

Queensland Race Walking Club Inc.

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



March 21st 2024

Olympic Track & Field to be held at QSAC?

The Queensland government has rejected an independent Olympic infrastructure review's call to build a new multi-billion-dollar stadium in Brisbane's Victoria Park. Premier Steven Miles appointed former lord mayor Graham Quirk to spearhead the 60-day review in January amid concerns about the cost of some venues, including the \$2.7 billion Gabba rebuild.

The review has recommended replacing the Gabba rebuild plan, which is likely to cost \$3 billion, with a new "greenfield" stadium at Victoria Park at a "marginally" higher cost of up to \$3.4 billion. But following a cabinet meeting on Monday, Premier Steven Miles said the government would not be accepting the Victoria Park stadium suggestion.

Instead, the government will look at upgrading Lang Park to host the opening and closing ceremonies, and the **Queensland Sport and Athletics Centre (QSAC) to host the athletics**. This is despite the independent review recommending QSAC not be used as a 2032 Games venue to host track and field events.

Investment at QSAC would also provide the opportunity to explore expanded transport links servicing not only the stadium but also Griffith University, the health precinct at QEII hospital, and the growing communities on the southside of Brisbane to provide additional legacy benefits.

The Gabba also won't be demolished and rebuilt, rather it will undergo a "more modest enhancement".

Ps . *There is no truth in the rumours that they are looking at holding the road walks on the QSAC Ring Road 😊*

QUEENSLAND RACE WALKING CLUB INC Known as RACEWALKING QUEENSLAND NOTICE – ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the Queensland Race Walking Club Inc. will be held at **Kalinga Park on Sunday, 7th April, 2024, commencing at 9.30am.**

The Business of the meeting will be

- * The Receiving and Confirmation of the minutes of the 2023 Annual General Meeting

- * The Receiving of the Management Committee Report for 2023
- * The Receiving and Adoption of the Statement of Income and Expenditure, Assets and Liabilities for the financial year
- * The election of the Officers and other members of the Management Committee
- * The Appointment of a Patron
- * The Appointment of a Registrar
- * The Appointment of an Equipment Officer
- * The Appointment of a Canteen Convenor
- * The Appointment of a Newsletter Producer
- * The Appointment of a Handicap/Results Person
- * The Appointment of Publicity/ Media Persons
- * Any appropriate General Business

NOMINATIONS are invited for the following positions for 2024

*President	*Vice President	*Secretary	*Treasurer
Registrar	Equipment Officer	Canteen Convenor	
Newsletter Producer	Handicap/ Results	Publicity/Media Persons	

*Not less than one (1) nor more than six (6) other committee members with the number to be decided at the Annual General Meeting.

Positions marked with * are members of the Management Committee.

NOMINATIONS for the above positions must be in writing signed by the nominee and his/her proposer and seconder and must be lodged with the RETURNING OFFICER, Mrs Noela McKinven as below.

RETURN FORM by the required date (31st March, 2024) to:
Mrs Noela McKinven, 79 Joalah Cres, Ferny Hills 4055. (photocopies may be made of this form). Fully signed Forms may be emailed to noelarhoda@gmail.com



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+

THIS WEEK

Little Athletics Queensland State Championships:

Walk Events Programme

Event times may be brought forward by up to 30 minutes on the day of the event

Friday March 22nd

3:00pm Girls U10 1100m Walk Finals

Boys U10 1100m Walk Finals

3:45pm Girls U9 700m Walk Finals

Boys U9 700m Walk Finals

6:45pm Girls U13 1500m Walk Finals

Boys U13 1500m Walk Finals

7:40pm Girls U15 1500m Walk Finals

Boys U15 1500m Walk Finals

Girls U16 1500m Walk Finals

Boys U16 1500m Walk Finals

Girls U17 1500m Walk Finals

Boys U17 1500m Walk Finals

Saturday March 23rd

8:00am Girls U11 1100m Walk Finals

Boys U11 1100m Walk Finals

9:25am Girls U12 1500m Walk Finals

Boys U12 1500m Walk Finals

9:45am Girls U15 1500m Finals

Boys U15 1500m Finals

10:20am Girls U14 1500m Walk Finals

Boys U14 1500m Walk Finals

Qld Masters meet cancelled

A QMA meet for this weekend was originally on the calendar but has now been cancelled due to the Little Athletics conducting their State Championships on both days of the weekend.



Congratulation to Brenda Gannon for her nomination in the AMA Athlete of the Year for Walks. Winner to be announced on March 31st at the Australian Masters Championships in Hobart.

Photo courtesy of Jo Harlow Photography

AMA Awards - Athlete of the Year Nominations

WALKS

NOMINATIONS

Ann Staunton–Jugovic

Brenda Gannon

Gwen Steed

Heather Lee

Karyn Tolardo

Kim Mottrom



*Noela, Pat, Iggys & Kirsten in action at the QMA Championships
All photos courtesy of Jo Harlow Photography*

RESULTS

Queensland Athletics State Track Championships

Congratulations to all our new State Champions & medal winners and well done to every athlete that participated.

Girls 3000 Metre Race Walk Under 13

- 1 Welch, Isabella 12 Ignition-AUS 16:11.37
- 2 Dunleavy, Savannah 12 QRW-AUS 17:01.81
- 3 Hooper, Elspeth 12 GCV-AUS 19:11.79

Girls 3000 Metre Race Walk Under 14

- 1 Ellwood, Lani 11 EML-AUS 17:38.53
- 2 Waterman, Kiara 11 QRW-AUS 18:44.01
- 3 Bandidt, Mackenzie 11 Intraining-AUS 19:15.15

Girls 3000 Metre Race Walk Under 15

- 1 Moore-Kirkland, Bethany 10 Darling Downs-AUS 17:04.42

2 Kelly, Eliza 10 QRW-AUS 17:14.89
-- McDonald, Mikaela 10 QRW-AUS DQ TR54.7.1

Girls 3000 Metre Race Walk Under 16

1 Boulton, Olivia 09 GCA-AUS 15:52.34
2 Clarke, Makenna 09 RED-AUS 16:59.69
-- Flahey, Natasha 09 QRW-AUS DNF

Boys 3000 Metre Race Walk Under 14

1 Moore, Lachlan 11 RED-AUS 16:16.89

Boys 3000 Metre Race Walk Under 15

1 Cooke, Noah 10 QRW-AUS 15:22.42
2 Melinz, Eli 10 NAC-AUS 19:00.74

Women 5000 Metre Race Walk Under 17

1 Sharpe, Milly 08 GLD-AUS 28:22.03
2 Bray, Katie 08 ASR-AUS 31:56.77

Women 5000 Metre Race Walk Under 18

1 Newberry, Brooke 07 New South Wales-AUS 28:42.58
2 Morris, Taylah 07 GCV-AUS 30:17.95
-- Williams, Lyla 07 New South Wales-AUS 28:03.38

Men 5000 Metre Race Walk Under 17

-- Dale, Kai 08 QRW-AUS DQ TR54.7.1

Men 5000 Metre Race Walk Under 18

1 Housden, Bailey 07 QRW-AUS 21:12.33
-- Wheeley, Roel 07 SAS-AUS DQ TR54.7.1

NEXT WEEK



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

Entries

W30-89 1500 Metre Race Walk Friday 29/03/2024 - 3:00 PM

W35 1 3503 Newington, Dash W39 QMA
2 3510 Lewis, Melissa W36 MAWA
W40 1 4070 Thomson, Audrey W44 NSWMA
2 4074 Grantham, Melissa W41 SAMA
W45 1 4503 Ivanova, Sylvia W49 VMA
W50 1 5054 Travis, Anne W51 ACTMA
2 5066 Palmer, Donna W50 SAMA
W55 1 5515 Tolardo, Karyn W58 MAWA
2 5519 Peak, Kim W57 VMA
3 5538 Hoy, Sandy W57 NSWMA
W60 1 6055 Walshe, Kerryn W62 VMA
2 6057 Elms, Donna-Marie W62 VMA

3 6068 Engeler, Deborah W61 NSWMA
4 6075 Newall, Alison W63 NZMA
5 6083 England, Lorna W64 ACTMA
W65 1 6506 Leitch, Elizabeth W68 TMA
2 6509 Woodward, Antoinette W67 NSWMA
W70 1 7050 Carr, Heather W74 VMA
2 7065 Neubauer, Liz W73 SAMA
3 7069 Wilson, Julie W70 MAWA
W75 1 7508 Archer, Sue W75 ACTMA
2 7515 Boyd, Anne Elizabeth W77 NSWMA
W80 1 8050 Steed, Gwen W81 VMA
2 8052 Schickert, Lynne W82 MAWA
3 8055 Bray, Kerry W80 NSWMA
W85 1 8503 Beaumont, Margaret W86 VMA
2 8505 Mews, Pamela W89 VMA

M30-89 1500 Metre Race Walk Friday 29/03/2024 - 3:20 PM

M40 1 4029 Hyland, Scott M43 QMA
M45 1 4569 Styles, David M47 VMA
2 4574 Lennon, Chester M46 VMA
M50 1 5026 Patterson, Adam M51 QMA
M55 1 5557 Ross, Collin M58 VMA
2 5587 Kratzmann, Trevor M56 NSWMA
M60 1 6010 Cassidy, Kevin M63 VMA
2 6029 Evans, Simon M63 VMA
3 6036 Hastie, Garry M62 MAWA
M65 1 6552 Moore, David M66 TMA
2 6577 Cochrane, Andrew M68 VMA
M70 1 7003 Nottle, John M73 VMA
2 7013 Kennelly, Robert M74 ACTMA
3 7019 Riddoch, Clyde M70 VMA
4 7029 Schwebel, Ron M72 NSWMA
M75 1 7552 Barrow, Geoff M75 VMA
2 7557 Fletcher, Wayne M76 TMA
3 7562 White, George M78 SAMA
4 7566 McDonagh, John M75 MAWA
M80 1 8006 Thomas, Bryan M82 ACTMA
M85 1 8555 Seymon, Jim M86 NSWMA
2 8556 Beaumont, Ian M88 VMA

M70-89 5000 Metre Race Walk Saturday 30/03/2024 - 8:00 AM

M70 1 7003 Nottle, John M73 VMA
2 7013 Kennelly, Robert M74 ACTMA
3 7019 Riddoch, Clyde M70 VMA
4 7029 Schwebel, Ron M72 NSWMA
M75 1 7552 Barrow, Geoff M75 VMA
2 7562 White, George M78 SAMA
3 7566 McDonagh, John M75 MAWA
M80 1 8006 Thomas, Bryan M82 ACTMA
M85 1 8555 Seymon, Jim M86 NSWMA
2 8556 Beaumont, Ian M88 VMA

W40-89 5000 Metre Race Walk W40, W60+ Saturday 30/03/2024 - 8:00 AM

W40 1 4074 Grantham, Melissa W41 SAMA
W60 1 6057 Elms, Donna-Marie W62 VMA
2 6083 England, Lorna W64 ACTMA
3 6102 Staunton-Jugovic, Ann W60 ACTMA
W65 1 6502 Ventris, Lynette W67 MAWA
2 6505 Mcintosh, Penelope W67 QMA

3 6506 Leitch, Elizabeth W68 TMA
 4 6509 Woodward, Antoinette W67 NSWMA
 W70 1 7050 Carr, Heather W74 VMA
 W75 1 7508 Archer, Sue W75 ACTMA
 W80 1 8050 Steed, Gwen W81 VMA
 2 8052 Schickert, Lynne W82 MAWA
 W85 1 8503 Beaumont, Margaret W86 VMA
W30-59 5000 Metre Race Walk Saturday 30/03/2024 - 9:35 AM
 W35 1 3503 Newington, Dash W39 QMA
 2 3510 Lewis, Melissa W36 MAWA
 W45 1 4503 Ivanova, Sylvia W49 VMA
 W50 1 5054 Travis, Anne W51 ACTMA
 W55 1 5515 Tolardo, Karyn W58 MAWA
 2 5538 Hoy, Sandy W57 NSWMA
M30-69 5000 Metre Race Walk Saturday 30/03/2024 - 9:35 AM
 M40 1 4029 Hyland, Scott M43 QMA
 M45 1 4569 Styles, David M47 VMA
 M50 1 5026 Patterson, Adam M51 QMA
 M55 1 5557 Ross, Collin M58 VMA
 2 5587 Kratzmann, Trevor M56 NSWMA
 M60 1 6010 Cassidy, Kevin M63 VMA
 2 6029 Evans, Simon M63 VMA
 3 6036 Hastie, Garry M62 MAWA
 M65 1 6577 Cochrane, Andrew M68 VMA
W30+ 10k Race Walk RR Monday 1/04/2024 - 9:15 AM
 W35 1 3503 Newington, Dash W39 QMA
 2 3510 Lewis, Melissa W36 MAWA
 W50 1 5054 Travis, Anne W51 ACTMA
 W55 1 5515 Tolardo, Karyn W58 MAWA
 W60 1 6057 Elms, Donna-Marie W62 VMA
 2 6083 England, Lorna W64 ACTMA
 3 6102 Staunton-Jugovic, Ann W60 ACTMA
 W65 1 6502 Ventris, Lynette W67 MAWA
 2 6506 Leitch, Elizabeth W68 TMA
 W70 1 7050 Carr, Heather W74 VMA
 W75 1 7508 Archer, Sue W75 ACTMA
 W80 1 8050 Steed, Gwen W81 VMA
 2 8052 Schickert, Lynne W82 MAWA
M30+ 10k Race Walk RR Monday 1/04/2024 - 9:15 AM
 M40 1 4029 Hyland, Scott M43 QMA
 M45 1 4569 Styles, David M47 VMA
 2 4576 Pramesh, Prasad M49 VMA
 M50 1 5026 Patterson, Adam M51 QMA
 M55 1 5587 Kratzmann, Trevor M56 NSWMA
 M60 1 6010 Cassidy, Kevin M63 VMA
 2 6029 Evans, Simon M63 VMA
 3 6036 Hastie, Garry M62 MAWA
 M70 1 7003 Nottle, John M73 VMA
 2 7013 Kennelly, Robert M74 ACTMA
 M75 1 7562 White, George M78 SAMA
 2 7566 McDonagh, John M75 MAWA
 M80 1 8006 Thomas, Bryan M82 ACTMA
 M85 1 8553 Evans, Nye M85 TMA
 2 8555 Seymon, Jim M86 NSWMA

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)	

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.

Note: The pay as you go facility is still available to those that want to register for a race and pay their \$5 each week. As an alternative to the season pass a 5-race Pass is also now available. The 5-race pass costs \$25. There is no saving with this pass but it will eliminate the need to go into the separate payment screen when registering for an event. It should also help those members who have a \$10 minimum purchase with their credit card. These options are now live - to purchase, go to the RevSport shop and purchase as you would with a uniform item. Season Pass, Club Uniforms Go to Shop - Qld Race Walking Club - revolutioniseSPORT

When you go into the shop and purchase a SP or 5-race pass, the Registrar will get a notification from the RevSport Shop via email. The Registrar will then set up an individual discount code with the appropriate details, for each person that buys the pass. An email will then be sent to the applicant with their individual discount code. Once you have the code you can enter it at the check-out when you enter a race. The system is not automatic so please allow a day or two when you purchase a Pass to receive your discount code. When you enter a race, you will get to the check-out screen and it will charge you \$5, then when you enter your discount code in the field, it will reduce your race fee by 100% (i.e., \$5) so that there is a zero charge. You then will not be prompted to go to the payment screen. It has been tested and it works! Please be patient while we get the SP and 5-race pass up and running, and to email the Registrar if you have any questions or concerns. qrwcregistrar@gmail.com
 For the first race meet of the season please purchase the Pass first and allow time to receive the code before you enter the race. After you have the code, it is just a matter of entering the race each week and keying in the discount code.

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.

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](#)

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	UQ St Lucia	
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.

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, though our current volunteer education grant.

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

Coaching Courses Coming Up

27 Mar 2024 **Level 1 Recreational Running Coach** Online Queensland

06 Apr 2024 **Level 2 Club Coach** QSAC Queensland

11 Apr 2024 **Level 2 Recreational Running Course** Online QLD

13 Apr 2024 **Level 1 Youth Coach Course** QSAC Queensland

18 May 2024 **Level 2 Club Coach** Runaway Bay QLD

12 Jun 2024 **Level 1 Recreational Running Coach** Online QLD

29 Jun 2024 **Level 3 Performance Development Course (Days 1 & 2)** Gold Coast

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

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:

grwc1@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/>