

# Queensland Race Walking Club Inc.

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



June 29<sup>th</sup> 2023

**USCAC WINTER TRACK & FIELD CARNIVAL AND  
QUEENSLAND RACE WALKING CLUB TRACK  
CHAMPIONSHIPS  
Sunday July 9<sup>th</sup>  
ENTRIES CLOSE Wednesday July 5<sup>th</sup> 9am**

*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 - Qld 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.*

## RESULTS RESULTS RESULTS

### QRWC Handicap #7 Yeronga

Sunday June 25<sup>th</sup>

#### A Grade 10km

**Men:** (1) Scott Hyland 50.24 SB (2) Alex Bradley 53.51 SB (3) Peter Bennett 1.08.30.

**Women:** (1) Brenda Gannon 1.00.48 (2) Jasmine McRoberts 1.13.32 (3) Joy Dale 1.24.26 SB (4) Noela McKinven 1.29.26. Summer Millard DNF. Lily Housden DNS.

#### B Grade 5km

**Men:** (1) Kai Dale 29.36 (2) Patrick Sela 43.46 SB.

**Women:** (1) Lyla Williams 29.02 (2) Korey Brady 39.45.

#### C Grade 3km

**Men:** (1) Noah Cooke 16.26 (2) Eli Melinz 19.09 (3) Noah Wheeley 24.09.

**Women:** (1) (1) Kiara Waterman 18.39 (2) Eliza Kelly.19.07 SB

#### D Grade 2km

**Men:** (1) Hunter Sibenaler 13.40.

**Women:** (1) Savannah Dunleavy 12.20 (2) Freya Williams 13.36 (3) Mackenzie Wormald 15.53

#### E Grade 1.5km

**Men:** (1) Jake Dunleavy 8.58 (2) Hayden Robertson 9.12 (3) Leo Ramsay 11.23.

**Women:** (1) Amelia Chisholm 9.24.

#### F Grade 1km

**Women:** (1) Trish Hibbs 7.14 (2) April Kelly 7.31 SB (3) Harper Waterman 10.04

### Judges' Reports (4 judges)

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

11 ckkKK

334 ck

380 kcKK

385 ckK

388 ckK

389 c

398 kkK

401 cC

413 ccc  
430 cccCC  
431 k  
432 kk  
438 cK  
446 ccC

Thank you to all our judges and volunteers on Sunday morning who made holding this meet possible . Wonderful work by Danielle to capture the athletes focussed on their race



*Photos courtesy of Danielle Sibenaler*

### **Athletics North Queensland's 'Festival of Athletics', Townsville**

Thanks to Robyn Wales for forwarding the results and photos from the recent 'Festival of Athletics' in Townsville. In the Masters walk was out very own Dash ( pictured below in one of her 12 events )

#### **W11yr 1500m Race walk**

- 1 Alayna Paulke 11 Central Aths 10:39.77
- 2 Kate Lyons-Ormonde 11 Central Aths 11:23.04
- 3 Sascha Austin 11 Mulgrave A. 11:50.57

#### **W14yr 1500m Race walk**

- 1 Addison Paulke 14 Townsville N 8:54.91

#### **W13yr 1500m Race walk**

- 1 Tina Bray 13 Ross River A 10:47.94

#### **W35-39yr 1500m Race walk Masters**

- 1 Dash Newington 39 CQAC 9:16.75



## **THIS WEEK**

### **Gold Coast Marathon – No Club Races**



## **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

Entries close 9 am Friday 8th July

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).

Entries open July 1st on the QMA website QMA Short Course Road Walk Championship - Qld Masters Athletics Association Inc - revolutioniseSPORT

### **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



## **QUEENSLAND ROAD WALKING CHAMPIONSHIPS**

### **+ QMA Long Course Road Walk Championships July 30<sup>th</sup> QSAC**

[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.

## 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
<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
	11	<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>	2	<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>	3	<b>Father's Day</b>	<b>No club competition</b>	
	10	QRWC Relay/Trophy/BBQ Day	TBC	TBC

	17		
	24		
<b>November</b>	5		

## **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.

## **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](http://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/>