

# Queensland Race Walking Club Inc.

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



January 25<sup>th</sup> 2024



## RESULTS RESULTS RESULTS

**QA Shield January 20<sup>th</sup>**

**QSAC - Main Stadium**

**Women 3000 Metre Race Walk Open**

- 1 Welch, Isabella 12 Ignition 16:34.42
- 2 Cosgrave, Ella 10 Border Striders 17:19.87
- 3 McDonald, Mikaela 10 Qld Race Walking Club 17:40.18
- 4 Clarke, Makenna 09 Redlands Athletics 17:51.38
- 5 Dunleavy, Savannah 12 Qld Race Walking Club 18:00.22
- 6 Housden, Lily 06 Qld Race Walking Club 18:14.13
- 7 Hooper, Elspeth 12 Gold Coast Victory 19:17.25
- 8 Waterman, Kiara 11 Qld Race Walking Club 20:07.99
- 9 Kelly, Eliza 10 Qld Race Walking Club 20:12.71
- Boulton, Olivia 09 Gold Coast Athletics DQ

**Men 3000 Metre Race Walk Open**

- 1 Bradley, Alex 06 Qld Race Walking Club 14:27.77
- 2 Cooke, Noah 10 Qld Race Walking Club 15:49.76

3 Melinz, Eli 10 Noosa Athletics Club 18:52.71

--- Sibenaler, Hunter 11 Qeii Track Club DQ

### **Women 5000 Metre Race Walk Open**

1 Billington, Tayla 97 Tigers Athletics Club 23:05.73

2 Bergh, Mia 05 Gold Coast Victory 26:25.37

3 Williams, Lyla 07 Kingscliff Athletics 26:50.06

4 Gannon, Brenda 74 Qld Masters 29:34.72

5 Morris, Taylah 07 Gold Coast Victory 31:39.77

--- Newberry, Brooke 07 New South Wales DNF

--- Bray, Katie 08 Ashgrove Rangers DQ

--- Sharpe, Milly 08 Gladstone Athletics Club DQ

### **Men 5000 Metre Race Walk Open**

1 Hyland, Scott 80 Qld Masters 24:00.88

2 Dale, Kai 08 Qld Race Walking Club 26:39.72

3 Patterson, Adam 72 Qld Race Walking Club 28:40.12

## **Qld Masters Athletics SAF Brisbane**

### **Saturday January 20<sup>th</sup>**

#### **5000 Metre Race Walk**

McKinven, Noela W81 QMA 44:05.03 (28:07.80 71.25%)

Bennett, Peter M68 QMA 33:46.96 (26:28.33 68.34%)

*Age Graded Times & Percentages in Brackets*

## **THIS WEEK**

This Saturday at the QMA meet the 3,000 metre walk starts at 8.00am at the SAF.

All the best to Tayla, Sam, Bailey and Alex this weekend in Canberra of the 10,000 metre walks on the AIS track (details below).

## **World Athletics Race Walking Tour January 27-28<sup>th</sup>** **AIS Track and Field Canberra**

### **Updated Entry Lists**

#### **January 27<sup>th</sup> 8.30am**

#### **Womens 10,000 metres**

Jemima MONTAG VIC 42:39.30

Rebecca HENDERSON VIC 44:40.09

Olivia SANDERY SA 44:56.00

Allanah PITCHER WA 48:44.47

Zoe WOODS NSW 49:47.73

Nellie LANGFORD SA 52:12.10

Sienna PITCHER NSW 50:58.27

Maddison NASH VIC 53:29.00

Daisy BRAITHWAITE SA 53:37.54

Sandra ARENAS COL 42:02.99

Brigita VIRBALYTĖ-DIMŠIENĖ LTU 44:18.53

Hong LIU CHN 43:16.68

Priyanka GOSWAMI IND 50:41.29

Antigoni NTRISMPIOTI GRE 44:28.87

Clémence BERETTA FRA 47:31.08

**Tayla-Paige BILLINGTON QLD 47:21.56**

Austeja KAVALIAUSKAITE LTU 50:16.42

Bridget Rose BELL NSW 52:36.44

Chelsea ROBERTS NSW 54:01.69

Hana JUGOVIC ACT 57:17.00  
Julia GROCOTT ACT 1:02:42.00  
Laelia BYATT NSW 1:03:02.00  
Jessey BEKTAS NSW 1:05:00.00

**January 28<sup>th</sup> 8.30am**  
**Mens 10,000 metres**

Kyle SWAN VIC 39:22.09  
Rhydian COWLEY VIC 39:14.70  
Timothy FRASER ACT 42:58.70  
Will THOMPSON VIC 40:16.59  
Corey DICKSON VIC 41:50.20  
Dylan RICHARDSON NSW 41:56.22  
Mitchell BAKER ACT 41:30.90  
Carl GIBBONS NSW 42:19.33  
Fraser SAUNDER VIC 45:04.08  
Jack MCGINNISKIN NSW 44:06.36  
Tristan CAMILLERI SA 43:33.70  
Isaac BEACROFT NSW 41:48.76  
Marcus WAKIM VIC 42:01.26  
Owen TOYNE ACT 42:56.22  
John RONAN WA 49:19.84  
Will BOTTLE TAS 44:34.52  
Riley COUGHLAN VIC 43:48.00  
Bailey HOUSDEN QLD 45:20.29  
Sam MCCURE QLD 47:27.39  
Jonah CROPP NZL 48:28.34  
Evan DUNFEE CAN 38:39.72  
Marius ŽIŪKAS LTU 39:58.85  
Artur MASTIANICA LTU 40:09.90  
Kodi CLARKSON ACT 45:40.50  
Joel BYATT NSW 50:52.34  
Alex BRADLEY QLD 57:57.00

**WORLD ATHLETICS RACE WALKING TOUR 2024**

**04 FEB 2024** XXXVI GRAN PREMIO DE MARCHA ATLÉTICA 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 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

## QRWC Winter Road Walks

The winter programme is still “ work in progress “Dates and venues to be assigned for the following :

Sign On Day /AGM

10 x Handicap Meets

Gold Coast Road Walk Championships

QRWC Track Walk Championships

QRWC Road Walk Championships

Relay/BBQ/Trophy Day

**QA Road Walk Championships tentatively set down for August 3<sup>rd</sup> at a venue to be announced.**

### 2024 Draft

<b>February</b>	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
<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	<b>Easter Sunday</b>	
<b>April</b>	7	QRWC Sign On/ Warm Up Meet	TBA
	11-19	AA U14-Open Track Championships	Adelaide SA
<b>May</b>	12	<b>Mother's Day</b>	No club competition
<b>June</b>	9	<b>LBG Federation Meet</b>	Mt Stromlo Canberra
<b>July</b>	7	<b>Gold Coast Marathon</b>	Southport
	14	RWA Postal Challenge	TBC
<b>August</b>	3	QA Road Walk Championships (TBC)	TBA
	25	2 <sup>ND</sup> RWA Federation Meet	Melbourne
<b>September</b>	1	<b>Father's Day</b>	

### Track Season 2024

#### QA 2024

##### QA Shield Meet February 3<sup>rd</sup> SAF

8.20pm 3,000

8.50pm 5,000 metres

##### QA Shield Meet February 17<sup>th</sup> SAF

7.10pm 3,000 metres Walk

7.40pm 10,000 metres walk Championships

##### QA State Championships March 14-17<sup>th</sup> SAF Main Track

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 2024 Calendar

### 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

## Australian 20km & Under Age Race Walking Championships War Memorial Drive, Adelaide February 11<sup>th</sup> 2024



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

Times are subject to change following the **close of entries on the 28th January 2024**. As per the entry standards, the minimum age to compete at this Championships is 12yrs of age as at the 31st December 2024.

### **Note:**

#### **Medals**

All medals (gold, silver, bronze) will only be awarded if three (3) or more athletes participate in the event.

Where two athletes participate then only the gold medal will be awarded.

There will be no medal awarded where only one athlete participates.



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 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](https://amahobart2024.com.au)



**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





# 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.

## **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.



## 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

### **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/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
<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/>