

Queensland Race Walking Club Inc.

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



June 15th, 2023

56th LBG Carnival Stromlo Forest Park, Canberra Sunday 12th June 2023

Congratulation to the small team of QRWC Walkers that made the trip south to compete in the LBG Carnival on Sunday. Reports received indicate that it was not just the judges the athletes had to be wary of. A large mob of kangaroos bounded across the course with some turning and coming back across again. This is another uniquely Australian race hazard. Just like at the club 5km road race at Currumbin when a surfer decided to walk across the road mid race carrying a large surfboard. Besides Tayla, Noela, Summer, Bailey and Phoebe flying the flag for Queensland there were club members Freya & Lyla Williams competing for NSW.



RESULTS RESULTS RESULTS

Open Women 15 Km

1. Hannah Mison NSWRC 1:09:33
2. **Tayla Billington QRWC 1:12:11**
3. Jasmine Dighton NSWRC 1:19:44
4. **Noela McKinven QRWC 2:29:04**

Handicap Results

1. Noela McKinven QRWC

Oldest Competitor to Finish

1. Noela McKinven QRWC 1:19:41

Masters Women 15 Km

1. Noela McKinven QRWC 2:29:04

Women Under 20 10 Km

1. Alexandra Griffin WARWC 50:45

2. Sienna Pitcher NSWRC 51:13

3. Nellie Langford SARWC 52:00

9. Summer Millard QRWC 1:02:49

Boys Under 16 3 Km

1. Kodi Clarkson ACTRWC 12:56

2. Bailey Housden QRWC 12:59

3. Joel Byatt NSWRC 14:04

Boys Under 18 5 Km

1. Riley Coughlan VRWC 22:28

2. Bailey Housden QRWC 23:22

3. Scott Peart VRWC 23:46

Girls Under 18 5 Km

1. Sophie Polkinghorne NSWRC 25:16

2. Lyla Williams NSWRC 27:29

3. Ariana Pashutina VRWC 28:01

11. Phoebe Chadwick QRWC 30:24

Handicap Results

1. Sarah Challinor NSWRC

2. Jessey Bektas NSWRC

3. Phoebe Chadwick QRWC

Open Women 5 Km

1. Hannah Mison NSWRC 21:46

2. Jemma Peart VRWC 25:12

3. Nellie Langford SARWC 25:54

13. Phoebe Chadwick QRWC 32:07



Connect with Queensland Racewalking Club on Facebook

A big thank you to Danielle for refreshing the club Facebook page. The old Fb page will be deleted and you will need the link below to access the new, brighter one which is **NOW ACTIVE**.

Welcome to our new Queensland Racewalking Club Facebook page

<https://www.facebook.com/profile.php?id=100092665797910>

THIS WEEK

Sunday June 18th Aurora Park, North Lakes

Handicap #6

8.00am A Grade 10km

8.15am E Grade 1km

F Grade .5km

8.30am B Grade 5km

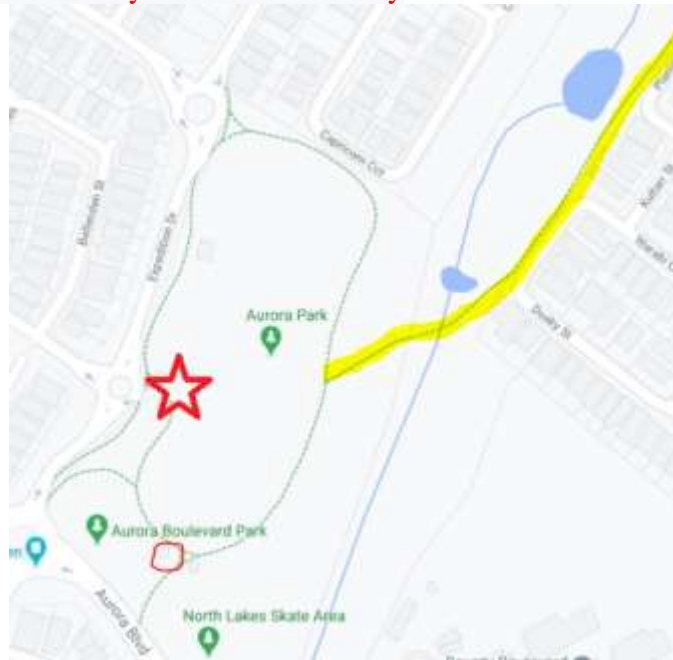
8.45am C Grade 3km

D Grade 2km

Entries are now open for our club handicap meet at North Lakes this Sunday.

[Enter Here : Handicap #6 - Sunday, 18th June 2023 - Old Race Walking Club - revolutioniseSPORT](#)

Registration closes on Saturday June 17th at midday



Set up are marked in red pen, course in yellow

NEXT WEEK

Sunday June 25th Yeronga

Handicap #7

8.00am A Grade 10km

8.15am E Grade 1.5km

F Grade 1km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

COMING UP

USCAC Winter Track & Field Carnival

Saturday 8 & Sunday 9 July

USCAC & Race Walking Queensland are in discussion regarding running their RWQ Track Championships at UniSC Track on Sunday 9 July. Details to follow.



USCAC Winter Track & Field Carnival

- Saturday 8 & Sunday 9 July
- Open to all QA or affiliated QA club members from 8 to Masters & including Para Athletes

*Join QA affiliated club USCAC Winter season membership (\$18) and receive a 10% discount on event fees

- Event Fees
 - \$10 - U10 to U18 & Para athletes
 - \$12 - U20, Open & Masters athletes

* USCAC Member 10% discount - Using member discount code

- Nominations close - Wednesday 5 July - 9am

NO late nominations can be accepted

- Program

* Race Walks Events will be Sunday - Program coming



USCAC WINTER TRACK & FIELD CARNIVAL AND QUEENSLAND RACE WALKING CLUB TRACK CHAMPIONSHIPS

Queensland Race Walking Club Championships are running their QRWC Track Championships at UniSC Track on Sunday 9 July.

USCAC will be running a 1500m walk for athletes 14-17 as part of the QRWC Championships. You will be able to nominate for this event through the Winter Carnival link.

ALL OTHER RACE WALKING EVENTS – NOMINATE THROUGH RACE WALKING QUEENSLAND EVENT PORTAL: [HERE](#)

Fees for this QRWC Track Championships will be \$15 non-QRWC members & \$10 for QRWC members (USCAC discount code will not apply for this meet!)

ENTRIES OPENING SOON

Sunday July 9 July 2023

QRWC Track Championships

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

Draft Programme

- 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

QRWC 2023 WINTER ROAD WALKING SEASON

As at May 25th 2023

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	TBA
August	6	QRWC Handicap Meet # 8	TBA	8.00am
	13	QRWC Handicap Meet # 9	Capalaba	7.30am
	20	QRWC Handicap Meet # 10	TBA	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	TBC	TBC
	17			
	24			
November	5			

* July 16th Incorporating QMA Short Road Walk Championships

** July 23rd Incorporating QMA 10,000 metres Track Championships

Entries to both Qld Masters Championships via the QMA website (entries will open closer to the date)

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](#)

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)

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/>