

## Queensland Race Walking Club Inc.

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



August 24<sup>th</sup> 2023



WORLD ATHLETICS  
CHAMPIONSHIPS  
BUDAPEST 23

### Jemima Montag wins world silver medal



Olympic race walker Jemima Montag has claimed Australia's first medal at the 2023 World Athletics Championships in Budapest, walking her way to silver and a national record in the Women's 20km Race Walk at the historic Heroes Square. Enduring soaring temperatures, 25-year-old Montag made her presence known in the lead group over the first 15 laps of the one-kilometre course. Though eventual winner Maria Perez (Spain) surged to a decisive lead at the 16km mark, winning gold in 1:26:51, the Australian stayed true to her race plan, emphatically crossing the line in 1:27:16. "I've learned from the last few World Champs and the Olympics that when the move is made at about 15km, it's the winning move. The last three majors I haven't had the training evidence or the self-belief, or the technical backing to go with it but when speaking to my psych the last few days, the idea was just to be willing to hurt in that last five." "I didn't really have any intention of challenging her (Perez). And I knew I was on one red card. So it's smarter to lock in silver, and keep that distance back to bronze than to worry about challenging for gold and potentially getting disqualified."

In claiming silver, Montag became the first Australian women's race walker to finish on the podium at the World Athletics Championships since Kerry Saxby-Junna in 1999, while also shaving 11 seconds off her own national record to reaffirm Australia's rich history in global race walking. Montag's maiden global medal signifies her steep progression since making her World Championships debut in Doha 2019; 10th in Qatar, sixth at the Tokyo Olympics, to fourth at the 2022 World Athletics Championships, and now a silver medallist in 2023. Olympian Rebecca Henderson placed 32nd overall in a time of 1:35:51, while 2022 World Under 20 Championships fourth-place getter Olivia Sandery was disqualified after receiving four red cards.

### **Women's 20km (Top 10 plus Australian athletes)**

1. María PÉREZ 29 APR 1996 ESP 1:26:51
2. Jemima MONTAG 15 FEB 1998 AUS 1:27:16
3. Antonella PALMISANO 06 AUG 1991 ITA 1:27:26
4. Kimberly GARCÍA LEÓN 19 OCT 1993 PER 1:27:32
5. Alegna GONZÁLEZ 02 JAN 1999 MEX 1:27:36
6. Glenda MOREJÓN 30 MAY 2000 ECU 1:27:40
7. Zhenxia MA 01 AUG 1998 CHN 1:28:30
8. Viviane LYRA 29 JUL 1993 BRA 1:28:36
9. Ana CABECINHA 29 APR 1984 POR 1:28:49
10. Olena SOBCHUK 23 NOV 1995 UKR 1:28:50
33. Rebecca HENDERSON 04 JUL 2001 AUS 1:35:51
- Olivia SANDERY 22 JAN 2003 AUS DQ

### **Men's 20km**

Alvaro Martin became the first gold medallist at the World Athletics Championships Budapest 23 as he won a storm-delayed men's 20km race walk.

The Spaniard took over from long-time leader Koki Ikeda with five kilometres remaining to become the first of this event's Superheroes in Heroes Square.

The 29-year-old from Llerena, who missed an Olympic medal in this event by one place at the Tokyo Games, claimed his first global title in rain-swept conditions with a perfectly judged race that saw him come home in a world-leading 1:17:32.

Also judging his race superbly was Perseus Karlstrom, who won world bronze at 20km and 35km in Oregon last year and who earned a place one step higher on the podium with a Swedish record of 1:17:39, with bronze going to Brazil's Caio Bonfim, who also set a national record of 1:17:47.

Canada's Evan Dunfee, who earned bronze at the last men's 50km race walk events to be held at the Olympics and World Championships, demonstrated how effectively he has switched his racing focus by finishing with the strength you might have expected to finish fourth in a national record of 1:18:03.

Martin, who won the 2018 European title and finished seventh in this event at last year's World Championships, recalled his Olympic frustration in his moment of victory. "I was fourth at the last Olympics Games, I missed the bronze which motivated me to work hard," he said.

"In Tokyo, I felt when I was in the fourth position that I could win a medal. Unfortunately, it did not happen and that is why this gold medal is next step towards the next Olympic Games.

"I had an amazing race today, I did not expect to finish this fast, it is amazing. I cannot express all my feelings right now, it feels like a dream.

"I have one of the best coaches in the world, Jose Antonio Carillo, who is one of the best race walkers in history.

"I watched previous championships where Miguel Angel Lopez won and I cried a lot, I was really happy for him. I did the same now. I am really happy and I do not have words to express it.

"Huge thanks goes to my coach and my girlfriend, this is a medal for the team. Actually, my whole family came to support me. The next goal is the gold at the Olympic Games but the only thing I want to do now is to cry out of happiness. I am going to enjoy this moment."



Toshikazu Yamanishi, seeking a third consecutive title having beaten Ikeda to gold in Oregon last year, had no success today as he dropped out of contention before the halfway point and finished 24th in 1:21:39.

There was disappointment too for Italy's Olympic champion Massimo Stano, who never figured in the leading contenders and failed to finish the race, as did Ireland's David Kenny, with Lithuania's Marius Ziukas being the sole athlete disqualified.

National records were also set by the fifth and sixth-place finishers Christopher Linke of Germany, who clocked 1:18:12, and Veli-Matti Partanan of Finland, who recorded 1:18:22. The next two finishers – Brian Pintado of Ecuador and Australia's Declan Tingay – set personal bests of 1:18:26 and 1:18:30 respectively.

It was one of the deepest races in history – and the best ever at a major championships – as a record 18 men finished inside 1:20. For the first time ever at a global championships, three men finished inside 1:18 and 10 men finished inside 1:19.

These results on the one-kilometre looped course along Andrassy Avenue in the city centre were all the more remarkable given the weather. While the ferocity of the initial storm which caused a two-hour delay to the event had abated, competitors still got underway in driving rain which had barely stopped before the event concluded.

Ikeda, Japan's 25-year-old world and Olympic silver medallist, took off early on a lone quest that looked increasingly viable until he began to fade in the second half of the race.

But after Turkey's Salih Korkmaz had helped bridge the gap – before paying the price for his efforts – the brave contender dropped rapidly down to finish 15th in 1:19:44 - one place ahead of Korkmaz, who clocked 1:19:49.

Two hours after the race was originally due to have started the athletes set off in heavy rain and Brazil's Caio Bonfim made the early pace before the red shirt of Ikeda made its way to the front as the field moved along the puddle-strewn, gleaming road surface.

Ikeda, with peaked cap pulled down over his brow, looked like a man on a mission as his efforts at the front began to string out the field. At the 4km mark he held a four-second lead over a main group in which his colleague Yamanishi was prominent.

By 5km that lead had increased to eight seconds as he passed in 19:18, with Yamanishi, Martin, Korkmaz and Pintado grouped behind him. At 6km Ikeda's lead was 10 seconds. The hatless Turkish athlete, hair plastered across his forehead, was making the most obvious efforts to bridge the gap, although just at his shoulder Yamanishi looked calm and collected, while Stano remained in the middle of the pack. But still Ikeda pushed on as the rain reduced to a drizzle, extending his lead over the Turk to 16 seconds after 9km – the high point of his race.

As he approached the halfway point, Ikeda lapped his first athlete, moving past the labouring figure of Finland's Jerry Jokinen, who briefly became a graphic counterpoint to the fine-tuned sharpness of the leader.

Ikeda hit the 10km mark in 38:37, with Korkmaz and Bonfim passing the same point 15 seconds later. The main pursuing group of nine athletes was six seconds further back, led by

Sweden's hugely consistent Karlstrom, the world ranked No.1. The chasing group contained the Chinese race walker who went into the race as the world leader, Zhang Jun, but he was dropping back. Yamanishi was also dropping back; at 11km he was almost a minute adrift of the man he beat to the world title last year.

Meanwhile, Dunfee was moving up and Korkmaz, now accompanied by Bonfim, was beginning to make some progress in his chasing quest, cutting the lead to 11 seconds by the 12km marker.

By the 14km point the lead was down to seven seconds as Bonfim began to bridge the gap in a serious way, with Korkmaz a couple of seconds adrift.

With five kilometres remaining, however, the shape of the race altered decisively as Martin surged forwards to take a marginal lead over the flagging Japanese racer, with Bonfim just three seconds behind.

Korkmaz, exhausted by his efforts, was dropping back fast in seventh place as Karlstrom and Dunfee – hardened racers both – moved past him into medal contention.

Also in the hunt was Kenya's Samuel Gathimba, who finished fourth over 20km in Oregon last year, just missing the distinction of becoming Africa's first race walking world medallist. Gathimba, however, eventually finished ninth here in 1:18:34. By 17km Martin had forged an eight-second lead over Bonfim, while Karlstrom had moved through into a position to add another world bronze to his collection, just two seconds behind the Brazilian and nine seconds clear of Dunfee. The effort was showing in Bonfim's face as he strove to keep the Spaniard in range, but with two kilometres the powerful figure of Karlstrom was at his shoulder and past him. There was a historic performance further down the field, as Portugal's 47-year-old Joao Vieira, making his 13th World Athletics Championship appearance – equalling the record held by Spanish race walker Jesus Angel Garcia – finished an honourable 33rd of the 47 finishers in 1:23:37.

**Mike Rowbottom for World Athletics**










#### **Men's 20km (Top 10 plus Australian athletes)**

1. Álvaro MARTÍN 18 JUN 1994 ESP 1:17:32
2. Perseus KARLSTRÖM 02 MAY 1990 SWE 1:17:39
3. Caio BONFIM 19 MAR 1991 BRA 1:17:47
4. Evan DUNFEE 28 SEP 1990 CAN 1:18:03
5. Christopher LINKE 24 OCT 1988 GER 1:18:12
6. Veli-Matti PARTANEN 28 OCT 1991 FIN 1:18:22
7. Brian Daniel PINTADO 29 JUL 1995 ECU 1:18:26
8. Declan TINGAY 06 FEB 1999 AUS 1:18:30
9. Samuel Kireri GATHIMBA 26 OCT 1987 KEN 1:18:34
10. Gabriel BORDIER 08 OCT 1997 FRA 1:18:59
14. Rhydian COWLEY 04 JAN 1991 AUS 1:19:31
40. Kyle SWAN 28 MAR 1999 AUS 1:26:02


### **RESULTS JUST IN FROM BUDAPEST**

#### **Men's 35km**

#### **Women's 35km**

1	Álvaro MARTÍN		2:24:30
2	Brian Daniel PINTADO		2:24:34
3	Masatora KAWANO		2:25:12
4	Evan DUNFEE		2:25:28
5	Christopher LINKE		2:25:35
6	Tomohiro NODA		2:25:50
7	Massimo STANO		2:25:59
8	Perseus KARLSTRÖM		2:27:03
9	Karl JUNGHANNß		2:27:08

Rhydian Cowley AUS DNF (27km)

1	María PÉREZ		2:38:40
2	Kimberly GARCÍA LEÓN		2:40:52
3	Antigoni NTRISMPIOTI		2:43:22
4	Viviane LYRA		2:44:40
5	Cristina MONTESINOS		2:45:32
6	Evelyn INGA		2:46:18
7	Serena SONODA		2:46:32
8	Olga CHOJECKA		2:46:48
9	Magaly BONILLA		2:47:09

21 Allanah Pitcher AUS 2:57.55

Rebecca Henderson AUS DNS

## RESULTS RESULTS RESULTS

Well done to those walkers who achieved a season best in the last handicap meet of the road walk season.

Thank you to our timekeepers, lapscorers and judges, your efforts were greatly appreciated.

### QRWC Handicap Meet #10

August 20<sup>th</sup> John Walker Place, Yeronga

#### A Grade 10km

**Men:** (1) Roel Wheeley SB 57.10 (2) Adam Patterson 1.06.52 (3) Peter Bennett 1.07.57

**Women:** (1) Joy Dale SB 1.17.18 (2) Noela McKinven 1.28.55. Phoebe Chadwick DNF

#### B Grade 5km

**Men:** (1) Kai Dale SB 27.52 (2) Patrick Sela 43.35.

**Women:** (1) Lyla Williams 30.18 (2) Summer Millard 32.23, (3) Korey Brady 34.46.

#### C Grade 3km

**Men:** (1) Brock Miller 17.17 (2) Eli Melinz SB 18.55 (3) Noah Wheeley 24.19

**Women:** (1) Kiara Waterman SB 17.55 (2) Eliza Kelly 19.11

#### D Grade 2km

**Women:** (1) Savannah Dunleavy 12.17 (2) Dakota Vicary SB 14.42.

#### E Grade 1.5km

**Men:** (1) Jake Dunleavy 9.10 (2) Leo Ramsay SB 9.50

**Women:** (1) Amelia Chisholm SB 9.12

#### F Grade 1km

**Women:** (1) April Kelly 8.55, (2) Piper Dunleavy SB 9.58 (3) Harper Waterman 10.50.

## Judges' Reports

11 kkK  
380 kK  
401 c  
405 kccC  
413 c  
430 c

## THIS WEEK

### QRWC Road Walk Championships Sunday August 27<sup>th</sup>

#### 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 - Qld 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 14<sup>th</sup> August
- **Entry Fee Members \$10 Non-Members entry Fee \$15 (not eligible for championship awards) Invitation 5km \$5**



## Important Reminders Trophy Day Sunday September 10<sup>th</sup>

**Relay** 4 x 1,500 handicapped relay. We need names of participants. Create your team or be allocated to a team. Look out for the sheet at the Sign In desk team this Sunday.

**Trophies** Please see criteria below in the newsletter for the awarding of perpetual trophies. Final points have now been calculated for the Handicap trophies. Athletes needed to compete in a minimum of 5 of the 10 handicap races to be eligible.

**Raffle Prizes** If you would like to donate a raffle prize for Trophy Day please bring it along on Sunday. Thank you, your support is appreciated.

bring them along over the last few Sundays of the season.

**Lunch** Please indicate on the sheet at the Sign On table if you will be attending the lunch after the relays (and how many family members). This is important to enable us to plan the catering.

If you will not be able to be at Beenleigh please RSVP Noela [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com) for the BBQ lunch and for the relay.



**We will be having a fund-raising Sausage Sizzle on Sunday at Beenleigh with cold drinks, tea/coffee on sale**  
**Support your club and have something to eat and drink. Cash or card accepted.**

### **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

### **NEXT WEEK**

**QUEENSLAND ROAD WALKING CHAMPIONSHIPS**  
**+ QMA Long Course Road Walk Championships**  
**Saturday September 2<sup>nd</sup> QSAC**

**Entries will remain open until Thursday August 31<sup>st</sup>**

#### **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

## **COMING UP**

### **QRWC Relay/Trophy/BBQ Day Sunday September 10<sup>th</sup> 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 some perpetual trophies outstanding to be returned. If you cannot make it to a meet, please contact Noela [noelarihoda@gmail.com](mailto:noelarihoda@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



## CRITERIA FOR QRWC PERPETUAL TROPHIES

### Male

Age Distance First Presented Criteria

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

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

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

U14 Boys 12,13yrs 2km 2019 Club Championships

U12 Boys 10,11 1.5km 2019 Club Championships

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

### Female

Open Women 15km Shield

Open 15km 2019 Stated as 15km Championship

Open Women 10km Open 10km 2019 Club Championships

Under 20 Women 18,19 8km 2019 Club Championships

U16 Girls 14,15 4km 2019 Club Championships

U14 Girls 12,13 2km 2016 Club Championships

Under 12 Girls 10,11 1.5km 1979 Club Championships

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

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

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

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

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

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

## 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

# Australian Athletics Championships

Adelaide | 11-19 April, 2024

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 101<sup>st</sup> 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
<b>April</b>	23	QRWC Handicap Meet # 1	Beenleigh	8.00am
	30	QRWC Handicap Meet # 2	Yeronga	7.30am
<b>May</b>	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
<b>June</b>	4	Gold Coast Championships	Mudgeeraba	8.00am
	11	<b>LBG Federation Meet</b>	<b>Canberra</b>	8.00am
	18	QRWC Handicap Meet # 6	North Lakes	8.00am
	25	QRWC Handicap Meet # 7	Yeronga	8.00am
<b>July</b>	2	<b>Gold Coast Marathon</b>	<b>No club competition</b>	
	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	<b>QA Championships</b>	<b>POSTPONED</b>	
<b>August</b>	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
<b>September</b>	2	QA Road Walk Championships	QSAC	8.30am
	3	<b>Father's Day</b>	<b>No club competition</b>	
	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.

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## 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:

**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](http://revolutionise.com.au))

If you would like more information regarding membership options, please contact our Registrar at [qrwcregistrar@gmail.com](mailto: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.**

## **GAMES OF THE XXXIII 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.

## **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](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/>