

Queensland Race Walking Club Inc.

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



July 6th 2023

QUEENSLAND RACE WALKING CLUB TRACK CHAMPIONSHIPS *USCA Track, Sippy Downs*



Sunday July 9 July 2023

QRWC Track Championships

University of the Sunshine Coast Athletics Track – Olympic Way Sippy Downs

9.00am Open M/W 5000 metres

U20 M/W 5000 metres

U18 M/W 5000 metres

9.45am U16 B/G 3000 metres

10.10am U14 B/G 1500 metres

U12 B/G 1500 metres

USCAC Invitation 14-17 years 1,500 metres (non-Championship)

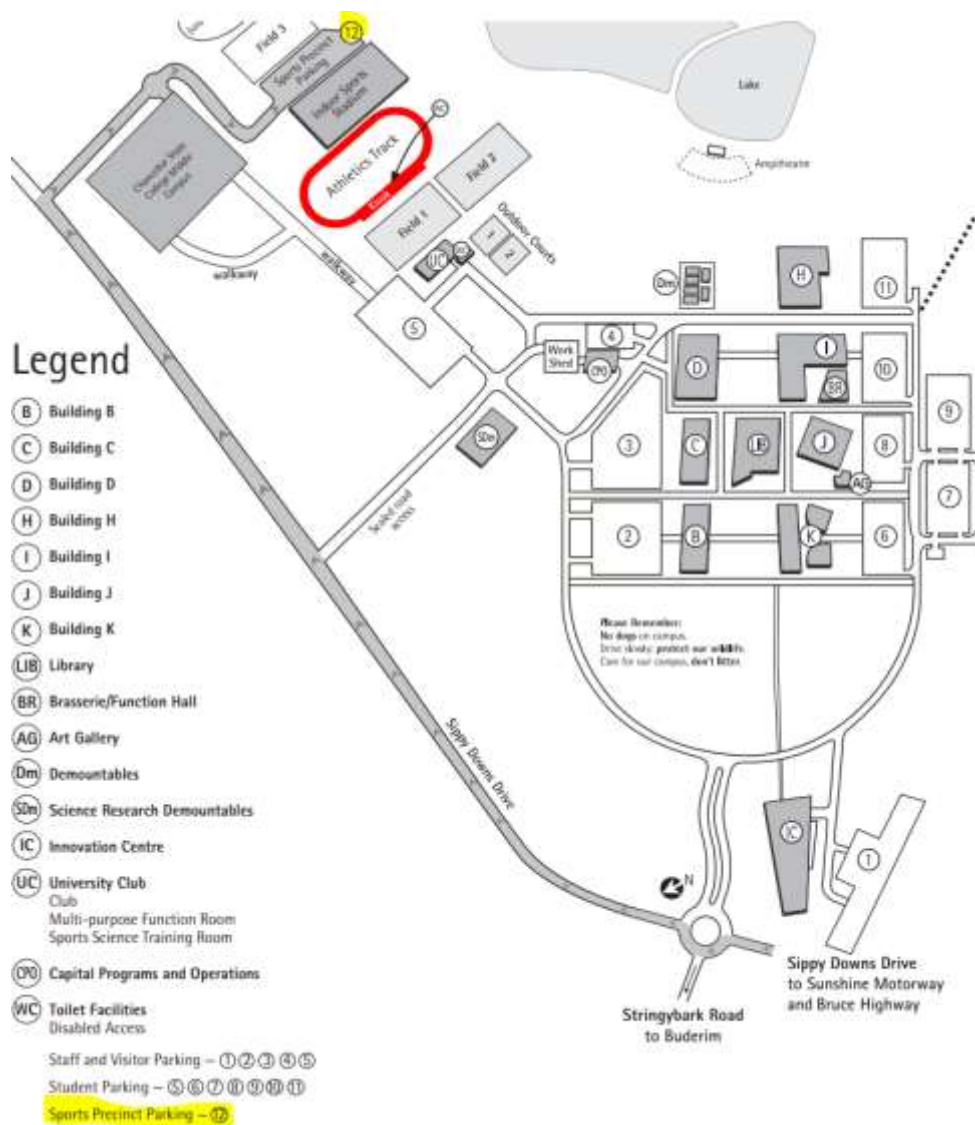
10.25am U10 B/G 1000 metres

Please Note

- Entry Fees: Members \$10 / Non-Members \$15 (This includes UniSc Track Fee surcharge). No charge season pass holders
- Age is age as at 8 July 2023. Eg: U10 (aged 9 and under), U12 (aged 10 and 11), U14 (aged 12 and 13) etc.
- Medals for these Championships will be presented at the Club Relay / Trophy Day.
- Athletes must compete in their own age group to be eligible for a medal.
- On the day there is no race check in. Please be at the Start Line area 10 minutes prior to your race for the allocation of Hip Numbers.

- Please direct all entry and membership queries to the Registrar grwcregistrar@gmail.com . If you did not get your entry in on time this is important if you want to race on Sunday and be eligible for a medal.
- Access to the track is through the Chancellor State College (senior campus), off Sippy Downs Drive, east of the university entrance. Parking, bathroom facilities and change rooms are available at the University of the Sunshine Coast's indoor sports stadium.

Your volunteer assistance to conduct these races on Sunday will be greatly appreciated.



Race Walking Queensland Track Championship Records

Open Men 5,000m	Dane Bird-Smith	19:22.22	2012
Open Women 5,000m	Jessica Pickles	23:03	2017
Under 20 Men 5,000m	Luke McCutcheon	21:48.98	2016
Under 20 Women 5,000m	Jessica Pickles	24:26.00	2013
Under 18 Men 5,000m	Brad Aiton	22:25.90	2010
Under 18 Women 5,000m	Katie Hayward	21:56	2017
Under 16 Boys 3,000m	Nelson McCutcheon	13:20	2017
Under 16 Girls 3,000m	Katie Hayward	13:23.97	2015
Under 14 Boys 1,500m	Bailey Housden	6:30	2021
Under 14 Girls 1,500m	Jayda Anderson	6:46	2018
Under 12 Boys 1,500m	Jonathan Wearne	7:00.24	2015
Under 12 Girls 1,500m	Lyla Williams	7:18.00	2019

Under 10 Boys 1,000m Flynn Callaghan 6:00 2018
Under 10 Girls 1,000m Lyla Williams 5:22.27 2016

R.I.P. Pat Bailey



It was with great sadness this week that we learned of the passing of Pat Bailey, loving the wife of Life Member, John Bailey AM. John has been a stalwart of the QRWC since the early days when the club was first formed. For many years our Club Relay was conducted at Sandgate Lagoon (as it was last year after a long break). Following the relay, we all went to John and Pat Bailey's nearby home for the BBQ and presentation. Pat always gave us a warm and helpful welcome into their house. Although not involved directly in the Club, she became a friend to all. Mother of Michelle and of Dennis whose death in 2017 devastated them. Wife, Mother, Grandmother and Great Grandmother, she will be sorely missed. We send our deepest condolences to John and the family.

2023 Australian All Schools Championships



The 2023 Australian All Schools Championships will head west this year with the announcement today that **Perth will host the Championship at the WA Athletics Stadium from December 8-10**, with the one-day National Schools Challenge to be held the following day on December 11.

This follows the earlier announcement that the national Track and Field championships for 2024 will be held in Adelaide. This makes the poor decision by AA to abandon the winter road walk championships look even worse for race walkers and their parents. Their vague ideas that that the age road walk championships could be moved to December or next February does not sit well with most people in the sport.

2024 Australian Athletics Championships



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.

COMING UP

Sunday July 16th Racewalking Australia Postal Challenge Logan River Parklands, Beenleigh

8.00am Open M/W 10km

U 20 M/W 10km

U18 M/W 8km

8.10am U10 M/W 1.5km

Invitation (Non-challenge event) 500 metres

8.30am Invitation 5km (non-challenge event)

U16 M/W 5km

U14 M/W 3km

U12 M/W 2km

QMA Short Course Road Walks Championship Sunday July 16th Logan River Parklands, Beenleigh

This event will be held in conjunction with QRWC Postal Challenge meet.

8.00am QMA Masters Men 10km

QMA Masters Men 5km (M60+ option)

QMA Masters Women 5km

Master's women & men entered in the 10km Challenge will have their 5km split recorded.

Those athletes only entered for the 5km will start with the Invitation 5km at 8.30am.

QMA members who are participating and wish to receive a QMA medal must enter and pay the QMA Championship fee (additional entry to QRWC Challenge meet).

Entry through QMA Revsport portal

[QMA SHORT COURSE WALK CHAMPIONSHIPS - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

Entries close 9 am Friday 14th July

About The Postal Challenge

This is a virtual interstate meet whereby all Federation Race walking clubs from around Australia conduct the same programme of events.

RWA Rules

1. The Racewalking Australia State Challenge event is a RWA club-versus-club team's competition with points being awarded within each race to the top finisher for each club.
2. Walkers may compete in more than one event on the day provided the events are held at different times. A walker cannot walk in two different age groups in a concurrent race.
3. Age is 'age on the day' for all walkers including Masters.
4. Master's athletes will not be scored on their time but their age grading so all Masters athletes must submit their age at entry time.

July 23rd UQ St Lucia QRWC Invitation Track Meet

Race Programme

7.30am 10,000 metres

QMA 10,000 metres Track Walk Championships *

8.00am 5,000 metres

8.45am 3,000 metres

9.10am 1,500 metres

9.25am 1,000 metres

Choose your distance; no grades or age groups.
Good opportunity for juniors looking for a qualifier.

*** Entry through QMA Revsport portal**

[QMA 10,000 TRACK WALK CHAMPIONSHIPS - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

Entries close Friday July 21st. Entry to the QRWC meet is an additional fee.

Note: No QRWC handicap points awarded for this meet



**QUEENSLAND ROAD WALKING
CHAMPIONSHIPS**
+ QMA Long Course Road Walk Championships
July 30th QSAC
[Queensland Athletics \(qldathletics.org.au\)](http://qldathletics.org.au)

PROGRAMME OF EVENTS

1 8.30am 20km Open Men

Open Women

Masters Men (30-59) 30-59

10km Under 20 Men 2004 / 2005

Under 20 Women

Under 18 Boys 2006 / 2007

Masters Women/Masters Men (60+) 30+ Women/60+ Men

2 9.00am 5km

Under 18 Girls 2006 / 2007

Under 16 Boys 2008 / 2009

Under 16 Girls

3 9.30am 3km

Under 14 Girls 2010 / 2011

Under 14 Boys

4 10.00am 2km

Under 12 Girls 2012 / 2013

Under 12 Boys

1km

Under 10 Girls 2014- 2017

Under 10 Boy

ENTRIES - Entries are taken online at <http://www.qldathletics.org.au/> **Entries Close** 9.00am Thursday 27th July. There are strictly no late entries.

Fees - Qld Athletics Base Members - \$30.00 Gold Members - \$20.00 Platinum Members – Free

Entries to the QMA Long Course Championships will open 8th July and close same time as the QA entry – Thursday 27th July.

- You must be a member of Qld Athletics or Athletics North Qld to enter.

- Car parking is available in the top carpark as usual. The ring road will be closed at the front of the Western Stand, and the check in/start area will be further around the ring road at the northern end of the stadium.

- On the day: As you will need hip numbers for this event you will need to check in at the QA tent close to the start line. Plan to be around this area at least 15 minutes before your start time.

QRWC 2023 WINTER ROAD WALKING SEASON

Rules of Race Walking

There are two basic rules in Race Walking:

- *Contact: The athlete must never have both feet off the ground at once.*
- *Knees: The advancing leg must be straightened (not bent at the knee) from when the foot first makes contact with the ground **until the vertical upright position.***

MONTH	DATE	EVENT	VENUE	TIME
April	23	QRWC Handicap Meet # 1	Beenleigh	8.00am
	30	QRWC Handicap Meet # 2	Yeronga	7.30am
May	7	QRWC Handicap Meet # 3	North Lakes	8.00am
	14	Mother's Day	No club competition	
	21	QRWC Handicap Meet # 4	Ripley	8.00am
	28	QRWC Handicap Meet # 5	Capalaba	8.00am
June	4	Gold Coast Championships	Mudgeeraba	8.00am
	11	LBG Federation Meet	Canberra	8.00am
	18	QRWC Handicap Meet # 6	North Lakes	8.00am
	25	QRWC Handicap Meet # 7	Yeronga	8.00am
July	2	Gold Coast Marathon	No club competition	
	9	QRWC Track Championships	USC Sippy Downs	9.00am
	16	RWA Postal Challenge	Beenleigh	8.00am
	23	QRWC Track & QMA Meet	UQ St Lucia	8.00am
	30	QA Road Walk Championships	QSAC	8.30am
August	6	QRWC Handicap Meet # 8	Ripley	8.00am
	13	QRWC Handicap Meet # 9	Capalaba	7.30am
	20	QRWC Handicap Meet # 10	Yeronga	8.00am
	27	QRWC Road Walk C/Ships	Beenleigh	8.00am
September	3	Father's Day	No club competition	
	10	QRWC Relay/Trophy/BBQ Day	Sandgate Lagoon	TBC
	17			
	24			
November	5			

QRWC Uniforms

Wearing a club uniform at our club meets is desirable but not compulsory. All Race Walking Australia event competitors **MUST** wear the uniform of their Club, as registered with Race Walking Australia. Failure to do so may result in disqualification.

[Shop - Old Race Walking Club - revolutioniseSPORT](http://www.revolutioniseSPORT.com.au)

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.

Handicap Points - What does it all mean?

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

Starting points are awarded for starting the event.

Completed points are awarded for finishing the race distance.

The Best Season Performance. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points.

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:

i.e. All of us

- 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 5

- 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.

QRWC MEMBERSHIP

Many of our members have already signed up to QRWC for this year - memberships commencing on/after 1 October 2022 are valid until 30 September 2023 and will cover the

2023 QRWC winter road walking season. For members yet to renew their QRWC membership, or for new members, refer to the following for membership options: The QRWC membership year runs from 1 October until to 30 September the following year (eg. 1 October 2022 to 30 September 2023). Memberships can be commenced at any time during this period. You don't have to wait until the start of the winter road walking season in April to join QRWC or renew your membership.

When looking at QRWC membership options, there are two types:

1. Standalone QRWC membership -or-
2. Combining QRWC membership with a Queensland Athletics (QA) membership.

Standalone QRWC Membership

QRWC membership allows athletes to compete in all QRWC weekend races as well as QRWC championships. Note: race fees are in addition to membership fees. There are two membership options: student (\$15) and non-student (\$25). This level of membership is suitable for athletes wishing to compete at QRWC races only, or athletes wishing to compete at QRWC races who are already a member of another QA club (see below for details on QA membership).

Combined QRWC/QA Membership

Queensland Athletics (QA) conducts a number of events throughout the year, including approximately 4 or 5 track racewalks held over the summer months and the QA Qld Road Walking Championships (usually held around July each year). These events are run by QA and are different to the races run by QRWC. In order to compete at the QA events, athletes must be a member of an affiliated QA club (such as QRWC) and also pay the QA membership fee.

Athletes wishing to join both QA and QRWC can do this in one transaction via the QRWC membership portal. This combined membership allows athletes to compete at QA events during the summer season (October to March) and the Qld Road Walking Championships in July, as well as the QRWC winter road walking events (ie. the traditional Sunday morning races held from April to September).

QA has a 3 different membership levels (platinum, gold and base). Further information about QA memberships can be found at: [2022-23 QA Membership Options \(revolutionise.com.au\)](https://www.revolutionise.com.au)

If you would like more information regarding membership options, please contact our Registrar at qrwcregistrar@gmail.com

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.

Australian Masters Road 20km August 6th Adelaide or Virtual

Sunday 6th August 20km Walk Championship.

While we would like to welcome all entrants at our Adelaide event – it is also being run as a postal event. I would appreciate you letting your fellow walkers know the details.

As this is an AMA event, the recently introduced “No Advantage” principle will apply.

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:

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/>