

# Queensland Race Walking Club Inc.

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



February 29<sup>th</sup> 2024

**PAN PACIFIC MASTERS GAMES**  
GOLD COAST, AUSTRALIA 1 - 10 NOVEMBER 2024

IT'S LIVE!  
in Queensland

Get ready Legends! Entries open this Friday

**Friday 1 March 2024 (9am AEST Qld time)**

[Enter | Pan Pacific Masters Games](#)

# QRWC hosted 10km Road Walk

**Sunday 10 November 7:00am start**

## **Luke Harrop Cycle Circuit**

Opened in 2004, the Luke Harrop Cycle Circuit is a 1.9 kilometre, eight-metre-wide, off-road training circuit and is a permanent memorial to Australian triathlete, Luke Harrop. Located in the northern suburb of Runaway Bay, the circuit is a popular facility for cycling, running and walking enthusiasts. The circuit is located next to the Gold Coast Performance Centre athletics track.

- The competition circuit will be a 1km loop.
- All participants will start together.
- A First Aid officer will be present. There will be a water station on the circuit.
- Uniforms are not compulsory.
- Age category placegetter medals will be presented at the venue at the conclusion of the competition.
- Parking and toilet facilities are located adjacent to the competition circuit

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+

### **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, through our current volunteer education grant.

Thank you to those who have already expressed an interest in participating in this course .

## **RESULTS RESULTS RESULTS**

### **Queensland Masters Athletics**

**Sunday 25<sup>th</sup> February QSAC**

#### **3000 Meter Race Walk**

McKinven, Noela W81 26:30.22 (16:24.19 71.16%)

Bennett, Peter M68 19:57.69 (15:44.26 68.53% )

#### **800 Metre Race Walk**

McKinven, Noela W81 6:58.45

Bennett, Peter M68 4:47.93

*(Age Graded Times & Percentages in Brackets)*

## THIS WEEK

### QLAA Race Walk March 3<sup>rd</sup>

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

#### 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.

## COMING UP

### 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 closed No late entries..

### QA State Championships March 14-17<sup>th</sup> 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 16<sup>th</sup>

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

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

#### Sunday March 17<sup>th</sup>

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

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

### QMA

#### 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.

### **Entries Closed**

**No late entries can be accepted under any circumstances.**

**Venue:** Domain Athletic Centre

#### **Walk Schedule**

Friday March 29<sup>th</sup> 1,500 metres

Saturday March 30<sup>th</sup> 5,000 metres

Monday April 1<sup>st</sup> 10km Road Walk

For more information go to [amahobart2024.com.au](http://amahobart2024.com.au)

## **QRWC 2024 ROAD WALK SEASON**

### **DRAFT ONLY AS AT 10.02.2024**

Thank you to members who have provides 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
<b>March</b>	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	
<b>April</b>	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
<b>May</b>	5	Gold Coast Championships	Mudgeeraba	8.00am
	12	<b>Mother's Day</b>	<b>No club competition</b>	
	19	QRWC Handicap Meet 3	Capalaba	7.30am
	26	QRWC Handicap Meet 4	North Lakes	8.00am
<b>June</b>	2	QRWC Handicap Meet 5	Yeronga	8.00am
	9	<b>LBG Federation Meet</b>	<b>Mt Stromlo Canberra</b>	
	16	QRWC Handicap Meet 6	Mudgeeraba	8.00am

	23	QRWC Handicap Meet	TBA	
	30	QRWC Handicap Meet	TBA	
<b>July</b>	7	<b>Gold Coast Marathon</b>	<b>Southport</b>	
	14	<b>RWA Postal Challenge</b>	<b>Beenleigh</b>	
	21	QRWC Handicap Meet	TBC	
	28	QRWC Track Championships	TBC	
<b>August</b>	4	<b>QA Road Walk Championships</b>	<b>TBC</b>	
	11	QRWC Handicap Meet	TBC	
	18	QRWC Club Championships	TBC	
	25	2 <sup>ND</sup> RWA Federation Meet	Melbourne	
<b>September</b>	1	<b>Father's Day</b>		
	8			
	15			
	22			

## **Australian Athletics Championships**

*Adelaide | 11-19 April, 2024*

### **Walks Programme**

#### **Thursday April 11<sup>th</sup>**

- 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



## UniSport Nationals Athletics

**Gold Coast Performance Centre, Runaway Bay**

**Thursday 25 April**

4:30 PM Open Men 5000m Walk Final

4:30 PM Open Women 5000m Walk Final



RACE WALKING  
AUSTRALIA

AUSTRALIAN FEDERATION  
OF RACE WALKING CLUBS

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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.

### **1<sup>st</sup> Federation Carnival**

Sunday 9<sup>th</sup> June 2024 Stromlo Forest Park, Canberra

57th Annual Lake Burley Griffin Walking Carnival

### **2<sup>nd</sup> Federation Carnival**

Sunday, August 25<sup>th</sup>, 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 25<sup>th</sup> 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 25<sup>th</sup> August, i.e. between Sat 10<sup>th</sup> August and Sunday 8<sup>th</sup> September.*

WORLD ATHLETICS  
RACE WALKING TEAM  
CHAMPIONSHIPS  
ANTALYA24

**Antalya, Turkey April 21<sup>st</sup> 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.



**WORLD ATHLETICS RACE WALKING TOUR 2024**

**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 1<sup>st</sup> 7:30am 20km Race Walk Men  
9:20am 20km Race Walk Women

Wednesday August 7<sup>th</sup> 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/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 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
<b>Membership</b>	\$25.00	non-students
<b>Fee:</b>	*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](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club  
[racewalkqld@outlook.com](mailto: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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>