

Queensland Race Walking Club Inc.

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



December 28th 2023

*The Countdown to the New Year is on
Are you ready to make the leap into 2024?*



A Happy & Safe New Year to all

Don't just make a New Years resolution set some firm and achievable goals

THE IMPORTANCE OF GOAL SETTING FOR ATHLETES

When it comes to the fine margins between success and failure at elite sport level, it is acknowledged that psychology has a huge part to play. The mental side of sport is now seen as being just as important as the physical side and research has illustrated that goal setting is one of the most effective tools when it comes to providing athletes with a psychological edge.

What is goal setting?

Essentially goal setting is a mental training technique that can be used to increase an individual's commitment towards achieving a personal goal and this can be separated into short, medium and long term goals. These goals can be broken down into three categories: -

- Outcome goals - deal with specific results in competition
- Performance goals - deal with helping an athlete make improvements over a period of time.
- Process goals - are the aspects a competitor should be concentrating on when carrying out a specific skill.

SMART is a well-established tool that you can use to plan and achieve your goals. The **SMART** acronym aims to break down five key aspects to achieving goals. This is to help ensure all areas are focused on the individual making them effective.

- **Specific**
- **Measurable**
- **Attainable**
- **Realistic**
- **Time based** How goal setting improves performance

The main aim of goal setting focuses on increasing individuals' motivational levels to achieve success by directing attention and applying energy levels into achieving the overall goal

Goal setting can be one of the most important skills for athletes to learn in order to help them optimize their performance. It can focus on what is important and give a sense of control and positive self-direction. SMART goals can help athletes gain confidence and belief in their ability to succeed. Goal setting can improve performance, influence motivation, and help athletes your potential.

WORLD ATHLETICS RACE WALKING TOUR 2024

20 JAN 2024 TÜRKIYE RACE WALKING CHAMPIONSHIPS

KONYAALTI BOULVARED, ANTALYA TUR

21 JAN 2024 USA MARATHON RACE WALK MIXED RELAY CHAMPIONSHIPS &

INTERNATIONAL RACE WALK INVITATIONAL

TROLLEY SQUARE, SANTEE, CA USA

27–28 JAN 2024 SUPERNOVA AIS ATHLETICS TRACK, CANBERRA AUS

04 FEB 2024 XXXVI GRAN PREMIO DE MARCHA ATLÉTICA CIUDAD DE GUADIX
ESP

11 FEB 2024 OCEANIAN & AUSTRALIAN 20KM RACE WALKING CHAMPIONSHIPS
ADELAIDE AUS

24 FEB 2024 SPANISH OPEN 20KM CHAMPIONSHIPS ZARAGOZA ESP

03 MAR 2024 CHINESE RACE WALKING GRAND PRIX TAICANG CHN

09 MAR 2024 MARATHON RACE WALK MIXED RELAY TAICANG CHN

16 MAR 2024 43RD DUDINSKA 50 DUDINCE SVK

06 APR 2024 92ND PODĚBRADY WALKING PODĚBRADY CZE

05 MAY 2024 3RD KORZENIOWSKI WARSAW RACE WALKING CUP WARSZAWA
POL

11 MAY 2024 31ST GRANDE PRÉMIO INTERNACIONAL DE RIO MAIOR EM
MARCHA ATLÉTICA RIO MAIOR POR

18 MAY 2024 XXXVII GRAN PREMIO CANTONES DE A CORUNA DE MARCHA
LA CORUÑA ESP

25 MAY 2024 ZÁHORÁCKA DVADSIATKA BORSKY MIKULÁS SVK

06 OCT 2024 III GRAN PREMIO INTERNACIONAL FINETWORK MADRID MARCHA
MADRID ESP

26 OCT 2024 LUSATIAN INTERNATIONAL RACE-WALKING MEETING ZITTAU
GER

Track Season 2024

QA 2024

QA Shield Meet January 20th SAF

6.20pm 3,000

6.50pm 5,000 metres

QA Shield Meet February 3rd SAF

8.20pm 3,000

8.50pm 5,000 metres

QA Shield Meet February 17th SAF

7.10pm 3,000 metres Walk

7.40pm 10,000 metres walk Championships

QA State Championships March 14-17th SAF Main Track

Saturday March 16th

8:30am 3000m Walk Finals U13 - U16 Female

9:00am 3000m Walk Finals U13 - U16 Male

Sunday March 17th

8:30am 5,000m Walk Final U17/U18 Female

8:30am 5,000m Walk Final U17/U18 Female

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



RACE WALKING AUSTRALIA

AUSTRALIAN FEDERATION
OF RACE WALKING CLUBS

The QRWC is a member of the Australian Federation of Race-Walking clubs and there are two annual Federation Carnivals you are all encouraged to support.
If you are able to travel interstate in 2024 to compete mark these in your calendar.

1st Federation Carnival

Sunday 9th June 2024 Stromlo Forest Park, Canberra
57th Annual Lake Burley Griffin Walking Carnival

2nd Federation Carnival

Sunday, August 25th, 2024.

Melbourne

Race Walking Australia Winter Championships

Events from U10's to Masters

No details have been released but historically Federation carnivals present awards for individual, teams and handicap performances

2024 AMA 20km championships. Australian Masters Athletics have announced that the National 20km Championships will be held in conjunction with the Federation meet in Melbourne on August 25th. Those who want to enter the Nationals can do so or can still enter the AMA championships as a postal event.



February 3-11th, Dunedin

Saturday 3 February 2024 3,000 metres track walk

Sunday 4 February 2024 10km Road walk

Wednesday 7 February 2024 5KM Road Walk

Saturday 10 February 2024 Half Marathon

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/qmoo3oyiea1blrd.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/>