

# Queensland Race Walking Club Inc.

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



March 28<sup>th</sup> 2024

## Little Athletics Queensland State Championships QSAC March 22-24<sup>th</sup>



*Record Breakers: Lyla Williams 6:57.29 just broke Jess Pickles, 2014 record of 6:57.47, and Bailey Housden broke his own record set earlier in the season with his time of 5:21.91.*

*Photo courtesy of Robyn Wales*

## **RESULTS**

### **LAQ State Championships March 22-24<sup>th</sup>**

#### **Girls 9&U 1100 Meter Race Walk**

1 Freya Williams Tweed 5:52.67

2 Isla Cooper Caloundra 6:11.27

- 3 Izzy Blackburn Runaway Bay 6:23.33
- 4 Nina Trickey Tully 6:39.23
- 5 Jessica Gorham Ipswich 6:42.39
- 6 Georgie Bozhoff Ipswich 7:00.52
- 7 Saoirse Nelis Redlands 7:07.34
- 8 Kylah Davidson USC 7:08.91
- 9 Zoe Peters Gold Coast 7:11.00
- 10 Chernaya Plummer Caloundra 7:50.90
- 11 Arabella Goodsir Ipswich 7:52.21
  - Indianna Keightley Bargara DQ
  - Scarlett Rose Deception Bay DQ
  - Ava Waycott Maryborough

#### **Boys 9&U 1100 Meter Race Walk**

- 1 Elijah Rogers Deception Bay 5:48.60
- 2 Hayden Robertson Algester 5:51.52
- 3 Brayden Potts Gold Coast 6:01.86
- 4 Henry Pallentine Bribie District 7:13.80
- 5 Jett Irvine West Bundaberg 7:14.00
- 6 Austin Griffiths Highfields and Dist. 7:36.91
- 7 Pierce Robertson Mt Gravatt 8:44.16
- James Eadie Kenmore DNS
- Jackson Millar Strathpine DNS
- Jake Dunleavy Deception Bay DQ
- Jye Carson Runaway Bay DQ
- Braxton Brown Helensvale DQ

#### **Girls 8&U 700 Meter Race Walk**

- 1 Clara Hermus Noosa 3:54.60
- 2 Bella Sansom Deception Bay 3:56.99
- 3 Greta Ing Bargara 4:06.62
- 4 Rhylee Chapman Caloundra 4:26.04
- 5 Luna Boyd Gold Coast 4:39.29
- 6 Georgia Robson Mt Gravatt 4:47.02
- 7 Isabella Ede Toowong Harriers 5:03.27
- 8 Stephanie Rankin Laidley 5:08.75
- 9 Peyton Ilander Bundaberg 5:21.00
- 10 Chloe Ninnis Ipswich 5:31.95
- 11 Macie Hollas Caboolture 5:32.40
- 12 Annalyse Rosenbauer Toowoomba 5:46.42
- Georgia Rigby Arana DNS
- Erica Hoare Arana DNS
- Zoe Silk Arana DQ

#### **Boys 8&U 700 Meter Race Walk**

- 1 Grayson Leggat Algester 4:12.06
- 2 Conor Geagea Toowong Harriers 4:12.09
- 3 Ante Bogovic Tweed 4:20.34
- 4 Mikey Blum Tully 4:25.16
- 5 Daniel Heath Ashmore 4:25.35
- 6 Mason Nia Nia Mt Gravatt 4:25.73
- 7 Willem Bock Bundaberg 4:27.53
- 8 Benjamin Trent Deception Bay 5:18.98
- Oliver Derainne Caloundra DQ

#### **Girls 12&U 1500 Meter Race Walk**

- 1 Zoe Renton Toowong Harriers 8:10.34
- 2 Kiara Waterman Deception Bay 8:11.93
- 3 Abigail Rogers Deception Bay 8:11.99
- 4 Zara Raudino Mt Gravatt 8:44.68

5 Mackenzie Bandidt Centenary 9:23.40

6 Chloe Tharenou Arana 9:24.78

7 Zahra Gaudie Laidley 9:38.40

8 Katelyn Trent Deception Bay 10:21.68

9 Ella Herzig Aspley 10:30.04

10 Mia Quinn Tweed 11:05.22

--Grace Sheridan North Rockhampton DQ

**Boys 12&U 1500 Meter Race Walk**

1 Lachlan Moore Redlands 7:24.83

2 Cory Lockwood Mudgeeraba 7:34.80

3 Payten Robertson Mt Gravatt 8:07.53

4 Blake Rees Warwick 10:35.44

- Hunter Sibenaler Algester DNS

--Thomas Berry Rosewood DQ

**Girls 14&U 1500 Meter Race Walk**

1 Olivia Boulton Gold Coast 7:10.57

2 Makenna Clarke Redlands 7:49.61

3 Addison Paulke Townsville Centrals 8:18.95

4 Natasha Flahey Tweed 8:31.91

**Boys 14&U 1500 Meter Race Walk**

1 Rory O'Neill Maroochy 8:32.32

**Girls 15&U 1500 Meter Race Walk**

1 Milly Sharpe Arana 7:25.20

2 Katie Bray The Gap 8:22.09

3 Ava Wasson Caboolture 8:51.09

**Boys 15&U 1500 Meter Race Walk**

1 Kai Dale Ormeau 6:55.18

2 Micah White Deception Bay 7:21.63

-Tomas Jendra Ipswich DQ

**Girls 16&U 1500 Meter Race Walk**

1 Lyla Williams Tweed 6:57.29 QBP

- Taylah Morris Runaway Bay DNS

- Lily Goulding Ipswich DNS

**Boys 16&U 1500 Meter Race Walk**

1 Bailey Housden Arana 5:21.91 QBP

2 Cooper Smith USC 8:06.53

**Girls 10&U 1100 Meter Race Walk**

1 Taylor Chapman Caloundra 5:39.33

2 Amelia Chisholm Ormeau 5:50.95

3 Bayleigh Tickle Caloundra 6:11.02

4 Cate Thierjung Tweed 6:27.50

5 Ariyah Alchin Toowoomba 6:46.88

6 Aarya Korade Mt Gravatt 6:55.28

7 Asha Farquhar Arana 6:59.10

8 Tully Fisher Redlands 7:01.57

9 Erin Kettlety Ipswich 7:26.22

10 Matilda Schodde Ipswich 8:06.26

11 Indiana Heger Mudgeeraba 8:21.97

- Charlotte Holloway Bribie District DNS

- Caitlin Papworth Runaway Bay DNS

- Aurora Vergers Springwood DNS

- Abiramy Pirabaharan Aspley DNS

- April Kelly Deception Bay DQ

- Isabelle Stanford Ipswich DQ

**Boys 10&U 1100 Meter Race Walk**

1 Leo Hyde Mudgeeraba 5:56.06

2 Declan O'Neill Maroochy 6:21.30  
3 Luca Georgiou Algester 6:38.24  
4 Jonathan Myerthall Caloundra 7:07.14  
5 Jacob Neilson Arana 7:07.32  
6 Jackson Carlyle Rosewood 7:21.92  
7 Dylan Moore Redlands 7:29.74  
8 Tony Geagea Toowong Harriers 8:08.21  
9 Tommy Menner Caloundra 8:24.52  
--Blaise Wooldridge Mudgeeraba DNS  
-- Arthur Derainne Caloundra DQ  
-- Tomas Sheridan North Rockhampton DQ  
-- Kingsley Simpson Gold Coast DQ  
-- Daniel Naude West Bundaberg DQ

**Girls 11&U 1500 Meter Race Walk**

1 Isabella Welch Springwood 7:31.67  
2 Savannah Dunleavy Deception Bay 7:54.45  
3 Elspeth Hooper Ashmore 8:18.29  
4 Kaydence Russell Ipswich 9:02.88  
5 Violetta Boyd Gold Coast 9:14.21  
6 Charlotte Don Aspley 9:22.19  
7 Alayna Paulke Townsville Centrals 9:24.17  
8 Abigail Schipplock Redlands 9:26.35  
9 Rhianna Middleton Tweed 9:40.20  
10 Mackenzie Wormald Runaway Bay 9:50.72  
11 Dakota Vicary City North 9:57.37  
12 Emma Larsen Springwood 10:16.23  
- Alexandra Vanner Toowong Harriers DNS  
- Makayla Schindler Caloundra DQ

**Boys 11&U 1500 Meter Race Walk**

1 Lucas Kennedy Mudgeeraba 8:45.44  
2 Trae Tennie Maroochy 8:46.28  
3 Leo Ramsay Redlands 8:51.72  
4 Cooper Friend Ipswich 10:45.74  
--Leylan O'Neill Caloundra DQ

**Girls 13&U 1500 Meter Race Walk**

1 Bethany Moore-Kirkland Warwick 7:51.54  
2 Eliza Kelly Deception Bay 7:53.86  
3 Heidi Van Zyl Redlands 9:21.30  
-- Pippa Anderson Redlands DNS  
-- Mikaela McDonald Arana DQ

**Boys 13&U 1500 Meter Race Walk**

1 Noah Cooke Arana 6:43.51  
2 Koby Irvine West Bundaberg 8:07.68  
3 Eli Melinz Noosa 8:38.53  
- Brock Miller Strathpine DNF

# THIS WEEK



**Venue:** Domain Athletic Centre [amahobart2024.com.au](http://amahobart2024.com.au)

With the Australian Masters Athletics Championships starting tomorrow in Hobart we would like to wish Queensland Masters athletes Dash, Adam, Scott & Penny at the very best in their events .

## 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, AnnW60 ACTMA  
W65 1 6502 Ventris, Lynette W67 MAWA  
2 6505 Mcintosh, Penelope W67 QMA  
3 6506 Leitch, Elizabeth W68 TMA  
4 6509 Woodward, AntoinetteW67 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, MargaretW86 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

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

**Have your say in how the club supports our race walkers by nominating for one of the above positions. All positions become vacant at the AGM.**

## **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)

### **Queensland Race Walking Club welcomes you to the 2024 season**

If you are looking to join us for the 2024 season of race walking, it is now time to register at <https://www.revolutionise.com.au/qldracewalkingclub/registration/>.

**Our first event of the season will be our Sign On Day and AGM at Kalinga Park, Diggers Drive, Clayfield on Sunday April 7th.**

Registrations for this event and its associated races are open and can be completed at <https://www.revolutionise.com.au/qldracewalkingclub/events/233843>.

Also, in order to maximise your savings on race fees throughout the season, now is the time to purchase your **2024 QRWC Season Pass**. ( FULL DETAILS BELOW )

The Season Pass, along with our 5 Race Pass can be purchased via the QRWC Shop at <https://www.revolutionise.com.au/qldracewalkingclub/shop>.

Important : The system is not automatic so please allow a day or two when you purchase a Pass to receive your discount code BEFORE you enter for your first race .

We look forward to welcoming you to another great season of race walking in 2024. If you have any questions or concerns please do not hesitate to contact us at [qrwcregistrar@gmail.com](mailto:qrwcregistrar@gmail.com).



## 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](mailto: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
<b>Membership Fee</b>	\$25.00	non-students
	*club fee on top of Qld Athletics membership (Base \$12)	

### Season Pass

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

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

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. [qrwregistrar@gmail.com](mailto:qrwregistrar@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](http://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.

## EARLY SEASON MEETS

### Sign-On Day /AGM Sunday April 7<sup>th</sup>

#### Kalinga Park

##### No points races

8.00am 3km / 5km

8.45am 2km / 1km

9.30am AGM

### Handicap #1 Sunday April 21<sup>st</sup>

#### 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 28<sup>th</sup>

#### 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 5<sup>th</sup> 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 19<sup>th</sup>  
 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
<b>March</b>	<b>3</b>			
	<b>9-10</b>	<b>QMA Track Championships</b>	<b>SAF</b>	
	<b>14-17</b>	<b>QA Track Championships</b>	<b>Main Track QSAC</b>	
	<b>22-24</b>	<b>QLAA State Championships</b>	<b>QSAC</b>	
	<b>29 -1</b>	<b>AMA National Championships</b>	<b>Hobart</b>	
	<b>31</b>	<b>Easter Sunday</b>	<b>No competition</b>	
<b>April</b>	<b>7</b>	<b>QRWC Sign On Meet /AGM</b>	<b>Kalinga Park</b>	<b>TBC</b>
	<b>11-19</b>	<b>AA U14-Open Track Championships</b>	<b>Adelaide SA</b>	
	<b>14</b>	<b>No Club Competition</b>		
	<b>21</b>	<b>QRWC Handicap Meet 1</b>	<b>Beenleigh</b>	<b>8.00am</b>
	<b>28</b>	<b>QRWC Handicap Meet 2</b>	<b>Yeronga</b>	<b>8.00am</b>
<b>May</b>	<b>5</b>	<b>Gold Coast Championships</b>	<b>Mudgeeraba</b>	<b>8.00am</b>
	<b>12</b>	<b>Mother's Day</b>	<b>No club competition</b>	
	<b>19</b>	<b>QRWC Handicap Meet 3</b>	<b>Capalaba</b>	<b>7.30am</b>
	<b>26</b>	<b>QRWC Handicap Meet 4</b>	<b>North Lakes</b>	<b>8.00am</b>
<b>June</b>	<b>2</b>	<b>QRWC Handicap Meet 5</b>	<b>Yeronga</b>	<b>8.00am</b>
	<b>9</b>	<b>LBG Federation Meet</b>	<b>Mt Stromlo Canberra</b>	
	<b>16</b>	<b>QRWC Handicap Meet 6</b>	<b>Mudgeeraba</b>	<b>8.00am</b>
	<b>23</b>	<b>QRWC Handicap Meet</b>	<b>TBA</b>	
	<b>30</b>	<b>QRWC Handicap Meet</b>	<b>TBA</b>	
<b>July</b>	<b>7</b>	<b>Gold Coast Marathon</b>	<b>Southport</b>	
	<b>14</b>	<b>RWA Postal Challenge</b>	<b>Beenleigh</b>	
	<b>21</b>	<b>QRWC Handicap Meet</b>	<b>TBC</b>	
	<b>28</b>	<b>QRWC Track Championships</b>	<b>UQ St Lucia</b>	
<b>August</b>	<b>4</b>	<b>QA Road Walk Championships</b>	<b>TBC</b>	
	<b>11</b>	<b>QRWC Handicap Meet</b>	<b>TBC</b>	
	<b>18</b>	<b>QRWC Club Championships</b>	<b>TBC</b>	
	<b>25</b>	<b>2<sup>ND</sup> RWA Federation Meet</b>	<b>Melbourne</b>	
<b>September</b>	<b>1</b>	<b>Father's Day</b>		
	<b>8</b>			
	<b>15</b>			
	<b>22</b>			

## 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](#)



## **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.

### **Coaching Courses Coming Up**

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 11<sup>th</sup>**

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.

## **1<sup>st</sup> Federation Carnival**

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

## **2<sup>nd</sup> Federation Carnival**

Sunday, August 25<sup>th</sup>, 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 25<sup>th</sup> 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 25<sup>th</sup> August, i.e. between Sat 10<sup>th</sup> August and Sunday 8<sup>th</sup> September.*

WORLD ATHLETICS  
RACE WALKING TEAM  
CHAMPIONSHIPS  
ANTALYA24

## **Antalya, Turkey April 21<sup>st</sup> 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 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.

## 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](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/>