

Queensland Race Walking Club Inc.

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



December 14th 2023



2023 Australian All Schools Championships Perth December 8-10th

What a great effort from our walkers at the All-Schools Championships in Perth last weekend. Five medals and seven pb's were recorded. Well done to all our walkers who travelled to Perth and competed. We are proud of you all.

Noah Cooke won our sole gold medal in the boys U14 3,000 metres. Bailey Housden set yet another pb in the U17 5,000 metres in what would have been the walk of the Championships had not been for such a super record smashing effort by NSW walker, Issac Beacroft. Lyla Williams, walking for NSW, came home with the silver medal in the girls U17 5,000 metres. Our bronzed Queenslanders were Ella Cosgrove in the girls U14 3,000 metres and Milly Sharpe in the girls U16 3,000 metres.

Time to celebrate your achievements, rest up and spend the Christmas – New Year break with family and friends before setting new goals for 2024.

Gold

Noah Cooke 14:55.04 PB 3000m Race Walk · Boys · U14

Silver

Bailey Housden 20:07.56 PB 5000m Race Walk · Boys · U17

Lyla Williams 27:13.74 5000m Race Walk · Girls · U17 ·

Bronze

Ella Cosgrove 16:36.28 PB 3000m Race Walk · Girls · U14

Milly Sharpe 16:12.90 PB 3000m Race Walk · Girls · U16

AA Report

“An action-packed Day One of the 2023 Chemist Warehouse Australian All Schools Athletics Championships belonged to Isaac Beacroft who walked his way into the history books, as Australia’s emerging talents stamped their presence on the track and in the field despite challenging conditions in Perth.

Race walking sensation Beacroft (NSW) saved the best for last on a record-breaking day in Western Australia, pacing his way to a new Australian Under 20 5000m Race Walk record of 19:31.21 - the second fastest time in world history by an Under 18 athlete.

The rise of the Australian race walking scene was prominent as Beacroft worked with a group including Owen Toyne (ACT), Bailey Housden (QLD) and Marcus Wakim (VIC), but the 16-year-old soon broke away with his punishing closing speed on display as he carved seven seconds of Troy Sundstrom's record from the year 2000.

"I'm stoked with that, I'm really happy. It was good to come out, hit the time I really wanted and get the gold. I'm thankful for the boys who dragged me through in the first two kilometres," Beacroft said.

"I'm going to walk the 10km in Adelaide in April, and if I walk well it will hopefully qualify me for the World Juniors and I will set my eyes on Peru. I don't go to competitions to come second, but Australian race walking is the strongest it has been in a long time."

Kodi Clarkson set a new Australian Under 16 record in the 3000m Race Walk. Burgeoning race walker Clarkson took charge of the U16 3000m discipline to break the Australian record set by Isaac Beacroft just one year ago. Crossing the line emphatically in 12:00:10, Clarkson was particularly proud of his efforts, having claimed silver in the Under 18 5000m Race Walk just a day earlier.

"The goal was always to break the record, which I did today, and I was very happy with that given I raced last night. I managed to pull up alright from the 5k last night, which was a surprise," Clarkson said. "Next year, I want to represent Australia at something. My event will be tough but that is definitely the goal."

Sending our best wishes to Liz Bradley

It has been distressing for the athletics community to hear of the injuries incurred by our club member, Liz Bradley, at the Australian All Schools Championships in Perth while officiating in a field event.

Liz is widely known to give her time freely in support of the sport of athletics and making herself available whenever help is needed.

Liz has been hospitalised since the traumatic and painful incident last Friday. We wish her all the best at this time as she continues to undergo treatment and then through her rehabilitation. We are all hoping that she makes a full recovery. Our thoughts are with Liz and with Alex at this time.

Let's hope all our warm thoughts and sincere wishes could speed your recovery, Liz.

RESULTS RESULTS RESULTS

Australian All Schools Athletics Championships

WA Athletics Stadium December 8-10th

3000m Race Walk · Boys · U14

1 Noah Cooke (2010) AUS QLD 15 14:55.04 PB

2 Keiran Smith (2011) AUS WA 17 15:09.47

3 Jaime Hvalica (2010) AUS VIC 14 15:27.83 PB

4 Noah Janes (2010) AUS WA 16 15:37.46 PB

5 Lewis McLennan (2011) AUS VIC 18 17:27.22 PB

Tyler Cousins (2011) AUS NSW 19 DQ

Orlando Grantham (2011) AUS SA 20 DQ

Luke Danaher (2010) AUS SA 13 DNS

3000m Race Walk · Boys · U15

1 Max Davidson (2009) AUS VIC 7 14:33.23 PB

2 Jaxson Horton (2009) AUS NSW 6 14:39.91 PB
3 Trent D'Alessio (2009) AUS WA 9 16:06.95 PB
4 Ali Znad (2009) AUS WA 10 16:12.31 PB
Hamish McLennan (2009) AUS VIC DQ

3000m Race Walk · Boys · U16

1 Kodi Clarkson (2008) AUS ACT 5 12:00.10 PB
2 Samuel Lindsay (2008) AUS TAS 4 13:12.78 PB
3 Alexander Sinnott (2008) AUS NSW 3 14:55.15
4 Kai Dale (2008) AUS QLD 2 15:57.55
5 Sebastian Gonzalez (2008) AUS NSW 1 18:12.52

3000m Race Walk · Girls · U14

1 Sophie Polkinghorne (2010) AUS NSW 4 14:34.27
2 Mya McClure (2011) AUS VIC 11 14:42.30 PB
3 Ella Cosgrave (2010) AUS QLD 2 16:36.28 PB
4 Alexis Thiele (2010) AUS SA 7 16:56.59
5 Tory D'Alessio (2011) AUS WA 12 17:07.77 PB
6 Lani Ellwood (2011) AUS NQ 9 17:38.54 PB
7 Macy Devine (2010) AUS TAS 5 17:50.27
8 Matilda Rech (2010) AUS SA 8 18:12.51 PB
9 Emma Hoskins (2010) AUS NSW 6 18:32.18
10 Trinity Doulis (2010) AUS WA 3 19:31.20
11 Cacia L. Charles (2011) AUS TAS 10 19:38.79
Mikaela McDonald (2010) AUS QLD DQ

3000m Race Walk · Girls · U15 ·

1 Matilda Webb (2009) AUS NSW 11 14:44.90
2 Emma Grocott (2009) AUS ACT 8 15:08.75 PB
3 Jessica Loring (2009) AUS NSW 15 15:26.31
4 Lucy Johns (2009) AUS VIC 13 16:28.98 PB
5 Grace Marin (2009) AUS SA 7 16:55.59 PB
6 Chelsey Ireland (2009) AUS WA 9 17:21.04 PB
7 Makenna Clarke (2009) AUS QLD 14 17:49.72
Katica Borsic (2009) AUS WA 12 DQ

3000m Race Walk · Girls · U16

1 Angelina Legrand (2008) AUS SA 1 15:28.25 PB
2 Elise Scott (2008) AUS SA 4 16:09.73
3 Milly Sharpe (2008) AUS NQ 2 16:12.90 PB
4 Stella Pinches (2009) AUS NSW 10 16:16.41 PB
5 Kaytee Bogaers (2008) AUS WA 6 16:37.71
6 Mackenzie Turner (2008) AUS VIC 3 19:12.52 PB

5000m Race Walk · Boys · U17

1 Isaac Beacroft (2007) AUS NSW 9 19:31.21 PB
2 Bailey Housden (2007) AUS QLD 12 20:07.56 PB
3 Riley Coughlan (2007) AUS VIC 6 20:54.98 PB
4 Myles Ashby (2007) AUS NSW 11 23:41.92
5 Oliver Morgan (2007) AUS TAS 7 25:15.49 PB
6 Cooper Rech (2007) AUS SA 10 25:46.96
John Ronan (2007) AUS WA 13 DNF
Owen Toyne (2007) AUS ACT DQ

5000m Race Walk · Boys · U18

1 Marcus Wakim (2006) AUS VIC 1 20:41.01 PB
2 Kodi Clarkson (2008) AUS ACT 5 21:49.42 PB
3 Scott Peart (2006) AUS VIC 3 22:03.31 PB
4 Sam McCure (2006) AUS QLD 2 22:19.87
5 Alex Bradley (2006) AUS QLD 4 24:21.23 PB

5000m Race Walk · Girls · U17 ·

1 Sienna Pitcher (2007) AUS NSW 11 24:31.30

2 Lyla Williams (2007) AUS NSW 13 27:13.74
3 Isabelle Curtis (2009) AUS WA 15 30:01.48 PB
4 Leila Bevis (2008) AUS WA 14 30:20.69 SB
5 Taylah Morris (2007) AUS QLD 10 31:20.25

Katie De Ruvo (2007) AUS SA 12 DQ

5000m Race Walk • Girls • U18

1 Maddison Nash (2006) AUS VIC 9 24:50.14 PB
2 Chelsea Roberts (2006) AUS NSW 7 26:12.92
3 Hana Jugovic (2006) AUS ACT 5 26:52.99 PB
4 Emily Smith (2006) AUS VIC 2 28:08.71 PB
5 Julia Grocott (2006) AUS ACT 8 28:42.07 PB
6 Phoebe Chadwick (2006) AUS QLD 3 28:49.39
7 Lily Housden (2006) AUS QLD 1 31:03.25 PB
8 Lily Masson (2006) AUS WA 6 32:17.13 PB
Aiva Pinches (2006) AUS NSW 4 DNS

Queensland Masters Athletics

Saturday December 9th SAF

2000 Metre Race Walk

McKinven, Noela W81 17:35.64

Bennett, Peter M68 12:42.42

**Noela nominated for ASC Sport
Volunteer of the Year Award**

Congratulations to our Secretary, Noela McKinven, on her nomination for the ASC Sports Volunteer of the year award.

Dear Noela,

On behalf of the Australian Sports Commission (ASC), we wanted to congratulate you on the nomination you received for our 2023 Sport Volunteer of the Year Award. As a major category at our recent AIS Sport Performance Awards, the Sport Volunteer of the Year Award was established to recognise volunteers who have made an outstanding contribution to sporting organisations, clubs, teams, or programs over the past year. Outstanding contributions, just like yours, have positively impacted the lives of countless others and should be recognised and celebrated. With an estimated three million Australians volunteering in sport annually, you should be extraordinarily proud to have been nominated for this prestigious award. You are the heart of our sport sector and today, we celebrate your selfless contribution to your sporting community. We also know that whilst you don't volunteer for the recognition or the accolades, a simple thank you can mean so much. Thank you for the incredible contribution you make to sport through your volunteering – we have been inspired by your story.

Regards

Kieren Perkins OAM

Chief Executive Officer

Australian Sports Commission

GC50 Run Festival Hall of Fame #14 Announced

In recognition of completing Gold Coast 50km distance on 10 occasions participants are inducted to the Hall of Fame. The latest to join this select group is Peter Bennett. He is the 14th person to achieve this feat and the first walker.



PETER BENNETT

Peter joins the Hall of Fame after completing his tenth GC50 in 2023. Peter will hold race number 14 for life.

Track Season 2024

QA 2024

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 March 14-17th SAF Main Track

TBA 3,000/5,000 metres Walk

QMA Draft 2024 Calendar

Venues to be determined - SAF or Main Stadium

6th January 2024 Saturday

8.00 2000m Run/Walk

13th January 2024 Saturday

8.00 3000m Run/Walk

20th January 2024 Saturday

8.00 5000m Run/Walk

27th January 2024

8.00 3000m Run / Race Walk

3rd February 2024

8.00 3000m Run / Race Walk

10.10 1500m Run / Race Walk

10th February 2024

8.10 3000m Run/Walk **QMA State Championships**

9.40 1500m Run/Walk

17th February 2024 Saturday Venue

8.10 3000m Run/Walk

24th February 2024 Saturday

9.00 1500m run/walk

25th February 2024 Sunday

8.15 3000m Run/Walk

9.30 800m Run/Walk

Saturday 9th March

8.00am M30+ W30+ 5000m Walk **QMA State Championship**

Sunday 10th March

9.00am M/W30+ 1500m Walk **QMA State Championship**

24th March 2024

8.00 3000m Run / Race Walk



February 3-11th, Dunedin

Saturday 3 February 2024 3,000 metres track walk

VENUE: Caledonian Ground, 50 Logan Park Drive, Dunedin

Sunday 4 February 2024 10km Road walk

VENUE: Start & Finish OUSA Aquatic Centre, 26 Magnet Street, Dunedin

Wednesday 7 February 2024 5KM Road Walk

VENUE: Guthrie Pavilion, Bayfield Park, Shore Street, Dunedin 6.16pm

Saturday 10 February 2024 Half Marathon

VENUE: Start/Finish at MacAndrew Bay Beach Recreational Area

Walkers 8:30am start, Runners 9:30am start

Keep up to date with the latest on the Masters Games

Masters Games Website Entries & Monthly Newsletter Sign Up www.nzmg.com

Facebook www.facebook.com/new.zealand.masters.games

Instagram @nzmg2024

**Australian 20km & Under Age
Race Walking Championships
War Memorial Drive, Adelaide February 11th 2024**



Entries: Open on the 20th November 2023 and **close** on 21st January 2024 5pm AEDT

7:00 AM	20km Race Walk	Men	Senior
7:00 AM	20km Race Walk	Women	Senior
7:15 AM	10km Race Walk	Men	U20
7:15 AM	10km Race Walk	Women	U20
7:45 AM	5km Race Walk	Boys	U16
7:45 AM	5km Race Walk	Boys	U18
7:45 AM	5km Race Walk	Girls	U16
7:45 AM	5km Race Walk	Girls	U18
8:00 AM	3km Race Walk	Boys	U14
8:00 AM	3km Race Walk	Girls	U14



Tasmanian Masters Athletics is excited to announce that the Australian Masters Athletics National Track and Field Championship will be held in Hobart, Tasmania in 2024.

Venue: Domain Athletic Centre

Walk Schedule

Friday March 29th 1,500 metres

Saturday March 30th 5,000 metres

Monday April 1st 10km Road Walk

For more information go to amahobart2024.com.au

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 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.

WORLD ATHLETICS
RACE WALKING TEAM
CHAMPIONSHIPS
ANTALYA24

Antalya, Turkey April 21st 2024

This will be the second time that Turkey has hosted a World Athletics Series event, following the 2012 World Athletics Indoor Championships, held in Istanbul. Some 500 athletes from 50 countries are expected to compete in Antalya next year in what will be a qualifying event for the Paris Olympic Games.



QRWC to host 10km Road Walk at 2024 Pan Pacific Masters Games



The venue will be the **Luke Harrop Cycle Circuit, Oxley Drive, Biggera Waters** (behind the Runaway Bay athletics track).

The date is still to be confirmed. It will be either Sunday 3rd or Sunday 10th November to align with the Track & Field programme. Race start will be 7:00am.

QRWC MEMBERSHIP 2023/24

Qld Racewalking Club is excited to announce that we have opened up our registration portal to members who wish to register with QRWC with a view to representing QRWC at QA meets in the coming year.

Our membership year will now commence in October each year to align with Qld Athletics' (QA) membership year. This will allow athletes wishing to compete at QA events representing QRWC, to take out a combined QRWC/QA membership in or after October each year. Once

registered, athletes can represent QRWC at the various QA competitions held throughout the year, including the QA Road Walking Championships, QA Shield Meets and Qld Athletics Championships. Please note that QA offers 3 levels of membership. More information can be found at <https://cdn.revolutionise.com.au/site/qqmoo3oyiea1blrd.pdf>

Of course, for those athletes not wishing to compete at or represent QRWC at QA events, QRWC will retain the current membership options whereby only the QRWC club fee (ie. \$15 Student/\$25 Non-Student) will apply. This membership can be taken out at any time prior to the start of the QRWC winter season in April 2022.

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2022 and will cover the traditional QRWC winter racewalking season.

	\$15.00	Students
Membership	\$25.00	non-students
Fee:	*club fee on top of Qld Athletics membership (Base \$12, Gold \$110, Platinum \$220)	

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.

Our Volunteers – We need you to

For all our road walk and track meets we need the help of our members to set up and run the meets in a safe and organised manner. Please feel free to offer your services whether it be as a judge, timekeeper, setting out the course or helping to pack up. All assistance is greatly appreciated. We especially need lap scorers. If you would like to help out, please talk to any member of the Committee.

Everyone who helps out to run our events are volunteers who freely give up their time so that our athletes can race. Please treat them with respect and appreciation at all times and offer to assist them whenever possible. Without judges, timekeepers and lapscorers we don't have a race walk competition we just have a walk and no matter how fast you go your result will not be official or accepted for qualifying purposes. Judges are there to ensure no one gets an unfair advantage and to assist the athletes. If you get a caution or a report, use it as a learning experience. Find out what you have done wrong from the judge and talk to your coach to see if you need to correct your technique. If you do nothing and just blame the judges, then you will never learn or get ahead in the sport.

Queensland Athletics Member Protection Policy

As a member of Athletics Australia, Queensland Athletics, an affiliated club or an individual member everyone is required to comply with the Queensland Athletics Member Protection Policy. We are committed to the health, safety and general well-being of all of our members and will work to ensure that everyone associated with our organisation complies with this policy. We would encourage all who are involved in athletics to familiarise themselves and comply with this policy.

You can read the full policy here

<http://www.qldathletics.org.au/Portals/50/General/QA%20Member%20Protection%20Policy%20-%20July%202015.pdf>

All our members, whether an athlete, coach, volunteer official or a parent should be aware of their obligations and responsibilities under these policies.

Who this Policy Applies To

This policy applies to the following, whether they are in a paid or unpaid/voluntary capacity:

- Parents, guardians, spectators and sponsors to the full extent that is possible.
- Individuals appointed or elected to boards, commissions, committees and sub-committees;
- Employees and volunteers;
- Support personnel (e.g. managers, physiotherapists, psychologists, masseurs, sport trainers, etc);
- Coaches and assistant coaches (whether or not they are accredited)
- Athletes, coaches, officials and any other personnel participating in any teams, events and activities, including camps and training sessions, conducted or sanctioned by Queensland Athletics
- Referees, judges and other officials.
- Members, including life members.
- Member associations and each of its members, including life members.
- Affiliated clubs and associated bodies of Queensland Athletics;
- Peak associations and other State bodies engaged in any form of athletics.
- Any other person or body that is a member of or affiliated to Queensland Athletics.

Code Of Conduct/Behaviour Queensland

Athletics requires every individual and body bound by this policy to: QA Member Protection Policy – July 2015

- 4.1 Be ethical, fair and honest in all their dealings with other people and Queensland Athletics;
- 4.2 Treat all persons with respect and courtesy and have proper regard for their dignity, rights and obligations;
- 4.3 Always place the safety and welfare of children above other considerations;
- 4.4 Comply with Queensland Athletics', Athletics Australia's, the IAAF's, the National and International Olympic and Paralympic Committees' constitution, rules and policies including this Policy;
- 4.5 Operate within the rules and spirit of the sport;
- 4.6 Comply with all relevant Australian laws (federal and State), particularly anti-discrimination and child protection laws;
- 4.7 Be responsible and accountable for their conduct; and
- 4.8 Abide by the relevant specific Codes of Conduct referred to in Part B of this Policy.

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/>