

Queensland Race Walking Club Inc.

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



December 7th 2023



2023 Australian All Schools Championships Perth December 8-10th

All the very best in the west to our high performing junior race walkers as they compete in the Australian All Schools Championships in Perth over the next few days. I know you will all do us proud as ambassadors of the State as you give it you all in your races. Go the Queenslanders.

AA Preview extract

The future stars of Australian athletics will make strides towards greatness this weekend in Perth, with the 2023 Chemist Warehouse Australian All Schools Athletics Championships set to unveil a fresh crop of champions. The pinnacle event for school-aged athletes, the 2023 edition of the Championships will see more than 1,200 athletes from all States and Territories line up for national glory as the athletics season heats up around the country.

The Australian All Schools Championships have a storied history of unveiling talent, counting among its alumni Australian luminaries including Catherine Freeman, Matt Shirvington, Sally Pearson and today's all-star talent including Perth's own world champion pole vaulter Nina Kennedy and Diamond League champion Matthew Denny.

The 2023 Australian All Schools Championships is the first national athletics meet to hit Perth's shores since the pandemic, with record numbers travelling across the country to witness the future stars of Brisbane 2032 in action.

New South Welshman Isaac Beacroft sent his competitors a stern warning when breaking the Australian Under 18 10,000m Race Walk record last weekend and will go into the 5,000m distance with a lightning-quick time of 19:51.91, but Victorian Marcus Wakim will challenge strongly with a best of 20:13.51 – eager for reply after Beacroft eclipsed his 10,000m record.

Supported by the Western Australian Government through Tourism WA, the 2023 Chemist Warehouse Australian All Schools Championships invites families, friends, schools and travellers to witness the future stars of Brisbane 2032 in action.

Walks Schedule

Friday 8 December

4.45pm 5000m Race Walk Under 17 Girls Final

4.45pm 5000m Race Walk Under 18 Girls Final

5.35pm 5000m Race Walk Under 18 Boys Final

Saturday 9 December

5.30pm 3000m Race Walk Under 15 Girls Final

5.30pm 3000m Race Walk Under 16 Girls Final

6.10pm 3000m Race Walk Under 15 Boys Final

6.10pm 3000m Race Walk Under 16 Boys Final

Sunday, 10 December

9.30am 3000m Race Walk Under 14 Girls Final

9.30am 3000m Race Walk Under 14 Boys Final

Entry Lists

U17 Girls

Leila BEVIS 2008 WA

Isabelle CURTIS 2009 WA

Katie DE RUVO 2007 SA

Taylah MORRIS 2007 QLD

Sienna PITCHER 2007 NSW

Lyla WILLIAMS 2007 NSW

U18 Girls

Phoebe CHADWICK 2006 QLD

Julia GROCOTT 2006 ACT

Lily HOUSDEN 2006 QLD

Hana JUGOVIC 2006 ACT

Lily MASSON 2006 WA

Maddison NASH 2006 VIC

Aiva PINCHES 2006 NSW

Chelsea ROBERTS 2006 NSW

Emily SMITH 2006 VIC

U17 Boys

Myles ASHBY 2007 NSW

Isaac BEACROFT 2007 NSW

Riley COUGHLAN 2007 VIC

Bailey HOUSDEN 2007 QLD

Oliver MORGAN 2007 TAS

Cooper RECH 2007 SA

John RONAN 2007 WA

Owen TOYNE 2007 ACT

U18 Boys

Alex BRADLEY 2006 QLD

Kodi CLARKSON 2008 ACT

Sam MCCURE 2006 QLD

Scott PEART 2006 VIC

Marcus WAKIM 2006 VIC

U15 Girls

Katica BORSIC 2009 WA

Makenna CLARKE 2009 QLD

Emma GROCOTT 2009 ACT

Chelsey IRELAND 2009 WA
Lucy JOHNS 2009 VIC
Jessica LORING 2009 NSW
Grace MARIN 2009 SA
Stella PINCHES 2009 NSW
Matilda WEBB 2009 NSW

U16 Girls

Kaytee BOGAERS 2008 WA
Asha FREEMAN 2008 WA
Angelina LEGRAND 2008 SA
Elise SCOTT 2008 SA
Milly SHARPE 2008 NQ
Mackenzie TURNER 2008 VIC

U15 Boys

Trent D'ALESSIO 2009 WA
Max DAVIDSON 2009 VIC
Jaxson HORTON 2009 NSW
Hamish MCLENNAN 2009 VIC
Ali ZNAD 2009 WA

U16 Boys

Kodi CLARKSON 2008 ACT
Kai DALE 2008 QLD
Sebastian GONZALEZ 2008 NSW
Samuel LINDSAY 2008 TAS
Alexander SINNETT 2008 NSW

U14 Girls

Cacia L. CHARLES 2011 TAS
Ella COSGRAVE 2010 QLD
Tory D'ALESSIO 2011 WA
Macy DEVINE 2010 TAS
Trinity DOULIS 2010 WA
Lani ELLWOOD 2011NQ
Emma HOSKINS 2010 NSW
Mya MCCLURE 2011 VIC
Mikaela MCDONALD 2010 QLD
Sophie POLKINGHORNE 2010 NSW
Matilda RECH 2010 SA
Alexis THIELE 2010 SA

U14 Boys

Noah COOKE 2010 QLD
Tyler COUSINS 2011 NSW
Luke DANAHER 2010 SA
Orlando GRANTHAM 2011 SA
Jaime HVALICA 2010 VIC
Noah JANES 2010 WA
Lewis MCLENNAN 2011 VIC
Keiran SMITH 2011 WA

ALL SCHOOLS MEET RECORDS (as at 31st December 2022)

U18 5000m Walk Declan Tingay WA 20:11.80 2016
U17 5000m Walk Marcus Wakim VIC 21.21.17 2022
U16 3000m Walk Isaac Beacroft NSW 12:04.09 2022
U15 3000m Walk Kodi Clarkson ACT 13.24.12 2022
U14 3000m Walk Tyler Jones NSW 13:46.48 2011
U18 5000m Walk Katie Hayward QLD 21:40.87 2016
U17 5000m Walk Melissa Hayes NSW 23.55.30 2006

U16 3000m Walk Jemima Montag VIC 13.14.42 2013

U15 3000m Walk Paige Hooper SA 13.50.90 2005

U14 3000m Walk Matilda Webb NSW 14:21.15 2022

RESULTS RESULTS RESULTS

Qld Masters Athletics

Saturday December 2nd

800 Meter Race Walk

O'Connor, Bruce M70 7:03.

McKinven, Noela W81 6:43.87

5000 Meter Race Walk

Hyland, Scott M43 24:35.41 923:48.05 76.01%)

3000 Meter Race Walk

McKinven, Noela W81 25:56.54

Caloundra Open Day Carnival on November 25th.

U10G Izzy Blackburn 1st place

U11G Amelia Chisholm 1st place and meet record

U12G Mackenzie Wormald 2nd place.

Happy snaps of the girls having fun and enjoying their sport by Jaz Blackburn





Gold Coast 50km
Sunday December 3rd Coolangatta
Peter Bennett 6 hours 27 minutes

A very hot 50km on the Coast had competitors struggling (there were more than 60 DNF's)



Peter battling during the race and celebrating his 10th finish in this race.

This Week

All the action this weekend will be in Perth with the 2023 Australian All Schools Championships.

Locally, Qld Masters competition is on this Saturday 9th at the SAF.
At 8am the 2,000 metres starts and at 10am there is the 1 Mile walk.

Track Season 2023/24

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/qmqoo3oyiea1blrd.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:

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/>