

## Queensland Race Walking Club Inc.

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



June 22<sup>nd</sup> 2023

**In Queensland, on Sundays, we race.....**



*Photo courtesy of Danielle Sibenaler*

## **RESULTS RESULTS RESULTS**

**QRWC Handicap #6  
North Lakes  
Sunday June 18<sup>th</sup>**

**A Grade 10km**

**Men:** (1) Peter Bennett 1.08.01. Bailey Housden, Russ Jackson DNF.

**Women:** (1) Lily Housden 1.07.21 (2) Joy Dale 1.24.41 **SB** (3) Noela McKinven 1.28.28.

**B Grade 5km****Men:** (1) Adam Patterson 27.44 **SB** (2) Kai Dale 31.37.**Women:** (1) Lyla Williams 29.52 (2) Taylah Morris 33.02 **SB****C Grade 3km****Men:** (1) Brock Miller 17.43.**Women:** (1) (1) Mikaela McDonald 17.40 (2) Kiara Waterman 18.00 **SB** (3) Eliza Kelly.19.38**SB****D Grade 2km****Men:** (1) Hunter Sibenaler 13.27. Leo Ramsay DNS.**Women:** (1) Savannah Dunleavy 12.01 **SB** (2) Izzy Blackburn 13.28 **SB** (3) Katelyn Trent 15.44 (4) Mackenzie Wormald 15.46 (5) Dakota Vicary 16.17.. Freya Williams DQ**E Grade 1km****Men:** (1) Jake Dunleavy 6.04.**Women:** (1) Trish Hibbs 7.06 (2) Brooke McRoberts 7.59. April Kelly DNS.**F Grade .5km****Women:** (1) Piper Dunleavy 4.19 (2) Harper Waterman 4.21.**Judges' Reports** (4 judges)

yellow = lower case Red = upper case: Loss of contact "c" or "C" Knees "k" or "K"

7 kkK  
 13 kkK  
 385 k  
 388 k  
 389 ccccCCCC DQ  
 391 k  
 405 kKcC  
 411 cC  
 412 k  
 422 kK  
 425 ccC  
 428 ccC  
 430 ccC  
 434 kKcC  
 441 kK  
 442 k  
 451 kkK

Thank you to our panel of judges on Sunday at North Lakes and to all our volunteer officials, lapscorers, time keepers and on the check in desk.



**This race walking lark is serious business**

*All photos courtesy of Danielle Sibenaler*

## **THIS WEEK**

**Sunday June 25<sup>th</sup>**

**John Walker Place, 261 Brisbane Corso, 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

[Handicap #7 Sunday June 25th 2023 - Qld Race Walking Club - revolutioniseSPORT](#)

We are getting into the later part of the season so now is the time to dust of those perpetual trophies from last year and bring them along to one of the next few race meets.

## **NEXT WEEK**

Gold Coast Marathon – No Club Races

## **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 NOW OPEN** [QRWC Track Championships - Old Race Walking Club - revolutioniseSPORT](#)

**IMPORTANT** Registration for this event closes at Wednesday 05 Jul 2023 9:00am

**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

**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.

**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

Please keep in mind that this is the last day of school holidays, so traffic could be bad going home if you leave it too late.



**QUEENSLAND ROAD WALKING  
 CHAMPIONSHIPS**

**+ QMA Long Course Road Walk Championships**

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

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 checkin/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.

## Canberra LBG Feedback Required

Hello Everyone,

I hope you have all recovered from what was a very busy but sunny LBG Carnival. Thank you all for supporting this event and helping to provide officials for the day. It was wonderful to see so many walkers back in Canberra after a crazy few years!

We are always looking to improve this carnival so would appreciate any feedback you can provide. Our review meeting is scheduled for 10<sup>th</sup> July so if I can please ask that you provide any feedback by Sunday 9<sup>th</sup> July. As you may be aware the Federation has decided to only host 1 event next winter due to AA pulling out of the 2<sup>nd</sup> Federation, also taking into consideration the current financial strains on us all. We have been asked by the Federation to consider moving this event to the end of the winter season. Whilst we have spoken to a lot of people who attended LBG this year, we would welcome feedback from the States, especially those who could not attend this year's event.

Thank you once again for your support and I look forward to seeing you all in 2024.

Renée Cassell

President ACT Race and Fitness Walking Club

[reneecas@hotmail.com](mailto:reneecas@hotmail.com)

Please email Renee\_with your thoughts and please cc our Secretary, Noela McKinven

[noelarhoda@gmail.com](mailto:noelarhoda@gmail.com)

For some context here is an extract from the Minutes of the Annual General Meeting of Race Walking Australia

Ainslie Football and Social Club, Canberra 10th June 2023

### 11. Competition Schedule:

Extensive discussion regarding the 2023-2024 Competition Schedule occurred. Suggestions were made that the date of the existing LBG event could be changed. Renee Castle of the

ACTRWC responded that the ACTRWC would need to discuss this before any future action is contemplated.

**Motion:** ‘RWA do not conduct a Second Federation event in 2023.’

Moved: Bob Cruise Seconded: Tim Erickson CARRIED

NSWRWC were invited to conduct the Second Federation event in 2023 however declined due to the lack of being able to find a suitable venue.

**Motion:** ‘RWA conduct Australian Road Walking Championships for Under 12, 14, 16 18 and 20 age groups in 2024.’

Moved: Bob Cruise Seconded: Renee Castle CARRIED

NSWRWC requested that the minutes state that they did not support this motion.

## QRWC 2023 WINTER ROAD WALKING SEASON

As at May 25<sup>th</sup> 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
<b>April</b>	23	QRWC Handicap Meet # 1	Beenleigh	8.00am
	30	QRWC Handicap Meet # 2	Yeronga	7.30am
<b>May</b>	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
<b>June</b>	4	Gold Coast Championships	Mudgeeraba	8.00am
	<b>11</b>	<b>LBG Federation Meet</b>	<b>Canberra</b>	8.00am
	18	QRWC Handicap Meet # 6	North Lakes	8.00am
	25	QRWC Handicap Meet # 7	Yeronga	8.00am
<b>July</b>	<b>2</b>	<b>Gold Coast Marathon</b>	<b>No club competition</b>	
	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
<b>August</b>	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
<b>September</b>	<b>3</b>	<b>Father's Day</b>	<b>No club competition</b>	
	10	QRWC Relay/Trophy/BBQ Day	TBC	TBC
	17			
	24			

November	5		
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### QMA TRACK AND ROAD WALK CHAMPIONSHIPS 2023

#### QMA 10,000m Track Walk Championship \*\*

This will be held in conjunction with the QRWC event on 23rd July at the University of Qld track.

#### QMA Short Course Road Walk \*

This will be held in conjunction with the QRWC event on 16th July at the Logan River Reserve. Events: W30+ 5km / M30+ 10km / M60+ 5km option

#### QMA Long Course Road Walk

This will be held in conjunction with the QA event on 30th July on the Ring Road at QSAC. Information and to register – go to the QA website.



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 101<sup>st</sup> 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.

## 2023 Active Clubs Grant

The Queensland Government *Department of Tourism, Innovation and Sport* has provided the Queensland Race Walking Club with a grant to participate in sport and recreation activities.

The Active Clubs grant is to be used to support our volunteers and provide flexible and safe physical activity opportunities to increase sport and recreation participation.

Our club has been approved a sum of \$ 2,500 (GST exclusive) under the programme.



## 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](https://www.rwa.org.au/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 \(revolutionise.com.au\)](https://www.revolutionise.com.au)

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

## **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/>