

# Queensland Race Walking Club Inc.

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



**January 4<sup>th</sup> 2024**



## Happy New Year! Welcome to 2024

Straight back into track competition for masters' walkers this weekend with meets in Brisbane and at the Runaway Bay track on the Gold Coast.

On Saturday the 6<sup>th</sup> at the SAF there is a 2,000-metre walk starting at 8.00am  
Then on Sunday 7<sup>th</sup> on the Gold Coast a 2,000-metre race starting at 8.30am.

The first QA meet with race walking on the programme is the shield meet on January 20<sup>th</sup>.

So, what will our winter road walk season look like? It is a bit of a blank canvas at the moment but the events listed on the below calendar are what are known and confirmed. At the moment we don't have a date for the QA Road Walk Championships.

From a QRWC perspective we have to fill in the Sunday morning blank spaces with 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**

With Easter and the National track championships it is looking like a Sign On day after Easter (April 7<sup>th</sup>) and the first Handicap meet on Sunday April 21<sup>st</sup>. Depending on the number of athletes and officials going to Adelaide we could always look at holding a Warm Up (i.e. no points) low key meet on Sunday April 14<sup>th</sup>.

We would appreciate your input with suggested dates of meets (or if you know of any clashes or dates we should avoid) and with venues. It is hoped that we can return to Kalinga Park this

season. If any of our members is able to check out Kalinga Park on Sunday morning around 7.30- 9am please let us know. We are especially interested in the volume of bicycle traffic along the Diggers Rest Road section.

Please email any feedback to [peter.bennett@live.com](mailto:peter.bennett@live.com)

## 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		
	11-19	AA U14-Open Track Championships	Adelaide SA
	14		
	21		
	28		
<b>May</b>	5		
	12	<b>Mother's Day</b>	No club competition
	19		
	26		
<b>June</b>	2		
	9	<b>LBG Federation Meet</b>	Mt Stromlo Canberra
	16		
	23		
	30		
<b>July</b>	7	<b>Gold Coast Marathon</b>	Southport
	14	RWA Postal Challenge	TBC
	21		
	28		
<b>August</b>	4		
	11		
	18		
	25	2 <sup>ND</sup> RWA Federation Meet	Melbourne
<b>September</b>	1	<b>Father's Day</b>	
	8		
	15		

# Track Season 2024

## QA 2024

### QA Shield Meet January 20<sup>th</sup> SAF

6.20pm 3,000

6.50pm 5,000 metres

### 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

### 6th January 2024 Saturday

8.00 2000m Walk

### 13th January 2024 Saturday

8.00 3000m 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

# Australian 20km & Under Age Race Walking Championships

War Memorial Drive, Adelaide February 11<sup>th</sup> 2024



**Entries:** [Roster Athletics · 2024 Chemist Warehouse Australian \(and Oceania\) 20km Race Walking Championships](#)

**Entries Close** 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

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.



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

**Early Bird Entries Close** - Wednesday 24 January 2024 at 9pm

**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](http://amahobart2024.com.au)

# 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



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 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 25<sup>th</sup>. Those who want to enter the Nationals can do so or can still enter the AMA championships as a postal event.

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 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 3<sup>rd</sup> or Sunday 10<sup>th</sup> November to align with the Track & Field programme. Race start will be 7:00am.

### **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

## 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 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
<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/>