

Queensland Race Walking Club Inc.

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



August 3rd 2023

COMING SOON



**WORLD ATHLETICS
CHAMPIONSHIPS
BUDAPEST 23**

The World Athletics Championships will be held in Budapest, HUNGARY August 19-27th

Saturday August 19th Men's 20km

Sunday August 20th Women's 20km

Thursday August 24th Men's 35km

Women 35km

The race walking finals will follow a formula that has worked well in the last few world races: the men's and women's 20km races will be on a 1km circuit, the men's and women's 35km races will be on a 2km circuit. The start and finish will again be in Heroes' Square, and the course on Andrassy Avenue.

The men's 20km walk, starting at 8:50am on 19 August, will be the first event of the World Athletics Championships Budapest 23. The women's 20km walk will start one day later, at 7:15am on 20 August. The women and men will tackle the 35km event at the same time on Thursday 24 August at 7am.

Race walking events will be conducted on a 1km loop centered on the marathon Start/finish line and along Andrassy Avenue

WORLD ATHLETICS CHAMPIONSHIPS BUDAPEST 23
MARATHON RACE COURSE



WORLD ATHLETICS
CHAMPIONSHIPS
BUDAPEST 23



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

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

Victorian Masters Association 10km Masters Championships Melbourne July 29th

Well done to Brenda who decided to make the trip to Melbourne for competition when QA announced the postponement of the State Road Walk Championships.

Not only did Brenda win her age group but she was also first of the women across the line (and one stride away from breaking 60 minutes).

Brenda Gannon (QMA) F M45 1:00:00 1

Marnie Zakis F M45 1:11:47 1

Carolyn Rosenbrock F M60 1:00:19 1

Donna-Marie Elms F M60 1:10:16 2

Barb Bryant F M65 1:04:55 1

Karyn O'Neill F M65 1:12:26 2

Heather Carr F M70 1:13:00 1

THIS WEEK

QRWC Handicap #8 Sunday August 6th

Faye Carr Park Ripley

8.00am A Grade 10km

8.15am E Grade 1km

F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

Enter here [QRWC Handicap #8 Sunday August 6th Faye Carr Park Ripley - Qld Race Walking Club - revolutioniseSPORT](#)

Venue: We meet at the picnic tables at Faye Carr Park (Ripley Park) at the corner of Fitzgibbon Road and Panorama Circuit. Racing will be conducted on a 1km loop on the path along Panorama Circuit.

NEXT WEEK

QRWC Handicap Meet #9 Sunday August 13th

John Frederick Park, Capalaba

7.30am A Grade M 15km

A Grade W 10km

B Grade 8km

8.00am E Grade 2km

F Grade 1km

8.15am C Grade 5km

D Grade 3km

Note: The 7.30am start races i.e., 8km, 10km & 15km will use the 2km loop. All other races will use the 1km loop

The 15km race will double at the club 15km Championship for Men & Women (a 10km split time for women will be recorded for Handicap purposes)

JOHN FREDERICK PARK - located at 2-14 Old Cleveland Road, Capalaba. It is adjacent to Clubhouse Niteclub Bar & Grill and the BWS store at Capalaba. If you are travelling along Old Cleveland Road in an Easterly direction, turn left into Banfield Lane (next left turn after Camrose Street) and go straight ahead along the unsealed road to park. The start line is in the park on your left. If you pass the KFC and Guzman y Gomez stores on your left, you have gone too far.

The venue and path for the race is highlighted in red on the map.

<https://cdn.revolutionise.com.au/cups/qldracewalkingclub/files/zbyi3yuyqu0ynhmm.jpg>

COMING UP

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

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



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

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

All the medals from the QRWC track championships, Grade Handicap points trophies, Club Road walk championships trophies and the perpetual trophies will be presented.

Reminder: Perpetual Trophies

Are you on the list below? Over the next few club meets could perpetual trophy winners from the 2022 season please return your trophy. If you cannot make it to a meet, please contact Noela noelarhoda@gmail.com to arrange the return of your trophy.

U10 BOYS

Dylan Moore

U12 GIRLS

Isabella Welch

U12 BOYS	Lachlan Moore
U14 GIRLS	Destinee Pickvance-Yee
U14 BOYS	Noah Wheeley
U16 BOYS 5KM	Sam McCure
U18 MEN 10KM	Sam McCure
U20 WOMEN	Jasmine-Rose McRoberts
OPEN MEN 10KM CHAMPIONSHIP	Ignacio Jimenez
OPEN WOMEN 10KM CHAMPIONSHIP	Brenda Gannon
OPEN MEN 15KM CHAMPIONSHIP	Ignacio Jimenez
OPEN WOMEN 15KM CHAMPIONSHIP	Jennifer Stuckey
RELAY TEAM	“Just One Moore” Noela McKinven Argenis
Guevara Dylan Moore Lachlan Moore	

2023 Australian All Schools Championships



The 2023 Australian All Schools Championships will head west this year with the announcement today that **Perth will host 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:

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/>