, Jas Blackburn, Megan Housden, Ignacio Jimenez

Patrons: Patrick & Maxine Sela

Registrar: S Dale / C Chadwick

Handicapper A Guevara / N McKinven

Uniforms: S Dale

Publicity / Media D Sibenaler

Results R Wales / N McKinven

Newsletter Editor: P. Bennett

Equipment Officer. Stephanie McCure plus Ignacio Jimenez & Noela McKinven

Canteen Convenor. Vacant, but to be by roster.

Club Captains: Jasmine-Rose McRoberts / Sam McCure

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/>