

Queensland Race Walking Club Inc.

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



August 31st 2023

Racewalking Queensland Club Championships 2023

Congratulations to our new club champions and to all the athletes who participated in our Club Championships on Sunday at Beenleigh. It was our biggest meet of the season and saw some cracking performances.

Bailey Housden was outstanding in the U16 Boys 4km. His time of 16.44 demolished the record of 18:30 set by former World Junior rep Jesse Osborne in 2010. In the Open 10km Scott Hyland finally broke 50 minutes with a winning time of 49.45. The women's 10km was won former top junior Kayta Martin getting back into race walking with a time of 1.03.32. Sam McCure walked a swift 8km in 36.41 as a final hit out before the QA Championships on Saturday. We also saw good performances by Jake Dunleavy & Freya Williams in the U10 750 metres, Lachlan Morre & Isabella Welch in the U12 1.5km and Brock Miller & Kiara Waterman in the U14 2km. Well done everyone.

Another winner on Sunday was the sausage sizzle organised and presented by Pat & Maxine. It was well patronised and appreciated by hungry race goers. Thank you Pat & Mine for this initiative that raised valuable funds for our club. Thank you to all the judges, time keepers, lapscorers and all other volunteers for your time and commitment in Sunday and throughout the entire road walk season.

RESULTS RESULTS RESULTS

Racewalking Queensland Club Championships

Logan River Parklands August 27th

Open/Masters 10km

Men: (1) Scott Hyland 49.45 (2) Adam Patterson 1.04.08 (3) Peter Bennett 1.07.32 (4) Patrick Sela 1.27.43

Women: (1) Katya Martin 1.03.32 (2) Jasmine McRoberts 1.11.37 (3) Joy Dale 1.17.17 (4) Noela McKinven 1.33.19

U20 8km

Women: (1) Summer Millard 55.17 (2) Korey Brady 55.51.

Non-Championship: Sam McCure 36.41

U18 6km

Men: (1) Roel Wheeley 35.04

Women: (1) Anika Clarke 36.35 (2) Phoebe Chadwick 37.40 (3) Taylah Morris 38.07 (4) Lily Housden 39.29

U16 4km

Men: (1) Bailey Housden 16.44 (2) Kai Dale 22.15 (3) Noah Tilton 26.23

Women: (1) Lyla Williams 21.26 (2) Makenna Clarke 26.43

U14 2km

Men: (1) Brock Miller 11.19 (2) Eli Melinz 13.10 (3) Hunter Sibenaler 14.03 (4) Noah
Wheeley 16.04

Women: (1) Kiara Waterman 11.56 (2) Mikaela McDonald 12.28 (3) Eliza Kelly 13.16

U12 1.5km

Men: (1) Lachlan Moore 7.36 (2) Leo Ramsay 9.42 (3) Dylan Moore 10.59

Women: (1) Isabella Welch 7.43 (2) Savannah Dunleavy 8.44 (3) Amelia Chisholm 9.19 (4)
Mackenzie Wormald 10.36 (5) Dakota Vicary 11.07.

Non-Championship: April Kelly 11.44

U10 .75km

Men: (1) Jake Dunleavy 4.12

Women: (1) Freya Williams 3.59 (2) Izzy Blackburn 4.51 (3) Piper Dunleavy 8.25

Judges' Reports

7 k
11 kK
13 k
230 K
289 c
365 k
376 cc
380 kkK
385 k
389 cc
405 kKcC
412 kkK
413 cc
417 kK
419 cK
421 kk
425 K
430 c
435 k
441 k

QRWC Club Championship Records (Updated 27.08.2023)

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 Bailey Housden 2023 16:44.00 **NEW**

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



*Focus and determination during the club championships at Beenleigh
Photos courtesy of Danielle Sibenaler*

If you would like to see more of the wonderful photos taken by Danielle on Sunday and during the road walk season please visit our FaceBook page [Queensland Racewalking Club | Facebook](#)

QUEENSLAND ROAD WALKING CHAMPIONSHIPS
+ QMA Long Course Road Walk Championships
Saturday September 2nd QSAC

All the best to all competitors taking part in the postponed Queensland Athletics Road Walk Championships on the QSAC Ring Road this Saturday morning. We hope you all achieve your goal.

Please see the notes on your designated club, hip numbers and parking below the programme of events .

With so many age groups and events QA will again need our help with lapscoreing and timekeeping. So please come forward to assist if you can. This will be greatly appreciated.

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

****FOR THIS MEET THERE WILL BE NO PENALTY ZONE****

All Athletes please note : When QA releases the final start list check which club you are listed against .Some athletes will default to their primary club if they have not chosen their club from the dropdown box on entry If you believe you should be listed under a different club than what is shown on the start list please contact **Greg Ison at Queensland Athletics BEFORE Saturday greg.ison@qldathletics.org.au** . This is important for the determination of teams medals .

Car parking is available in the top carpark as usual. The ring road will be closed at the front of the Western Stand, and the check-in/start area will be further around the ring road at the northern end of the stadium.

On the day: As **you will need hip numbers for this event** you will need to check in at the QA tent close to the start line. Plan to be around this area at least 15 minutes before your start time.

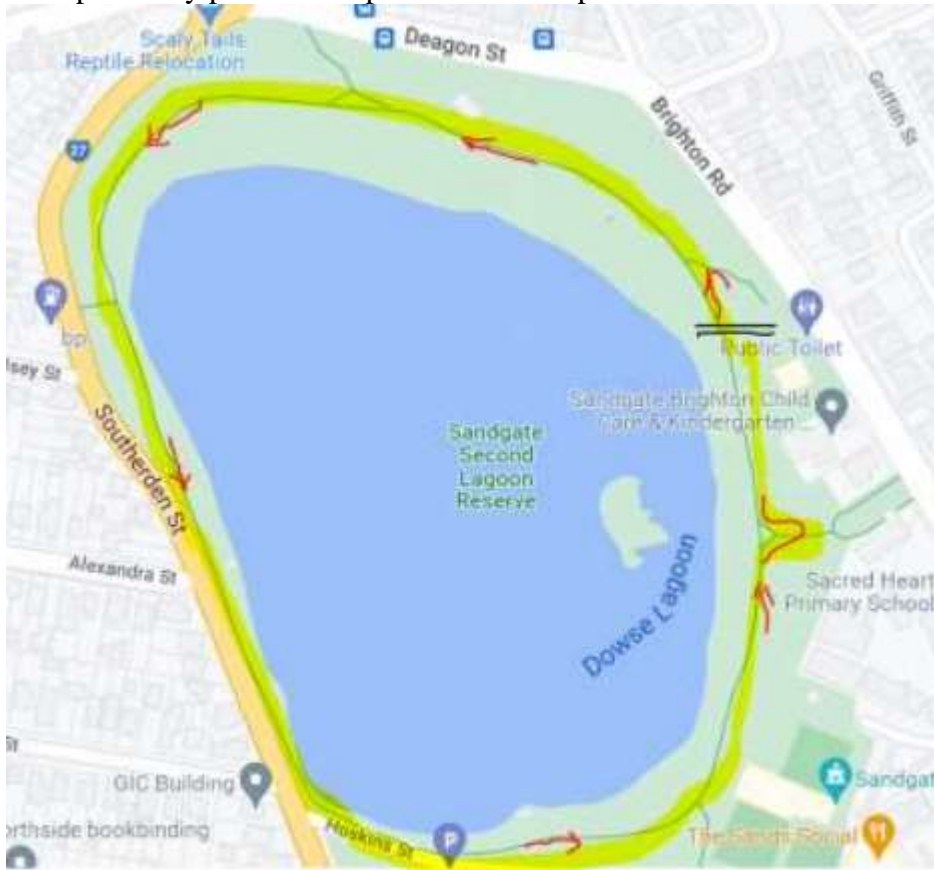
NEXT WEEK

**QRWC Relay/Trophy/BBQ Day Sunday September 10th
Dowse Lagoon, Brighton Road, 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. We have heard that some of the beaten teams from last year are out for revenge and mean business this year. One quartet are even getting team t shorts made up. If you have not already nominated, please contact Noela at noelarhoda@gmail.com with your team list or if you wish to be allocated to a team. A RevSport entry portal will open soon to accept entries and race fees.



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

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. See criteria below.

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.

Beer & soft drinks will be in sale. Tea and coffee is complimentary. Please bring along your deck chairs or a picnic rug. Don't forget your sunglasses, a hat and sunscreen.

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. If you have not already indicated please email Noela noelarhoda@gmail.com if you and your family will be attending the lunch. This is important for the catering. A RevSport entry portal will open soon to lunch payments.

DESSERT Please Bring A Plate to share.

Let's be honest here. The highlight of the day is not the relays, the trophy presentations or the BBQ lunch. What everybody really waits for (except for Maxine's chicken curry) is dessert and a chance to get stuck into all those yummy cakes and other treats. No matter how much is eaten at lunch everyone suddenly finds room once the dessert table is presented. But last year there was watermelon as well so not all bad.



Relay and BBQ action from Trophy Day 2022



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.

QRWC Handicap Trophies

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

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

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



Yesss... We are back on the Track Preliminary Schedule 2023/24 Season

Qld Masters September 16th Saturday SAF

8.00 3000m Run / Race Walk

10.00 1500m Run / Race Walk

Qld Masters September 23rd Saturday SAF

8.00 5000m Run / Race Walk

10.00 800m Run / Race Walk

QA All Schools Pre-Meet September 30th UQ St Lucia

TBA 3000/5000 metres Walk

Qld Masters October 7th SAF Saturday

8.00 3000m Run / Race Walk

10.10 1500m Run / Race Walk

Qld Masters October 14th Saturday Venue SAF

8.00 2000m Run / Race Walk

9.30 800m Run / Race Walk

Qld Masters October 21st Saturday Venue SAF

50th Anniversary Celebrations

8.00 3000m Run / Race Walk

9.50 800m Race Walk

Qld Masters October 29th Sunday Venue SAF

3.30 1500m Run / Race Walk

4.45 5000m Run / Race Walk

QA All Schools Championships November 2-5th SAF Main Track

TBA 3,000/5,000 metres Walk

Qld Masters November 11th Saturday SAF

8.00 3000m Run / Race Walk

10.00 800m Run / Race Walk

Qld Masters November 18th Saturday SAF

8.00 3000m Run / Race Walk

9.30 1500m Run / Race Walk

QA Shield Meet November 25th SAF

TBA 3,000/5,000 metres Walk

Qld Masters December 3rd Sunday SAF

3.00 800m Run / Race Walk

4.50 5000m Run / Race Walk

Qld Masters December 9th Saturday SAF

8.00 2000m Run / Race Walk

10.00 1 Mile Run / Race Walk

QA Shield Meet January 20th SAF

TBA 3,000/5,000 metres Walk

QA Shield Meet February 3rd SAF

TBA 3,000/5,000 metres Walk

QA Shield Meet February 17th SAF

TBA 3,000 metres Walk

TBA 10,000 metres walk Championships

QA Shield Meet March 9th SAF

TBA 3,000/5,000 metres Walk

QA State Championships SAF Main Track

TBA 3,000/5,000 metres Walk

AA Coach Accreditation Courses

Are you looking to start a career as a coach or just looking to enhance your qualifications? You may be interested in these courses coming up in the next few months. The QRWC currently has grant funds to re-imburse your course expenses.

Please contact Noela if interested in any of these courses or if you wish to undertake a First Aid course.

23 Sep 2023 Level 2 Club Coach QSAC Queensland

27 Sep 2023 Level 2 Recreational Running Course Online Queensland

04 Oct 2023 Level 1 Community Athletics Coaching Course Online Queensland

12 Oct 2023 Level 1 Recreational Running Coach Online Queensland

11 Nov 2023 Level 3 Performance Development Course (Days 1 & 2) Brisbane Queensland

For further information on coaching courses or to book a course go to [Queensland Athletics \(qldathletics.org.au\)](http://Queensland Athletics (qldathletics.org.au)) (under coaches & officials)

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 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.

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 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 qrwc REGISTRAR@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 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:

grwc1@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/>