

Queensland Race Walking Club Inc.

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



March 14th 2024

Athletes will be tested more often ahead of Paris 2024 Stricter testing demanded for endurance athletes

Race walkers in the spotlight

Track and field athletes from Brazil, Ecuador, Peru and Portugal will be tested more often ahead of Paris 2024 because of substandard anti-doping programs at home, the sport's investigators said.

Each country failed to heed warnings after the 2022 world championships held in Eugene, Oregon, to improve no-notice testing ahead of the 2023 edition, the Athletics Integrity Unit said, calling the targeted testing by nation "unprecedented".

"All four failed to ensure that there was proportionate (out-of-competition) testing for their teams at the following world athletics championships in Budapest," said the AIU, which is widely seen as the best among Olympic sports for investigating doping and corruption.

At the 2023 worlds, Ecuador and Peru each took home one silver medal and Brazil got one bronze. All were in race walking.

World Athletics has backed the AIU advice that non-elite athletes from the four countries can be eligible to compete in Paris only if they give at least three no-notice samples in training in the 10 months up to July 4. Track and field events in Paris start on August 1.

"In this Olympic year, we trust this will be a reminder to all member federations that the AIU and World Athletics are extremely serious about ensuring a level playing field for athletes," AIU chairman David Howman said.

Stricter testing will be demanded for athletes in endurance events, defined as "from 800 metres upward". They also must give a blood sample for their biological passport and a test for EPO, the banned blood-boosting hormone.

The enhanced testing will be done on athletes outside the top 10 world ranking in their event. Elite athletes already are targeted by the AIU as likely medal winners at major championships.

The Monaco-based investigators said the targeted program will protect the Olympics "from athletes who emerge quickly through the rankings or produce surprise performances, or where the depth of talent means results are unpredictable".

Two national track and field teams, the Czech Republic and New Zealand, also were warned about their anti-doping programs after the 2022 worlds and were praised on Monday as having "improved their testing dramatically".



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

Opened in 2004, the Luke Harrop Cycle Circuit is a 1.9 kilometre, eight-metre-wide, off-road training circuit and is a permanent memorial to Australian triathlete, Luke Harrop. Located in the northern suburb of Runaway Bay, the circuit is a popular facility for cycling, running and walking enthusiasts. The circuit is located next to the Gold Coast Performance Centre athletics track.

- 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+

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.

Thank you to those who have already expressed an interest in participating in this course .

THIS WEEK

QA State Championships March 14-17th SAF Main Track

All the very best to race walkers competing in the QA State Championships this weekend.

Saturday March 16th

8:30am 3000m Walk Finals U13 - U16 Female

9:00am 3000m Walk Finals U13 - U16 Male

Sunday March 17th

8:30am 5,000m Walk Final U17/U18 Female

8:30am 5,000m Walk Final U17/U18 Female

Entry Lists

Girls 3000 Meter Race Walk Under 13

Sat 8:30 AM

1 Isabella Welch Ignition 15:45.88

2 Savannah Dunleavy Qld Race Walking Club 18:00.22

3 Elspeth Hooper Gold Coast Victory 19:29.00

Girls 3000 Meter Race Walk Under 14

Sat 8:30 AM

1 Zoe Renton Toowong Harriers 17:14.22

2 Lani Ellwood Emerald and Districts Athletic 17:39.00

3 Kiara Waterman Qld Race Walking Club 17:47.00

4 Mackenzie Bandidt Intraining 20:11.39

Girls 3000 Meter Race Walk Under 15

1 Ella Cosgrave Border Striders 15:47.00

2 Mikaela McDonald Qld Race Walking Club 17:09.25

3 Bethany Moore-Kirkland Darling Downs 17:16.65

4 Eliza Kelly Qld Race Walking Club 18:26.00

Girls 3000 Meter Race Walk Under 16

Sat 8:30 AM

1 Olivia Boulton Gold Coast Athletics 15:55.00

2 Makenna Clarke Redlands Athletics 16:20.00

3 Natasha Flahey Qld Race Walking Club 17:55.00

Boys 3000 Meter Race Walk Under 14

Sat 9:00 AM

1 Lachlan Moore Redlands Athletics 16:38.00

2 Hunter Sibenaler QEII Track Club 19:47.00

Boys 3000 Meter Race Walk Under 15

Sat 9:00 AM

1 Noah Cooke Qld Race Walking Club 14:55.26

2 Brock Miller Qld Race Walking Club 17:58.87

3 Eli Melinz Noosa Athletics Club 18:12.63

Women 5000 Meter Race Walk Under 17

Sun 8:30 AM

1 Milly Sharpe Gladstone Athletics Club 26:53.00

2 Katie Bray Ashgrove Rangers 30:00.62

Women 5000 Meter Race Walk Under 18

Sun 8:30 AM

1 Lyla Williams New South Wales 26:50.06

2 Brooke Newberry New South Wales 29:00.00

3 Taylah Morris Gold Coast Victory 30:04.12

Men 5000 Meter Race Walk Under 17

Sun 8:30 AM

1 Kai Dale Qld Race Walking Club 26:39.00

Men 5000 Meter Race Walk Under 18

Sun 8:30 AM

1 Bailey Housden Qld Race Walking Club 20:07.00

2 Roel Wheeley Sheldon Academy of Sport 25:11.58

COMING UP

QMA

24th March 2024

8.00 3000m Run / Race Walk

RESULTS

Queensland Masters Athletics State Championships

5000 Metre Race Walk

1 Shaw, Kirstin W32 Qld Race Wal 28:20.55 (28:20.56 70.72%)

-- Newington, Dash W39 QMA DNS

-- Kirwin, Roslyn W35 QMA DNS

1 Gannon, Brenda W49 QMA 29:42.84 (27:33.05 72.75%)

1 Dale, Joy W52 QMA 38:15.81 (34:01.44 58.91%)

-- Woodward, Erika W57 QMA DNS

1 McKinven, Noela W81 QMA 44:54.43 (28:39.32 69.95%)

1 Hyland, Scott M43 QMA 25:36.21 (24:46.90 73.00%)

1 Patterson, Adam M51 QMA 32:30.14 (29:11.82 61.96%)

1 Jimenez Solis, Ignacio M58 QMA 25:40.14 22:06.68 81.82%)

1 Bennett, Peter M68 QMA 32:24.90 (25:24.03 71.23%)

1 Sela, Patrick M84 QMA 44:57.22 (29:35.05 61.15%)

Age Graded Times & Percentages in Brackets

1500 Metre Race Walk

1 Kirwin, Roslyn W35 QMA 12:11.13

-- Newington, Dash W39 QMA DNS

1 Dale, Joy W52 QMA 10:38.23

-- Woodward, Erika W57 QMA DNS

1 McKinven, Noela W81 QMA 12:39.47

1 Hyland, Scott M43 QMA 6:30.94

-- Patterson, Adam M51 QMA DNS

1 Jimenez Solis, Ignacio M58 QMA 7:12.15

1 Bennett, Peter M68 QMA 9:02.34

1 Sela, Patrick M84 QMA 12:37.00



Entries Closed

Venue: Domain Athletic Centre

Walk Schedule

Friday March 29th 1,500 metres

Saturday March 30th 5,000 metres

Monday April 1st 10km Road Walk

For more information go to amahobart2024.com.au

QRWC 2024 ROAD WALK 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

[Calendar Programme \(qrwc.com.au\)](http://qrwc.com.au)

Get ready for the 2024 QRWC winter road walk season. To be able to enter races online through the RevSport portal you will need to be a current club member

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	\$25.00	non-students
Fee:	*club fee on top of Qld Athletics membership (Base \$12, Gold \$110, Platinum \$220)	

EARLY SEASON MEETS

Sign-On Day /AGM Sunday April 7th

Kalinga Park

No points races

8.00am 3km / 5km

8.45am 2km / 1km

9.30am AGM

Handicap #1 Sunday April 21st
Logan River Parklands, Beenleigh

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

Handicap #2 Sunday April 28th
John Walker Place, Brisbane Corso, Yeronga

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

16th Annual Gold Coast Road Walk Championships
Sunday May 5th Mudgeeraba

8.00am Open M/W 10km
 8.05am U10 M/W 1km
 U8 M/W 0.5km
 8.15am U20 M/W 5km
 U18 M/W 5km
 Invitational M/W 5km (non-championship event)
 8.45am U16 M/W 3km
 U14 M/W 2km
 U12 M/W 2km

Handicap #3 Sunday May 19th
John Frederick Park, Capalaba

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

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	TBC
	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	TBA	
	30	QRWC Handicap Meet	TBA	
July	7	Gold Coast Marathon	Southport	
	14	RWA Postal Challenge	Beenleigh	
	21	QRWC Handicap Meet	TBC	
	28	QRWC Track Championships	TBC	
August	4	QA Road Walk Championships	TBC	
	11	QRWC Handicap Meet	TBC	
	18	QRWC Club Championships	TBC	
	25	2 ND RWA Federation Meet	Melbourne	
September	1	Father's Day		
	8			
	15			
	22			

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 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.

IMPORTANT UNIFORM INFORMATION

If you are planning on going to Canberra, please make plans now to purchase a club uniform (please check that your current uniform still fits). If the club does not have your size in stock it can take up to 6 weeks to get them custom made. Avoid disappointment of a last minute panic and contact the Uniform shop today.

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

Australian Athletics Championships

Adelaide | 11-19 April, 2024

Walks Programme

Thursday April 11th

9.00am 10000m Race Walk U20 Men
9.00am 10000m Race Walk Open Men
6.00pm 10000m Race Walk U20 Women
6.00pm 10000m Race Walk Open Women

Tuesday, 16 April

9.10am 5000m Race Walk U17 Men
9.10am 5000m Race Walk U18 Men
10.45am 5000m Race Walk U17 Women
10.45am 5000m Race Walk U18 Women

Wednesday, 17 April

1.50pm 3000m Race Walk U14 Men
1.50pm 3000m Race Walk U14 Women
4.45pm 3000m Race Walk U15 Men
4.45pm 3000m Race Walk U16 Men

Thursday, 18 April

10.30am 3000m Race Walk U15 Women
10.30am 3000m Race Walk U16 Women



UniSport Nationals Athletics

Gold Coast Performance Centre, Runaway Bay

Thursday 25 April

4:30 PM Open Men 5000m Walk Final
4:30 PM Open Women 5000m Walk Final



RACE WALKING AUSTRALIA

AUSTRALIAN FEDERATION
OF RACE WALKING CLUBS

The QRWC is a member of the Australian Federation of Race-Walking clubs and there are two annual Federation Carnivals you are all encouraged to support.
If you are able to travel interstate in 2024 to compete mark these in your calendar.

1st Federation Carnival

Sunday 9th June 2024 Stromlo Forest Park, Canberra
57th Annual Lake Burley Griffin Walking Carnival

2nd Federation Carnival

Sunday, August 25th, 2024. Melbourne
Race Walking Australia Winter Championships
Events from U10's to Masters

No details have been released but historically Federation carnivals present awards for individual, teams and handicap performances

2024 AMA 20km championships

Update from George White Secretary SA Masters Athletics Inc

I have decided to go with Sunday August 25th for this years AMA 20km walk championship. This date is when Victoria is hosting the National Open 20km event and is also the date of the 20km Walk at the World Championships in Gothenburg. This will allow anyone entering the Open event or the World Champs to also enter the AMA event as a postal entry. While we encourage everyone else to come to Adelaide for the event, we acknowledge that some cannot travel and I hope that all other states/territories will organise their 20km event on the same day. However, if this is not possible then in the two weeks prior and the two weeks following the 25th August, i.e. between Sat 10th August and Sunday 8th September.

WORLD ATHLETICS
RACE WALKING TEAM
CHAMPIONSHIPS
ANTALYA24

Antalya, Turkey April 21st 2024

This will be the second time that Turkey has hosted a World Athletics Series event, following the 2012 World Athletics Indoor Championships, held in Istanbul. Some 500 athletes from 50 countries are expected to compete in Antalya next year in what will be a qualifying event for the Paris Olympic Games.



WORLD ATHLETICS RACE WALKING TOUR 2024

16 MAR 2024 43RD DUDINSKA 50 DUDINCE SVK

06 APR 2024 92ND PODĚBRADY WALKING PODĚBRADY CZE

05 MAY 2024 3RD KORZENIOWSKI RACE WALKING CUP WARSZAWA POL

11 MAY 2024 31ST GRANDE PRÉMIO INTERNACIONAL DE RIO MAIOR EM MARCHA ATLÉTICA RIO MAIOR POR

18 MAY 2024 XXXVII GRAN PREMIO CANTONES DE A CORUNA DE MARCHA LA CORUÑA ESP

25 MAY 2024 ZÁHORÁCKA DVADSIATKA BORSKY MIKULÁS SVK

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

26 OCT 2024 LUSATIAN INTERNATIONAL RACE-WALKING MEETING ZITTAU GER

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.

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.

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.

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/>