

Queensland Race Walking Club Inc.

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



June 20th 2024

Winter solstice; shortest day of the year

Just in case it might influence what time you get out of bed for training tomorrow, Friday June 21st is celebrated as the shortest day of the year. In Brisbane we will get 10 hours, 24 minutes and 12 seconds of daylight. Sunrise time: 6:36:18 am Sunset time: 5:03:08 pm. (If you really wanted to get picky today was actually a few seconds shorter).

RESULTS RESULTS RESULTS

QRWC Handicap #6 June 16th Mudgeeraba

A Grade 10km

Men: (1) Peter Bennett SB 1.07.30

Women: (1) Jasmine Rose McRoberts 1.18.17 (2) Joy Dale SB 1.23.18

B Grade 5km

Men : (1) Kai Dale 31.48

Women : (1) Mia Bergh SB 27.06 (2) Taylah Morris 33.30 (3) Summer Millard 34.45 (4)

Noela McKinven 46.01

C Grade 3km

Women:(1) Eliza Kelly 18.55 (2) Kiara Waterman SB 19.22 (3) Savannah Dunleavy 20.04

D Grade 2km

Men: (1) Leo Hyde SB 10.33

Women: (1) Amelia Chisholm SB 11.23 (2) Freya Williams 12.16

E Grade 1km

Women: (1) Izzy Blackburn 6.21 (2) April Kelly 8.08

F Grade 0.5km

Women: (1) Piper Dunleavy SB 3.32 (3) Harper Waterman 4.19

Judges' Reports

7 k

372 c

389 ck

413 cC

450 kc

510 k

Thank you to our judges and volunteers on lapscoreing & timekeeping on Sunday especially with the last minute re adjustment to the course because of the filming team setting up in the park.

LBG Carnival Canberra June 9th

Selected results

Robin Whyte Classic Men 35km

- 1 Rhydian Cowley VRWC 2:26:25
- 2 Mitchell Baker ACTRFWC 2:38:15
- 3 Corey Dickson VRWC 2:40:16

Val Chesterton Classic Women 35km

- 1 Rebecca Henderson VRWC 2:47:34
- 2 Allanah Pitcher NSWRC 3:11:22
- 3 Bridget Bell NSWRC 3:17:51
- 4 **Kirstin Shaw QRWC 4:34:57**

Handicap

- 1 **Kirstin Shaw QRWC 3:10:57**

Open Women 15km

- 1 Elizabeth McMillen NSWRC 1:12:02
- 2 Alanna Peart VRWC 1:14:26
- 3 Kate Siviour VRWC 1:17:21
- 6 **Noela McKinven QRWC 2:28:37**

Handicap

- 3 **Noela McKinven QRWC 1:23:37**

Women Masters 15km

- 1 **Noela McKinven QRWC 2:28:37**

Open Men 15km

- 1 Tim Fraser ACTRWC 1:00:53
- 2 Kyle Swan VRWC 1:01:25
- 3 Isaac Beacroft NSWRC 1:06:02

Men U20 10km

- 1 Kodi Clarkson ACTRWC 0:44:42
- 2 **Sam McCure QRWC 0:45:49**
- 3 Joel Byatt NSWRC 0:48:04

Women U20 10km

- 1 Nellie Langford SARWC 0:54:36
- 2 Hana Jugovic ACTRWC 0:57:11
- 3 Emily Smith VRWC 1:01:57
- 4 **Phoebe Chadwick QRWC DNF**

Women Open 5km

- 1 Elizabeth McMillen NSWRC 0:21:57
- 2 Alanna Peart VRWC 0:22:32
- 3 Sophie Polkinghorne NSWRC 0:27:13
- 8 **Phoebe Chadwick QRWC 0:34:01**

THIS WEEK

Please note that to be eligible for Handicap trophies at the end of the season there is a requirement to compete in at least 5 of the 10 QRWC Handicap races during the season.

QRWC Handicap Meet #7 Sunday June 23rd

Kalinga Park, Clayfield

- 7.30am A Grade 10km
- B Grade 8km
- 8.00am E Grade 2km
- F Grade 1km
- 8.15am C Grade 5km
- D Grade 3km

Enter Here

[QRWC Handicap #7 Sunday June 23rd - Old Race Walking Club - revolutioniseSPORT](#)

A compacted programme and earlier start this week as we head back to Kalinga Park. Please be aware of other park users on the course. We will be using half the road so please keep the kerb on your left on the way down and the marker cones to your left on your way back up the course.

Race Fees

Members \$5

Non-Member on the day \$10



Please put your hand up to help run the club and our weekly meets

NEXT WEEK

Sunday June 30th Yeronga

Handicap #8

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

2024 USCAC Winter Track & Field Carnival Timetable

Sunday 7th July

UniSC Athletics Track Sippy Downs

Walk Programme Sunday July 7th

8.30am 5000m Run U16 to Masters Men/Women

9.00am 1500m Walk U12 to Masters Men/Women

9.30am 700m/1100m Walk 8yr/9&10yr Men & Women

10.00am 3000m Walk U14 to Masters Men/Women

Enter via QA [Queensland Athletics \(qldathletics.org.au\)](http://qldathletics.org.au)

FEES:

\$12 per event – U10 to U18 & Para athletes

\$14 per event – U20, Open & Masters athletes

Nominations close – 9am Wednesday 3 July (No late nominations accepted)



Coast2Coast International Meet

Gold Coast Performance Centre, Runaway Bay, Queensland

12th - 14th July 2024

What: A Mid-Winter Track & Field Meet for Athletes

Age groups: Open, U20, U18, U16, male and female

Who: Athletes from the USA, New Zealand, Queensland, Interstate Australia and some Pacific Islands

Hosted by: Gold Coast Victory Athletics Club Inc

Awards: Medals to first three placegetters in each of the three age groups plus relays

Registrations open: Monday, 13th May 2024

Note: Race walking events will be held on Friday July 12th

Entry fee: Early bird (13 May to 2 June) \$27.50 (GST incl) per event

Standard entry (3 June to 2 July) \$36.30 (GST incl) per event

Close of entries: 11:59pm Tuesday 2 July

Late entries (3 July to 5 July) \$60.50 (GST incl) per event – conditions apply

Enter via QA [Queensland Athletics \(qldathletics.org.au\)](http://qldathletics.org.au).

Sunday July 14th Racewalking Australia Postal Challenge Logan River Parklands, Beenleigh

8.00am Open M/W 10km

U20 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 14th 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).

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.

Sunday July 21st Aurora Park, North Lakes

Handicap #9

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

QLD ROAD WALKING CHAMPIONSHIPS



Sunday August 4th QRWC Track Championships

University of Qld St Lucia

8.00am Open M/W 5,000 metres

U20 M/W 5,000 metres

U18 M/W 5,000 metres

8.45am U16 B/G 3,000 metres

9.10am U14 B/G 1,500 metres

U12 B/G 1,500 metres

9.25am U10 B/G 1,000 metres

QRWC Handicap Meet #10 Sunday August 11th

John Frederick Park, Capalaba

7.30am A Grade M 15km

A Grade W 10km

QRWC 15km Championship M/W

B Grade 8km

8.00am E Grade 2km

F Grade 1km

8.15am C Grade 5km

D Grade 3km

QRWC Road Walk Championships Sunday August 18th Logan River Parklands, Beenleigh

8.00am Open & Masters 10km
 Under 20 M & W 8km
 Under 18 M & W 6km
 Invitation Open 5km (non-championship)
 8.15am Under 10 M & W 0.75km
 Under 12 M & W 1.5km
 8.30am Under 14 M & W 2km
 Under 16 M & W 4km

2nd Federation Carnival

Sunday, August 25th, 2024. Middle Park Melbourne

Race Walking Australia Winter Championships
 Events from U10's to Masters

RWA to release full details



AMA 20KM WALK POSTAL CHAMPIONSHIPS

Sunday 25th August or agreed date (States and Territories are encouraged to conduct their races between the dates of August 10th and September 8th. The World Championships 20km Walk in Sweden on the 25th August also qualifies as a postal event for the AMA Championships (an entry must still be made!)

Contact: George White gwhite@adam.com.au Mobile 0419 348 888

QRWC Relay/Trophy/BBQ Day Sunday September 8th

Dowse Lagoon, Brighton Road, Sandgate
 9.00am 4 x 1,500 metre Relay

MONTH	DATE	EVENT	VENUE	TIME
March	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	
April	7	QRWC Sign On Meet /AGM	Kalinga Park	
	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
May	5	Gold Coast Championships	Mudgeeraba	8.00am
	12	Mother's Day	No club competition	
	19	QRWC Handicap Meet 3	Capalaba	7.30am
	26	QRWC Handicap Meet 4	North Lakes	8.00am
June	2	QRWC Handicap Meet 5	Yeronga	8.00am
	9	LBG Federation Meet	Mt Stromlo Canberra	

	16	QRWC Handicap Meet 6	Mudgeeraba	8.00am
	23	QRWC Handicap Meet 7	Kalinga Park	7.30am
	30	QRWC Handicap Meet 8	Yeronga	8.00am
July	7	Gold Coast Marathon	Southport	
	14	RWA Postal Challenge	Beenleigh	8.00am
	21	QRWC Handicap Meet 9	North Lakes	8.00am
	28	QA Road Walk Championships	TBC	
August	4	QRWC Track Championships	UQ St Lucia	8.00am
	11	QRWC Handicap Meet 10	Capalaba	7.30am
	18	QRWC Club Championships	Beenleigh	8.00am
	25	2 nd RWA Federation Meet	Melbourne	
September	1	Father's Day	No Club Competition	
	8	Relay/BBQ/Trophy Day	Sandgate Lagoon	
	15			
	22			

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 - Qld Race Walking Club - revolutioniseSPORT](#)

2024 World Athletics U20 Championships Lima , Peru August 27-31st

The Australian Team for the World Athletics Under 20 Championships has been announced with four race walkers in the team.

Women 10,000m Race Walk Alexandra Griffin (WA), Chelsea Roberts (NSW)

Men 10,000m Race Walk Isaac Beacroft (NSW), Marcus Wakim (VIC)

Also in Lima will be Zoe Eastwood-Bryson (SA, International Race Walking Judge) who has been appointed to the officiating panel.

The Australia's team will complete a camp on the Gold Coast from June 20-23, before flying to Lima, Peru.



ENTRIES NOW OPEN

[Enter | Pan Pacific Masters Games](#)

Draft Track Walk Programme

Friday 8 November, 2024

M30+/W30+ 5000m Race Walk Final

Saturday 9 November, 2024

M30+/W30+ 3000 Metre Race Walk Finals

Confirmed Road Walk Programme

Sunday 10 November 7:00am start

Luke Harrop Cycle Circuit

- 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+

Important Update – New Track Venue Announced

Unfortunately the originally confirmed venue - **Gold Coast Performance Centre at Runaway Bay - is no longer available** for use during the Pan Pacific Masters Games. Due to the lack of suitable infrastructure, quality or safety of the alternative venues located in the Gold Coast Athletics – Track & Field events will now be conducted at the **Queensland Sport and Athletics Centre (QSAC) Mount Gravatt**

Transport – if you have booked your accommodation on the Gold Coast, a bus will be arranged to take paid participants to and from the QSAC venue daily. The bus will pick up and drop off in a central location on the Gold Coast – further details TBA.

The road walks will still take place at Runaway Bay

36 DAYS TO GO UNTIL 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.

The event involves teams of one man and one woman who will complete the marathon distance (42.195km) in legs of 12.195km (man), 10km (woman), 10km (man) and 10km (woman). Athletes must carry a wristband that will be transferred to the next athlete within the 20-metre-long takeover zone., 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.

WORLD ATHLETICS RACE WALKING TOUR 2024

06 OCT 2024 III GRAN PREMIO INTERNACIONAL FINETWORK MADRID MARCHA MADRID ESP

26 OCT 2024 LUSATIAN INTERNATIONAL RACE-WALKING MEETING ZITTAU GER

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.

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.

QRWC Handicap Meets and Points

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.

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.

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QRWC MEMBERSHIP 2024

The Qld Racewalking Club registration portal is open to athletes who wish to register with QRWC .

[Membership - Qld Race Walking Club - revolutioniseSPORT](#)

Many of our members who have been competing during the track season as a member of QRWC are registered through to the end of September 2024. These athletes are all set for entering winter road walk competitions and the QA Road walk Championships . So no need to take action until the first race portal opens.

New or existing non financial members who wish to join the club and compete in the QA Road Walk Championships are encouraged to register on the RevSport Portal

Of course, for those athletes not wishing to compete at or represent QRWC at QA events (i.e. already registered with other QA clubs , QRWC will retain the current membership options whereby only the QRWC club fee (i.e. \$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.

For these athletes, please email the Registrar if you have any questions or concerns. qrwcregistrar@gmail.com

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
Membership Fee	\$25.00	non-students
	*club fee on top of Qld Athletics membership (Base \$12)	

Season Pass

The QRWC Season Pass is a convenient way to not only save some money but to not have the worry about paying race fees with your entry each week. This **Pass, at a cost of \$75**, enables the athlete to compete in up to 16 club meets a season (10 x handicaps, Sign On Day, club road championships, club track championships, Gold Coast Championships, Postal Challenge, & relays).

This Pass does not cover QA, AA, QLA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet. The Pass can be purchased via the Shop on the QRWC RevSport portal.

NON-COMPETING MEMBERS

VOLUNTEER	COMMITTEE MEMBER	OFFICIAL	COACH
Club volunteers are always welcome to assist with club operations and competition days	Club committee members are required to be registered members of their club	Officials accredited with Athletics Australia	Coaches may join an athletics club if they are accredited and currently registered with Athletics Australia

Working with Children Check – Blue Card

Volunteers, committee members, technical officials and coaches are required to have a Blue Card as deemed necessary by their club in accordance with the Queensland Blue Card system. Please refer to your club or www.bluecard.qld.gov.au for more information.

\$0 + CLUB FEE	\$0 + CLUB FEE	\$0 + CLUB FEE	\$0 + CLUB FEE
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NOTE – Additional club membership fees may apply, which varies for each club.

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.



Racewalking Queensland Management Committee 2024/25

President: P Bennett

Vice President. J-R McRoberts

Secretary: N. McKinven

Treasurer N McKinven

Committee: Shane Pearson, Joanne McRoberts, Claire Chadwick, Jasmine Blackburn, Ignacio Jimenez, Simon Dunleavy

Patrons: Patrick & Maxine Sela

Registrar: S Dale

Handicapper A Guevara / N McKinven

Uniforms: S Dale

Publicity / Media Jasmine Blackburn

Results R Wales / N McKinven

Newsletter Editor: P. Bennett

Equipment Officer. Ignacio Jimenez & Noela McKinven

Canteen Convenor. Vacant, but to be by roster.

Club Captains: Bailey Housden, Phoebe Chadwick

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.

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/>

