

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 69 years in the making.



February 22nd 2024

Level 3 Race Walking-specific accreditation course

The QRWC is in discussions with AA about the possibility of the club hosting a Level 3 Race Walking-specific accreditation course this year. Time wise it would be post Olympics, mostly likely October or November.

Not only will this initiative upskill the next generation of race walking coaches it will also be an opportunity for current coaches to advance their qualifications and skills.

To be eligible to undertake the Level 3 course applications will need to hold a Level 2 certification so now is the time to make sure you qualify by doing a Level 1 and Level 2 coaching course if required. Please note that the QRWC can re-imburse your coaching course fees, if required, though our current volunteer education grant.

RESULTS RESULTS RESULTS

Congratulations to “Mr Consistency” Sam McCure and to Tayla Billington on winning QA 10,000 metre track titles on Saturday.

QA Dane Bird-Smith Shield

Saturday February 17th

QSAC - Main Stadium

Men 10000 Metre Race Walk Championship Open

- 1 McCure, Sam 06 QRW-AUS 44:20.48 U20
- 2 Hyland, Scott 80 Qld Masters-AUS 50:44.05
- 3 Bradley, Alex 06 QRW-AUS 52:51.77 U20
- 4 Dale, Kai 08 QRW-AUS 57:44.71 U20
- Housden, Bailey 07 QRW-AUS DQ U20 TR 17.6

Women 10000 Metre Race Walk Championship Open

- 1 Billington, Tayla 97 TAC-AUS 49:07.46
- 2 Bergh, Mia 05 GCV-AUS 55:55.26 U20
- 3 Sharpe, Milly 08 GLD-AUS 56:48.22 U20.
- 4 Gannon, Brenda 74 Qld Masters-AUS 1:00:50.82
- 5 Chadwick, Phoebe 06 QRW-AUS 1:01:41.58 U20
- 6 Martin, Katya 97 QRW-AUS 1:02:06.36
- 7 Housden, Lily 06 QRW-AUS 1:07:44.38 U20
- 8 Morris, Taylah 07 GCV-AUS 1:09:55.58 U20
- Williams, Lyla 07 New South Wales-AUS DNF U20

Men 3000 Metre Race Walk Open

- 1 Cooke, Noah 10 QRW-AUS 15:45.08
- 2 Moore, Lachlan 11 RED-AUS 16:09.60

Women 3000 Metre Race Walk Open

- 1 Newberry, Brooke 07 New South Wales-AUS 17:09.18
- 2 Moore-Kirkland, Bethany 10 Darling Downs-AUS 17:16.65
- 3 McDonald, Mikaela 10 QRW-AUS 17:36.38
- 4 Dunleavy, Savannah 12 QRW-AUS 18:19.24
- 5 Kelly, Eliza 10 QRW-AUS 18:27.86
- Waterman, Kiara 11 QRW-AUS DQ TR 54.7.1

For the **Dane Bird-Smith Shield** it is great to see a one event club like the QRWC came 12th out of 37 clubs .We finished ahead of some very big clubs . Well done everyone.

Team Rankings

- 1 Tigers Athletics Club TAC 387
- 2 Qeii Track Club QE2 241
- 3 Ashgrove Rangers ASR 231
- 4 Gold Coast Victory GCV 206
- 5 Ipswich & District IPS 194
- 6 Ignition IGN 182
- 7 Mayne Harriers MAY 117
- 8 University of Queensland UNQ 112
- 9 Noosa Athletics Club NAC 71
- 10 University of the Sunshine Coa USC 70
- 10 Darling Downs DDA 70
- 12 Qld Race Walking Club QRW 61

Queensland Masters Athletics

Saturday 17th February QSAC

3000 Meter Race Walk

- Woodward, Erika W57 QMA 18:41.90 (15:28.04 75.46%)
Jimenez Solis, Ignacio M58 QMA 14:57.49 (12:57.59 83.22%)
Bennett, Peter M68 QMA 19:00.56 (14:59.22 71.96%)
McKinven, Noela W81 QMA 26:25.82 (16:21.47 71.36%)

(Age Graded Times & Percentages in Brackets)

Interpreting DQ Notes - what do they mean?

AA recently released a World Athletics listing of competition and technical rules applicable to in competition disqualifications and/or warnings.

Note: The “DQ”, followed by a Rule number is in the “Result” column, and each DQ will have a corresponding footnote with the description of the infringement.

This is just a part of the listing applicable to race walking and track events.

I don't think I have ever seen this rule being enforced: *Rule TR7.1 [TR54.10.8] - Unsporting manner, taking refreshment of another athlete.* We have all seen an athlete pick up somebody else's drink bottle but that is not an offence, it's only when you snatch it out of their hand!!

TR7.1 [TR54.7.6][T] (Race Walking) DQ TR7.1 Note: WA Rule TR7.1 [TR54.7.6] - Improper conduct, disqualified athlete failing to leave the track

TR7.1 [TR54.7.6][R] (Race Walking) DQ TR7.1 Note: WA Rule TR7.1 [TR54.7.6] - Improper conduct, disqualified athlete failing to leave the course

TR7.1 [TR54.10.8][O] (Race Walking) DQ TR7.1 Note: WA Rule TR7.1 [TR54.10.8] - Unsporting manner, taking refreshment or water outside of official station

TR7.1 [TR54.10.8][A] (Race Walking) DQ TR7.1 Note: WA Rule TR7.1 [TR54.10.8] - Unsporting manner, taking refreshment of another athlete
TR17.3.1[P] (Track Events) DQ TR17.3.1 Note: WA Rule TR17.3.1 - Pushed lane infringement on curve with material advantage
TR17.3.1[F] (Track Events) DQ TR17.3.1 Note: WA Rule TR17.3.1 - Forced lane infringement on curve with material advantage
TR17.3.2[S] (Track Events) DQ TR17.3.2 Note: WA Rule TR17.3.2 - Lane infringement on straight with material advantage
TR17.3.2[B] (Track Events) DQ TR17.3.2 Note: WA Rule TR17.3.2 - Lane infringement on outer line on bend with material advantage
TR17.5.1 (Track Events) DQ TR17.5.1 Note: WA Rule TR17.5.1 - Leaving the assigned lane before the breakline
TR17.5.2 (Track Events) DQ TR17.5.2 Note: WA Rule TR17.5.2 - Leaving the assigned track before the breakpoint
TR17.6 (Track Events) DQ TR17.6 Note: WA Rule TR17.6 - Re-entering the race after voluntarily leaving the track
TR54.4.1 (Race Walking) DQ TR54.4.1 Note: WA Rule TR54.4.1 - Disqualification by the Chief Race Walking Judge
TR54.7.1 (Race Walking) DQ TR54.7.1 Note: WA Rule TR54.7.1 - Repeated failure to comply with the definition of Race Walking
TR54.7.3[E] (Race Walking) DQ TR54.7.3 Note: WA Rule TR54.7.3 - Failing to enter the Penalty Zone
TR54.7.3[L] (Race Walking) DQ TR54.7.3 Note: WA Rule TR54.7.3 - Leaving the Penalty Zone early
TR54.7.5 (Race Walking) DQ TR54.7.5 Note: WA Rule TR54.7.5 - Fourth red card
TR54.13 (Race Walking) DQ TR54.13 Note: WA Rule TR54.13 - Shortening the distance

THIS WEEK

Queensland Masters track competition is on Saturday and Sunday this weekend.
On Saturday morning the 1,500 metre walk is on at the later start time of 9am.
On Sunday (25th) at 8.15am the 3,000 metre walk starts and at 9.30am the 800 metre walk (how good is this event; walk one lap and you get the bell !!)

COMING UP

QLAA Race Walking Opportunity March 3rd

Race Walking events will be held on the SAF track, Sunday morning (3rd March), prior to the QLA Combined Events Championships.

Little Athletics athletes nominations via your ResultsHQ family portal, event not available to non LAQ members

Important Information

- First event (1,500m) will commence at 7:30am, followed by the 1,100 (U10-11s) and then the 700m (U9s)
- It is anticipated that there will only be one race per distance – to be confirmed on the day.
- The Call Room will be situated on the grassed area near the 1,500m start line.
- The Call Room will open at 7:10am – ALL nominated athletes should be reporting to the Call Room by 7:15am
- Athletes will be timed and judged per LAQ competition rules.
- There will be no medals as the focus is on it being a development exercise. Athletes MUST compete in approved Centre Uniform.
- There will be a \$10.00 fee to participate in the event.

QMA State Championship

Saturday 9th March QSAC Nathan - SAF

8.00am M30+ W30+ 5000m Walk

Sunday 10th March

9.00am M/W30+ 1500m Walk

Entries close Thursday 29 Feb 6 pm.

THIS WILL BE ON-LINE ENTRIES ONLY.

Members of other QA Clubs (30+) are welcome to enter.

All entrants will need their National Member ID# to enter.

<https://www.revolutionise.com.au/qldmastersathletics/events/224723>

Track Season 2024

QA State Championships March 14-17th SAF Main Track

Entries close at 9.00am on Monday the 4th of March.

There are **NO LATE ENTRIES**.

[127th Queensland Athletics Championships - Queensland Athletics - revolutioniseSPORT](#)

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

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



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.

Registrations Now Open [Register - amahobart2024.com.au](https://amahobart2024.com.au)

Final entries Close - Sunday 29 February 2024 at 9pm

No late entries can be accepted under any circumstances.

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

QRWC 2024 ROAD WALK SEASON

DRAFT ONLY AS AT 10.02.2024

Thank you to members who have provided feedback on the development of the winter road walk programme. We now have dates and venues pencilled in for the first half of the season .

You can keep up to date with changes and additions to the programme at the club website

[Calendar Programme \(qrwc.com.au\)](http://qrwc.com.au)

MONTH	DATE	EVENT	VENUE	TIME
February	10	QMA 3,000 Metres Championships	SAF	
	11	AA 20KM & Age Road Walk C/Ships	Adelaide SA	
	17	QA 10,000 metres Track C/ships	SAF	
March	3			
	9-10	QMA Track Championships	SAF	
	14-17	QA Track Championships	Main Track QSAC	
	22-24	QLAA State Championships	QSAC	
	29 -1	AMA National Championships	Hobart	
	31	Easter Sunday	No competition	
April	7	QRWC Sign On Meet /AGM	Kalinga Park	TBC
	11-19	AA U14-Open Track Championships	Adelaide SA	
	14	No Club Competition		
	21	QRWC Handicap Meet 1	Beenleigh	8.00am
	28	QRWC Handicap Meet 2	Yeronga	8.00am
May	5	Gold Coast Championships	Mudgeeraba	8.00am
	12	Mother's Day	No club competition	
	19	QRWC Handicap Meet 3	Capalaba	7.30am
	26	QRWC Handicap Meet 4	North Lakes	8.00am
June	2	QRWC Handicap Meet 5	Yeronga	8.00am
	9	LBG Federation Meet	Mt Stromlo Canberra	
	16	QRWC Handicap Meet 6	Mudgeeraba	8.00am
	23	QRWC Handicap Meet	TBA	
	30	QRWC Handicap Meet	TBA	
July	7	Gold Coast Marathon	Southport	
	14	RWA Postal Challenge	Beenleigh	
	21	QRWC Handicap Meet	TBC	
	28	QRWC Track Championships	TBC	

August	4	QA Road Walk Championships	TBC
	11	QRWC Handicap Meet	TBC
	18	QRWC Club Championships	TBC
	25	2 ND RWA Federation Meet	Melbourne
September	1	Father's Day	
	8		
	15		
	22		



Walks Programme

Thursday April 11th

- 9.00am 10000m Race Walk U20 Men
- 9.00am 10000m Race Walk Open Men
- 6.00pm 10000m Race Walk U20 Women
- 6.00pm 10000m Race Walk Open Women

Tuesday, 16 April

- 9.10am 5000m Race Walk U17 Men
- 9.10am 5000m Race Walk U18 Men
- 10.45am 5000m Race Walk U17 Women
- 10.45am 5000m Race Walk U18 Women

Wednesday, 17 April

- 1.50pm 3000m Race Walk U14 Men
- 1.50pm 3000m Race Walk U14 Women
- 4.45pm 3000m Race Walk U15 Men
- 4.45pm 3000m Race Walk U16 Men

Thursday, 18 April

- 10.30am 3000m Race Walk U15 Women
- 10.30am 3000m Race Walk U16 Women



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

Update from George White Secretary SA Masters Athletics Inc

I have decided to go with Sunday August 25th for this years AMA 20km walk championship. This date is when Victoria is hosting the National Open 20km event and is also the date of the 20km Walk at the World Championships in Gothenburg. This will allow anyone entering the Open event or the World Champs to also enter the AMA event as a postal entry. While we encourage everyone else to come to Adelaide for the event, we acknowledge that some cannot travel and I hope that all other states/territories will organise their 20km event on the same day. However, if this is not possible then in the two weeks prior and the two weeks following the 25th August, i.e. between Sat 10th August and Sunday 8th September.

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 the
2024 Pan Pacific Masters Games**

Pan Pacific Masters Games

REGISTRATIONS OPEN 1 MARCH 2024 (9AM QLD)

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

DATE CONFIRMED Sunday 10 November 7:00am start

Age is determined as at race day / Minimum age for competition is 30 years

Age Divisions 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

The track and field competition is as scheduled below (most likely the 5,000 metres on the Friday and the 3,000 metres on the Saturday)

Friday 8 November estimated start time 9 am

Saturday 9 November estimated start time 10:30 am

Sunday 10 November estimated start time 10:30 am

WORLD ATHLETICS RACE WALKING TOUR 2024

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 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

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.

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 2024.

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2024 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.

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/>