

Queensland Race Walking Club Inc.

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



May 25th, 2023

Perez breaks 35km race walk world record in Podebrady

Maria Perez broke the women's 35km race walk world record* by an impressive 29 seconds to win at the European Race Walking Team Championships, a **World Athletics Race Walking Tour Gold** event, in Podebrady, Czechia, on Sunday 21st. The Spaniard eclipsed the record set by Peru's double world champion Kimberly Garcia in Dudince in March to break the tape in 2:37:15.

She becomes the first Spanish athlete to set an athletics world record since Francisco Fernandez broke the 10,000m race walk record in 2008.

The men's 35km race saw a Spanish double with Alvaro Martin was head and shoulders above the rest and led from gun to tape. Smooth, imperious, and inscrutable behind his sunglasses, Martin set a Spanish record of 2:25:58 to eclipse the mark of the man who finished third, Miguel Angel Lopez. In between the two red vests, Podebrady favourite Christopher Linke claimed silver and a German record of 2:27:05. Lopez's time in third was 2:27:33. Aurelien Quinion, who spent a lot of the race in second place, was forced to settle for fourth having spent time in the penalty area that killed his medal chances with a wave of a judge's hand.

QRWC 2023 WINTER ROAD WALKING SEASON As at May 25th 2023

Rules of Race Walking

There are two basic rules in Race Walking:

- *Contact: The athlete must never have both feet off the ground at once.*
- *Knees: The advancing leg must be straightened (not bent at the knee) from when the foot first makes contact with the ground **until the vertical upright position.***

MONTH	DATE	EVENT	VENUE	TIME
April	23	QRWC Handicap Meet # 1	Beenleigh	8.00am
	30	QRWC Handicap Meet # 2	Yeronga	7.30am
May	7	QRWC Handicap Meet # 3	North Lakes	8.00am
	14	Mother's Day	No club competition	
	21	QRWC Handicap Meet # 4	Ripley	8.00am
	28	QRWC Handicap Meet # 5	Capalaba	8.00am

June	4	Gold Coast Championships	Mudgeeraba	8.00am
	11	LBG Federation Meet	Canberra	8.00am
	18	QRWC Handicap Meet # 6	North Lakes	8.00am
	25	QRWC Handicap Meet # 7	Yeronga	TBC
July	2	Gold Coast Marathon	No club competition	
	9	QRWC Track Championships	USC Sippy Downs	9.00am
	16	RWA Postal Challenge *	Beenleigh	8.00am
	23	QRWC Track & QMA Meet **	UQ St Lucia	8.00am
	30	QA Road Walk Championships	QSAC	TBA
August	6	QRWC Handicap Meet # 8	TBA	8.00am
	13	QRWC Handicap Meet # 9	TBA	TBC
	20	QRWC Handicap Meet # 10	TBA	8.00am
	27	QRWC Road Walk C/Ships	Beenleigh	8.00am
September	3	Father's Day	No club competition	
	10	QRWC Relay/Trophy/BBQ Day	TBC	TBC
	17			
	24			
November	5			

* July 16th Incorporating QMA Short Road Walk Championships

** July 23rd Incorporating QMA 10,000 metres Track Championships

Entries to both Qld Masters Championships via the QMA website (entries will open closer to the date)

THIS WEEK

QRWC Handicap #5 Sunday May 28th

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

[Enter Here Handicap #5 Sunday May 28th - Qld Race Walking Club - revolutioniseSPORT](#)

JOHN FREDERICK PARK - located at 2-14 Old Cleveland Road, Capalaba. It is adjacent to Clubhouse Niteclub Bar & Grill and the BWS store at Capalaba. If you are travelling along Old Cleveland Road in an Easterly direction, turn left into Banfield Lane (next left turn after Camrose Street) and go straight ahead along the unsealed road to park. The start line is in the park on your left. If you pass the KFC and Guzman y Gomez stores on your left, you have gone too far.

The venue and path for the race is highlighted in red on the map.

<https://cdn.revolutionise.com.au/cups/qldracewalkingclub/files/zbyi3yuyqu0ynhmm.jpg>

NEXT WEEK

15th Annual Gold Coast Road Walk Championships

Sunday June 4th 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

[Enter Here 15th Gold Coast Road Walk Championships 2023 - Old Race Walking Club - revolutioniseSPORT](#)

Please note the following important information:

1. All races are age-on-the-day (i.e. age as at 4 June 2023)
2. Only 1 race per person
3. Records will only be awarded to athletes who compete in their correct age group
4. Athletes can compete out of their age group but will not qualify for records/awards
5. Entry will be via the RevSport online portal. Non-members may enter on the day.
6. Entry fee is \$5 for all athletes.

Gold Coast Road Walk Championship Records Updated as at 5.6.22

Open 10km Men: B Dewar 44.12 2012
Open 10km Women: J. Pickles 52.40 2018
U20 5km Men: L. McCutcheon 21.14 2017
U20 5km Women: J. Pickles 25:04 2013
U18 5km Men: J. Osborne 21:30 2011
U18 5km Women: K. Hayward 22.39 2018
U16 3km Men: N. McCutcheon 13.20 2017
U16 3km Women: K Hayward 13:26 2015
U14 2km Men: B. Housden 9.03 2020
U14 2km Girls: J. Anderson 9.18 2019
U12 2km Boys: K Hayward 10:04 2016
U12 2km Girls: J. Anderson 9.50 2017
U10 1km Boys: K Hayward 5:09 2014
U10 1km Girls: L. Williams 5.18 2017
U8 .50km Boys: K Hayward 2:30 2012
U8 .50km Girls F Williams 2.42 2022



Friday 26th May: 4 pm - 9 pm

Track- 5,000m walk

Saturday 27th May: 8 am - 5 pm

Track- 1,500m walk

All the best to Nyle, Dash, Adam and the other race walkers taking part in the Great Barrier Reef Masters Games in Cairns over the next few days.

56th Annual LBG Federation Carnival Canberra

Your chance to represent the State, open to walkers of all ages and abilities. Medals & trophies for individual, teams and handicap results .

8.00am	30km	RWA Championship & Teams Race	Open
	30km	Fitness Walk, Non handicap	
	30km	AACT Championship, , Non handicap	Open Men & Women
	15km	RWA Championship & Teams Race	Open & Masters Women
	15km	RWA Championship	Open & Masters Men
	15km	Fitness Walk	
9.00am	8km	Fitness Walk	
10.30am	10km	AACT Championship	Open Men & Women
10.30am	10km	RWA Championship & Teams Race	U20 Men/Women
11.45am		Presentation for events 1-10	
12.15pm	1km	RWA Championship	U10 Boys/Girls
12.25pm	2km	RWA Championship & Teams Race	U12 Boys
12.45pm	2km	RWA Championship & Teams Race	U12 Girls
1.05pm	2km	RWA Championship & Teams Race	U14 Boys
1.25pm	2km	RWA Championship & Teams Race	U14 Girls
1.45pm	3km	RWA Championship & Teams Race	U16 Boys
2.10pm	3km	RWA Championship & Teams Race	U16 Girls
2.40pm	5km	RWA Championship & Teams Race	U18 Boys/Girls
3.10pm	5km	RWA Championship & Teams Race	Open Men & Women
4.00pm		Presentation for events 11-22	

Race Date: June 11th

Venue: Stromlo Forrest Park, Canberra

Additional Information

1. Volunteer registration – it is easier for us if volunteers register through the portal (<https://vrwc.org.au/wp1/>), but we are also happy to receive a list of additional volunteers and their preferred roles. Could you please advise those volunteering to judge to also follow this process. The list of additional volunteers if required can be emailed to our race secretary, Troy Clarkson troy.d.clarkson@gmail.com

We need this information by no later than 1st June. Troy will liaise with Lisa Colquhoun regarding judges' allocations. Please note it is essential that clubs provide volunteers, we need many hands and ACT Walkers cannot do this without extensive support from you.

2. Bibs – Will be available for collection from Stromlo Forest Park between 3-4 pm and on Sunday before the first race. Please contact Helen Toyne (0402976888) if there are any difficulties with this.

3. Handicaps – entries close on the 24th of May and we need handicaps to be provided as soon after this as possible, but no later than 1 June. These should be forwarded to Renee Cassell, reneecas@hotmail.com

4. Perpetual Trophies – there has in recent years been some difficulty locating and updating the perpetual trophies. To assist with this, could you please advise of any perpetual trophies held by your members by emailing Helen Toyne, helen.toyne@gmail.com again by 1st of June, and arrange for them to be dropped off by the relevant member or club representative at Stromlo Forest Park the day before the race so we can arrange presentations appropriately. A reminder that winners need to arrange for their own small name plaques to be added if they wish their win to be recorded.

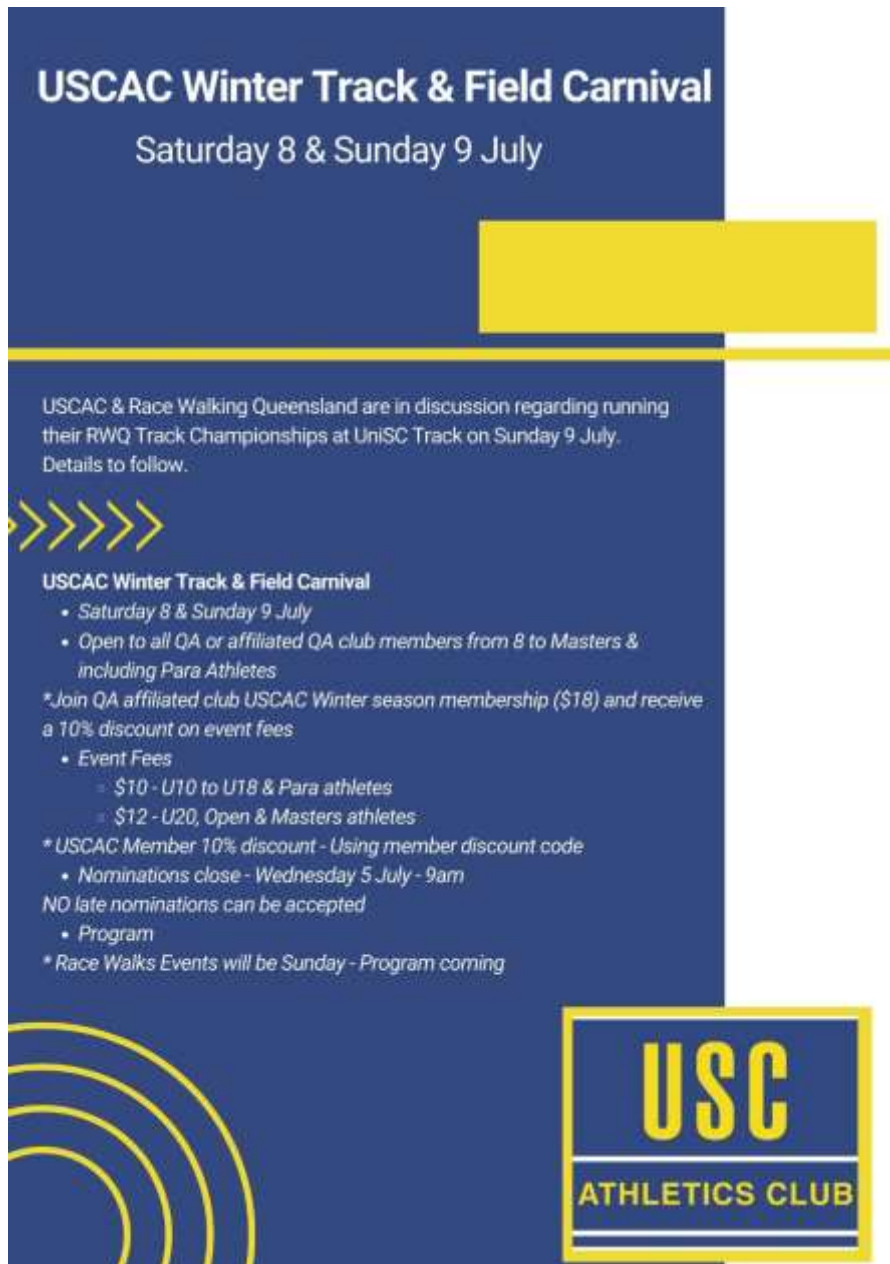
5. Canteen and raffle – The bbq/ canteen will be provided by North Canberra Gungahlin athletics club. They are able to accept eftpos payments through a Square device. Similarly, ACT walkers will be holding a raffle and lucky door prize bib number draw. We have been gifted some great prizes. We expect that the café at Stromlo will be open and serving coffee.

6. Post race dinner – this will be held at the Woden Southern Cross Club from 7pm. We are still finalizing arrangements and are not sure at this stage whether it will be a block

booking in a separate room or whether States will need to make individual bookings for their members.

7. TAKE PLENTY OF WARM CLOTHES

COMING UP



USCAC Winter Track & Field Carnival
Saturday 8 & Sunday 9 July

USCAC & Race Walking Queensland are in discussion regarding running their RWQ Track Championships at UniSC Track on Sunday 9 July. Details to follow.

USCAC Winter Track & Field Carnival

- Saturday 8 & Sunday 9 July
- Open to all QA or affiliated QA club members from 8 to Masters & including Para Athletes

*Join QA affiliated club USCAC Winter season membership (\$18) and receive a 10% discount on event fees

- Event Fees
 - \$10 - U10 to U18 & Para athletes
 - \$12 - U20, Open & Masters athletes

*USCAC Member 10% discount - Using member discount code

- Nominations close - Wednesday 5 July - 9am

NO late nominations can be accepted

- Program

* Race Walks Events will be Sunday - Program coming

USC
ATHLETICS CLUB

USCAC WINTER TRACK & FIELD CARNIVAL AND QUEENSLAND RACE WALKING CLUB TRACK CHAMPIONSHIPS

Queensland Race Walking Club Championships are running their QRWC Track Championships at UniSC Track on Sunday 9 July.

USCAC will be running a 1500m walk for athletes 14-17 as part of the QRWC Championships. You will be able to nominate for this event through the Winter Carnival link.

ALL OTHER RACE WALKING EVENTS – NOMINATE THROUGH RACE WALKING QUEENSLAND EVENT PORTAL: [HERE](#)

Fees for this QRWC Track Championships will be \$15 non-QRWC members & \$10 for QRWC members (USCAC discount code will not apply for this meet!)

Sunday July 9 July 2023

QRWC Track Championships

University of the Sunshine Coast Athletics Track – Olympic Way Sippy Downs

Draft Programme

9.00am Open M/W 5000 metres
U20 M/W 5000 metres
U18 M/W 5000 metres
9.45am U16 B/G 3000 metres
10.10am U14 B/G 1500 metres
U12 B/G 1500 metres
10.25am U10 B/G 1000 metres

RESULTS RESULTS RESULTS

QRWC Handicap #4

Ripley May 21st

A chilly start to our Sunday morning racing at Ripley with ice still on car windscreens parked on the street. But everyone soon warmed up and there was some great racing with about a dozen seasons bests recorded. We were thrilled to have Tayla at our club meet walking a fast 47:41 in a promising warm up for Canberra in two weeks. Thank you to all the judges, timekeepers and lapscorers who made this meet possible. Thank you also to our committee members who stayed behind for the meeting.

A Grade 10km

Men: (1) Peter Bennett 1.07.30 SB

Women: (1) Tayla Billington 47.41 (2) Brenda Gannon 1.01.53 SB (3) Summer Millard 1.05.00 SB (4) Lily Housden 1.05.15 SB (5) Jasmine McRoberts 1.11.33 (6) Joy Dale 1.25.51 SB (7) Noela McKinven 1.26.14SB Korey Brady DNF Dip Chand & Scott Hyland DNS

B Grade 5km

Men: (1) Adam Patterson 31.25 SB (2) Kai Dale 32.10

Women: (1) Lyla Williams 28.21 SB (2) Lily Goulding 35.29.

Patrick Sela & Phoebe Chadwick DNS

C Grade 3km

Women: (1) Kiara Waterman 18.28 (2) Bethany Moore-Kirkland 20.13 (3) Eliza Kelly 20.57 SB.

D Grade 2km

Men: (1) Hunter Sibenaler 13.27 SB

Women: (1) Isabella Welch 10.59 (2) Freya Williams 12.44 (3) Izzy Blackburn 14.05 (4) Mackenzie Wormald 16.44 (5) Brooke McRoberts 19.45

E Grade 1km

Men: (1) Jake Dunleavy 5.45 SB (2) Hayden Robertson 5.58

Women: (1) Amelia Chisholm 5.45 SB (2) April Kelly 8.22.

F Grade .5km

Women: (1) Harper Waterman 4.29.

Judges' Reports (four judges)

Before starting to judge, would each judge please fill in the details at the bottom of the Judge Record.

Put the time, not a symbol in the appropriate space, initial any corrections, and when recording a Red, please fill in an actual Red Card as well as the column on the white paper.

We need our judges to be up to standard as well as our athletes.

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

356 c

365 ccCC

385 k

388 k

389 kkc

413 cc

419 ccC

428 k
430 cc
434 ck
441 k
442 kK

Athletes: please do not wear tights that cover your knees as it impedes the Judge's view.

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 - Old Race Walking Club - revolutioniseSPORT](#)

Our Volunteers – We need you to

For all our road walk and track meets we need the help of our members to set up and run the meets in a safe and organised manner. Please feel free to offer your services whether it be as a judge, timekeeper, setting out the course or helping to pack up. All assistance is greatly appreciated. We especially need lap scorers. If you would like to help out, please talk to any member of the Committee.

Everyone who helps out to run our events are volunteers who freely give up their time so that our athletes can race. Please treat them with respect and appreciation at all times and offer to assist them whenever possible. Without judges, timekeepers and lapscorers we don't have a race walk competition we just have a walk and no matter how fast you go your result will not be official or accepted for qualifying purposes. Judges are there to ensure no one gets an unfair advantage and to assist the athletes. If you get a caution or a report, use it as a learning experience. Find out what you have done wrong from the judge and talk to your coach to see if you need to correct your technique. If you do nothing and just blame the judges, then you will never learn or get ahead in the sport.

Handicap Points - What does it all mean?

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

Starting points are awarded for starting the event.

Completed points are awarded for finishing the race distance.

The **Best Season Performance**. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points.

Queensland Athletics Member Protection Policy

As a member of Athletics Australia, Queensland Athletics, an affiliated club or an individual member everyone is required to comply with the Queensland Athletics Member Protection Policy. We are committed to the health, safety and general well-being of all of our members and will work to ensure that everyone associated with our organisation complies with this policy. We would encourage all who are involved in athletics to familiarise themselves and comply with this policy.

You can read the full policy here

<http://www.qldathletics.org.au/Portals/50/General/QA%20Member%20Protection%20Policy%20-%20July%202015.pdf>

All our members, whether an athlete, coach, volunteer official or a parent should be aware of their obligations and responsibilities under these policies.

Who this Policy Applies To

This policy applies to the following, whether they are in a paid or unpaid/voluntary capacity:

i.e. All of us

- Parents, guardians, spectators and sponsors to the full extent that is possible.
- Individuals appointed or elected to boards, commissions, committees and sub-committees;
- Employees and volunteers; • Support personnel (e.g. managers, physiotherapists, psychologists, masseurs, sport trainers, etc);
- Coaches and assistant coaches (whether or not they are accredited)
- Athletes, coaches, officials and any other personnel participating in any teams, events and activities, including camps and training sessions, conducted or sanctioned by Queensland Athletics • Referees, judges and other officials.
- Members, including life members.

- Member associations and each of its members, including life members.
- Affiliated clubs and associated bodies of Queensland Athletics;
- Peak associations and other State bodies engaged in any form of athletics.
- Any other person or body that is a member of or affiliated to Queensland Athletics.

Code Of Conduct/Behaviour Queensland

Athletics requires every individual and body bound by this policy to: QA Member Protection Policy – July 2015 5

- 4.1 Be ethical, fair and honest in all their dealings with other people and Queensland Athletics;
- 4.2 Treat all persons with respect and courtesy and have proper regard for their dignity, rights and obligations;
- 4.3 Always place the safety and welfare of children above other considerations;
- 4.4 Comply with Queensland Athletics', Athletics Australia's, the IAAF's, the National and International Olympic and Paralympic Committees' constitution, rules and policies including this Policy;
- 4.5 Operate within the rules and spirit of the sport;
- 4.6 Comply with all relevant Australian laws (federal and State), particularly anti-discrimination and child protection laws;
- 4.7 Be responsible and accountable for their conduct; and
- 4.8 Abide by the relevant specific Codes of Conduct referred to in Part B of this Policy.

QRWC MEMBERSHIP

Many of our members have already signed up to QRWC for this year - memberships commencing on/after 1 October 2022 are valid until 30 September 2023 and will cover the 2023 QRWC winter road walking season. For members yet to renew their QRWC membership, or for new members, refer to the following for membership options: The QRWC membership year runs from 1 October until to 30 September the following year (eg. 1 October 2022 to 30 September 2023). Memberships can be commenced at any time during this period. You don't have to wait until the start of the winter road walking season in April to join QRWC or renew your membership.

When looking at QRWC membership options, there are two types:

1. Standalone QRWC membership -or-
2. Combining QRWC membership with a Queensland Athletics (QA) membership.

Standalone QRWC Membership

QRWC membership allows athletes to compete in all QRWC weekend races as well as QRWC championships. Note: race fees are in addition to membership fees. There are two membership options: student (\$15) and non-student (\$25). This level of membership is suitable for athletes wishing to compete at QRWC races only, or athletes wishing to compete at QRWC races who are already a member of another QA club (see below for details on QA membership).

Combined QRWC/QA Membership

Queensland Athletics (QA) conducts a number of events throughout the year, including approximately 4 or 5 track racewalks held over the summer months and the QA Qld Road Walking Championships (usually held around July each year). These events are run by QA and are different to the races run by QRWC. In order to compete at the QA events, athletes must be a member of an affiliated QA club (such as QRWC) and also pay the QA membership fee.

Athletes wishing to join both QA and QRWC can do this in one transaction via the QRWC membership portal. This combined membership allows athletes to compete at QA events during the summer season (October to March) and the Qld Road Walking Championships in July, as well as the QRWC winter road walking events (ie. the traditional Sunday morning races held from April to September).

QA has a 3 different membership levels (platinum, gold and base). Further information about QA memberships can be found at: 2022-23 QA Membership Options (revolutionise.com.au)

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

All our committee members, coaches, officials and volunteers are urged to register with QA for \$0 and to please check that your Blue Card is valid.

Australian Masters Road 20km August 6th Adelaide or Virtual

From George White

Sunday 6th August 20km Walk Championship.

While we would like to welcome all entrants at our Adelaide event – it is also being run as a postal event. I would appreciate you letting your fellow walkers know the details.

As this is an AMA event, the recently introduced “No Advantage” principle will apply.

GAMES OF THE XXXIII OLYMPIAD PARIS 2024

Walks Schedule

Thursday August 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.

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/>