

# Queensland Race Walking Club Inc.

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



May 2<sup>nd</sup> 2024

## 16th Annual Gold Coast Road Walk Championships

Mudgeeraba LA Club - Woodlands Park, Swanton Drive, Mudgeeraba

**This Sunday May 5<sup>th</sup>**

These Championships are only possible due to the continued support of the Gold Coast Victory Athletics Club & Mudgeeraba Little Athletics Club. Thank you.

### Programme

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

**Registrations are open Please use the following link;**

**[16th Gold Coast Road Walk Championships - Sunday May 5th - Old Race Walking Club - revolutioniseSPORT](#)**

**Note :** A short Management Committee meeting will be held in the picnic shelter at the conclusion of the mee

### Important Details

- **Venue :** Mudgeeraba Little Athletics Club - Woodlands Park, Swanton Drive, Mudgeeraba.
- All races are age-on-the-day (i.e. age as at 5 May 2024)
- Only one (1) race per person.
- Records will only be awarded to athletes who compete in their correct age group
- Athletes can compete out of their age group but will not qualify for records/awards
- Entry will be via the RevSport online portal. Non-members may enter on the day.
- Entry fee is \$5 for all athletes. Season Pass applies to this event.
- **Medals will be presented at the conclusion of the meet**

### The course

10km race uses a 2km loop.

1, 2, 3 and 5km races use a 1km loop.

0.5km race uses a 500m loop (250m out and back).

All races start and finish in the car park off Swanton Drive.

## Gold Coast Road Walk Championship Records

Open 10km Men: B Dewar 44.12 2012  
Open 10km Women: Tayla Billington 47.45 2023  
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



**Please put your hand up to help run the club and our weekly meets**

## RESULTS

### Unisport Games April 25<sup>th</sup>

#### 5000m Race Walk • Men

1 Brendan Pospischil (2005) AUS University of Technology Sydney 25:51.11

#### 5000m Race Walk • Women

1 Char Hay (2003) AUS The University of Melbourne 25:46.36

2 Hannah Parker (2002) AUS The University of Sydney 26:37.47

3 Mia Bergh (2005) AUS Griffith University 27:20.33

4 Phoebe Chadwick (2006) AUS University Sunshine Coast 28:25.72 SB

5 Jia Wen Heng (1999) AUS Deakin University 29:14.32

6 Summer Millard (2005) AUS University Sunshine Coast 31:23.66

Emma Blanch (2003) AUS The University of Sydney DNS



*L-R Phoebe, Summer, Hannah, Brendan, Char, Mia, Jia  
Photo courtesy Robyn Wales*

## **QRWC Handicap #2 Yeronga April 28<sup>th</sup>**

### **A Grade 10km**

Men: (1) Peter Bennett 1.10.25

Women: (1) Joy Dale SB 1.24.37 (2) Noela McKinven SB 1.24.49

### **B Grade 5km**

Men: (1) Kai Dale 29.46

Women: (1) Mikaela McDonald 31.14

### **C Grade 3km**

Men: (1) Eli Melinz 19.59

Women: (1) Savannah Dunleavy 19.02

### **D Grade 2km**

Men: (1) Hayden Robertson 12.08 (2) Leo Ramsay SB 13.09

Women: (1) Amelia Chisholm 12.03 (2) Izzy Blackburn SB 13.00 (3) Jessica Gorham SB 14.15

### **F Grade 1km**

Men: (1) Connor Robertson SB 7.34

Women: (1) Piper Dunleavy 7.26 (2) Harper Waterman 8.58 (3) Lani Blackburn 9.46

Thank to our judges, time keepers lapscorers and helpers on Sunday.

## **Judges' Reports**

7 c

401 k

413 cc

428 k

432 c

438 ckK

449 cK

502 kc

## Australian Little Athletics Championships Adelaide

### Girls U13 1500

1	Mya McClure	(VIC)	6:41.07
2	Gemma Dixon	(NSW)	7:10.04
3	Nikki Hearnden	(NSW)	7:30.13
4	Tory D'Alessio	(WA)	7:42.97
5	<b>Zoe Renton</b>	<b>(QLD)</b>	<b>7:51.61</b>
6	<b>Kiara Waterman</b>	<b>(QLD)</b>	<b>8:09.95</b>
7	Savannah Carnaby	(WA)	8:17.31
8	Cacia Charles	(TAS)	8:19.38
9	Mia Gilmour	(TAS)	8:22.59
10	Hannah Martin	(ACT)	11:30.85
11	Scarlett Koutsogiannis	(VIC)	11:31.22
-	Iolanthe Thompson	(ACT)	DQ (TR54.7.1)

### U14 Girls 1500

1	Sophie Polkinghorne (NSW)	6:42.35
2	<b>Bethany Moore-Kirkland (QLD)</b>	<b>7:09.90</b>
3	Emma Hoskins (NSW)	7:18.91
4	Matilda Read (VIC)	7:26.55
5	Eva Parker (TAS)	7:30.17
6	Hannah Matthews (VIC)	7:33.41
7	Trinity Doulis (WA)	7:56.00
8	<b>Eliza Kelly (QLD)</b>	<b>7:57.10</b>

### Girls U15 1500

1	Sarah Holmes	(VIC)	7:07.56
2	Grace Marin	(SA)	7:24.55
3	Katica Borsic	(WA)	7:35.99
4	<b>Makenna Clarke</b>	<b>(QLD)</b>	<b>7:51.79</b>
5	Alexis Sungkar	(VIC)	7:52.64
6	Isabelle Curtis	(WA)	7:52.71
7	Aaliah Giacopini	(SA)	8:56.01
-	<b>Olivia Boulton</b>	<b>(QLD)</b>	<b>DQ</b>

### U13 Boys 1500

1	Callum Martin	(NSW)	6:30.11
2	Liam Domoney	(WA)	6:46.71
3	<b>Lachlan Moore</b>	<b>(QLD)</b>	<b>6:47.11</b>
4	Keiran Smith	(WA)	6:49.43
5	Tyler Cousins	(NSW)	6:57.69
6	<b>Cory Lockwood</b>	<b>(QLD)</b>	<b>7:44.41</b>
7	George Johnston	(TAS)	8:18.25
8	Orlando Grantham	(SA)	8:47.16
9	Matthew Boothby	(SA)	9:05.79
10	Emmanuel Allen	(ACT)	10:41.91
11	Nivin Vinothkumar	(ACT)	12:50.96
-	Max Kull	(TAS)	DQ (TR54.7.1)

### Boys U14 1500

1	Alexander Braendle (NSW)	6:51.64
2	Jaime Hvalica (VIC)	6:59.91
3	Keenan Munro (WA)	7:08.41
4	Riley Breckon (NSW)	7:42.38
5	<b>Koby Irvine (QLD)</b>	<b>7:43.78</b>
6	Beau McKinnon (VIC)	8:12.90

### Boys U15 1500

1	Max Davidson (VIC)	6:19.63
2	Fraser Aubrey (VIC)	7:09.17
3	Liam Freundt (SA)	7:19.57
4	Jayden Zammit (SA)	8:06.71
5	Kade Constantine (WA)	8:25.96

## AV & VRWC Track Championships Sunday April 28<sup>th</sup>

The VRWC winter season kicked off on Sunday morning with track races at Dolomore Reserve in Mentone. The meet included the AV 10,000m Track Championships and VRWC Club Championships...

### AV 10,000m Track Championship Open Women

Alanna Peart	BYC	50:03
Char Hay	MUA	51:28 PB 0:58
<b>Brenda Gannon (INV)</b>	<b>QLD</b>	<b>58:55</b>

### AV 10,000m Track Championship 40+ Women

<b>Brenda Gannon (INV)</b>	<b>QLD</b>	<b>58:55</b>
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## COMING UP

### Handicap #3 Sunday May 19<sup>th</sup> (note change of programme)

#### John Frederick Park, Capalaba

7.30am	A Grade M 15km
	A Grade W 10km
	B Grade 8km
8.00am	E Grade 2km
	F Grade 1km
8.15am	C Grade 5km
	D Grade 3km

Note: The 7.30am start races i.e., 8km, 10km & 15km will use the 2km loop. All other races will use the 1km loop

### Handicap #4 Sunday May 26<sup>th</sup>

#### Aurora Park, North Lakes

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

## Winter Calendar Alert

Queensland Athletics have indicated that they are now looking at conducting the QA Road Walk Championships on the same weekend as the Cross-Country Championships.

That would mean Sunday July 28<sup>th</sup>. This was the day we have scheduled the QRWC Track Championships. Once QA

MONTH	DATE	EVENT	VENUE	TIME
<b>March</b>	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	
<b>April</b>	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
<b>May</b>	5	Gold Coast Championships	Mudgeeraba	8.00am
	12	<b>Mother's Day</b>	<b>No club competition</b>	
	19	QRWC Handicap Meet 3	Capalaba	7.30am
	26	QRWC Handicap Meet 4	North Lakes	8.00am
<b>June</b>	2	QRWC Handicap Meet 5	Yeronga	8.00am
	9	<b>LBG Federation Meet</b>	<b>Mt Stromlo Canberra</b>	
	16	QRWC Handicap Meet 6	Mudgeeraba	8.00am
	23	QRWC Handicap Meet 7	Kalinga Park	
	30	QRWC Handicap Meet	TBA	
<b>July</b>	7	<b>Gold Coast Marathon</b>	<b>Southport</b>	
	14	<b>RWA Postal Challenge</b>	<b>Beenleigh</b>	
	21	QRWC Handicap Meet	TBC	
	28	QRWC Track Championships	UQ St Lucia	
<b>August</b>	4	<b>QA Road Walk Championships</b>	<b>TBC</b>	
	11	QRWC Handicap Meet	TBC	
	18	QRWC Club Championships	Beenleigh	
	25	<b>2<sup>nd</sup> RWA Federation Meet</b>	<b>Melbourne</b>	
<b>September</b>	1	<b>Father's Day</b>	<b>No Club Competition</b>	
	8	<b>Relay/BBQ/Trophy Day</b>	<b>Sandgate Lagoon</b>	
	15			
	22			

## 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.

## 57th ANNUAL LAKE BURLEY GRIFFIN WALKING CARNIVAL



RACE WALKING  
AUSTRALIA  
AUSTRALIAN FEDERATION  
OF RACE WALKING CLUBS

SUNDAY 9TH JUNE 2024 – STROMLO FOREST PARK CANBERRA

**Entries now open.**

### Venue

The venue for all events is Stromlo Forest Park, Opperman Avenue / Dave McInness Road. There are women's and men's toilets & showers located in the centre of the building near the track, and ample car parking.

Please note there is now a charge for parking which is a maximum of \$3.90. All parking funds are reinvested back into the facility.

### Course

All events will be conducted on a certified 1kilometre circuit on the cycling criterium track affording the walkers a smooth surface with a minimal rise at one end, and spectators a view of the walkers for most of the course.

### Entry Requirements

The fitness walks are open to all, but participants in the race walking events must be members of a club affiliated with Race Walking Australia or an overseas World Athletics affiliated athletic club.

### Events

**Note that the 35km race walking and U20 10km events will be recognised as World Athletics Bronze Level events, and may be used for World Athletics points/ qualifying purposes.**

No.	Event	Start Time	Handicap Base Time
1	Robin Whyte Classic Men 35 km	8.00am	127mins
2	Val Chesterton Classic Women 35km	8.00am	127mins
3	ACT Fitness 35 km	8.00am	Non Hcp/Judged contact only
4	RWA Open Women's 15 km	8.00am	69 mins-Includes RWA Masters 15km
5	RWA Open Men's 15 km	8.00am	65 mins-Includes RWA Masters 15km
6	ACT Fitness 15 km	8.00am	Non Hcp/Judged contact only
7	ACT Fitness 8 km	9.00am	Non Hcp/Judged contact only
8	Athletics ACT/ RWA Men's U20 10 km	10.30am	42 mins
9	ACT Open (Over 19 years) 10 km	10.30am	Non Handicap Event

<b>10</b>	Athletics ACT/RWA Women's U20 10 km	10.30am	47 mins
	<b>PRESENTATIONS EVENTS 1 -10 &amp; SPECIAL AWARDS</b>		<b>11.45am- 12.15pm</b>
<b>11</b>	RWA Boys Under 10 1 km	12.15pm	4 mins 30 secs
<b>12</b>	RWA Girls Under 10 1km	12.15pm	4 mins 30 secs
<b>13</b>	RWA Boys Under 12 2km	12.25 pm	9 mins 20 secs
<b>14</b>	RWA Girls Under 12 2km	12.45 pm	9 mins 20 secs
<b>15</b>	RWA Boys Under 14 2km	1.05 pm	9 mins 20 secs
<b>16</b>	RWA Girls Under 14 2km	1.25 pm	9 mins 20 secs
<b>17</b>	RWA Boys Under 16 3km	1.45 pm	13 mins
<b>18</b>	RWA Girls Under 16 3km	2.10 pm	13 mins
<b>19</b>	RWA Boys Under 18 5km	2.40 pm	22 mins
<b>20</b>	RWA Girls Under 18 5km	2.40 pm	23 mins
<b>21</b>	RWA Women's Open 5km	3.10pm	20 mins
<b>22</b>	RWA Men's Open 5km	3.10pm	20 mins
	<b>PRESENTATIONS EVENTS 11 - 22</b>	4.00 pm	

#### NOTES:

Events 1, 2, 4, 5, 8, 10 and 11 to 22 inclusive are Race Walking Australia (Federation) individual and team events.

Events 4, 5, 21 & 22 incorporate a Race Walking Australia Master's individual competition.

Minimum age for participants in the 15 & 35 kilometres events is 16 years.

AGE for all events is age on the day but to be eligible for World Athletics recognition u20 walkers must be born in 2005 or later.

**If events are held concurrently, walkers may only enter ONE of the events on offer.**

#### Entries

**Entries will close at 5pm Wednesday 22<sup>nd</sup> May 2024.**

**Late Entries will close at 5pm Wednesday 29<sup>th</sup> May 2024. Late Entries will be charged an additional \$20 per event.**

**Enter Here [entry portal](#).** This applies to both race walks and fitness walks.

#### Entry Fees

**Entries by 5pm Wednesday 22<sup>nd</sup> May 2024 \$35 per event**

**Entries by 5pm Wednesday 29<sup>th</sup> May 2024 \$55 per event**

#### Coaching Clinic with Jared Tallent

Jared Tallent, is Australia's most successful male track and field Olympic athlete, will be conducting a coaching clinic on Saturday 8<sup>th</sup> June at Stromlo Forest Park from 2:30pm. Jared will be showing some of his favourite drills and tips, and will bring his Olympic medals for us to see.

#### Dinner Sunday Night

ACT Race and Fitness Club invite you to join us for dinner on Sunday 9<sup>th</sup> June at the [Statesman Hotel](#), Corner Strangway and Theodore St Curtin ACT from 6pm . It will be on a pay on the night basis, with a limited main menu. To ensure we have enough tables and chairs for everyone please indicate in the entry system the number of people you intend to bring.

#### Volunteers

To ensure we can conduct the carnival we will need lots of help from volunteers. Your club will be in touch to see how you can assist. Some of the roles we will need include:



Announcer , start line coordinator/assistant, starter, finish line marshals, finish line recorders, red card collectors, results assistant, water table assistant, officials & volunteers welfare, presentation assistants.

### **Canteen**

A canteen **WILL** be operated by ACT Race and Fitness Walking Club. There will be a BBQ and drinks available. Coffee will be available from the Handlebar Café located adjacent to car park.

### **Uniforms**

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. Competitors not competing in a Race Walking Australia event are also encouraged to wear their Walking Club uniform.

### **Presentation of Awards**

Presentation of awards will take place at the Stromlo at the following times:

Event No. 1 to 10 at 11.45am; and

Event No. 11 to 22 at 4.00pm

Note that perpetual trophies for individual events have been replaced by special commemorative certificates in addition medals/ trophies.

All questions/ queries to [lbgcarnival@gmail.com](mailto:lbgcarnival@gmail.com)

<p align="center"><b>2024 AUSTRALIAN FEDERATION OF RACE WALKING CLUBS INC. ANNUAL GENERAL CONFERENCE/MEETING</b></p>
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The 2024 Annual General Conference/Meeting of the Australian Federation of Race Walking Clubs Inc. known as Race Walking Australia will be conducted on **Saturday 8th June 2024 commencing at 7.00pm.**

The meeting will be conducted at **Canberra Labour Club Chandler Street Belconnen**

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

Sunday, August 25th, 2024. Middle Park Melbourne

Race Walking Australia Winter Championships

Events from U10's to Masters

**RWA to release full details shortly**



### **AMA 20KM WALK POSTAL CHAMPIONSHIPS**

Sunday 25<sup>th</sup> August or agreed date (States and Territories are encouraged to conduct their races between the dates of August 10<sup>th</sup> and September 8<sup>th</sup>. The World Championships 20km Walk in Sweden on the 25<sup>th</sup> August also qualifies as a postal event for the AMA Championships (an entry must still be made!)

**Entry Fee \$25 (separate from any local entry fee!)**

**Entries Close on Sunday 18<sup>th</sup> August for all entrants or 3 days before an Interstate race held earlier than the 18<sup>th</sup>.**

Venue for SA Entrants: South Parklands, Adelaide Harriers Clubrooms, cnr South Terrace and Peacock Road 10 laps of a 2km loop. Start time in Adelaide is 10am.

**Contact:** George White [gwhite@adam.com.au](mailto:gwhite@adam.com.au) Mobile 0419 348 888



**Coast2Coast  
International Meet**

Gold Coast Performance Centre, Runaway Bay, Queensland

12<sup>th</sup> - 14<sup>th</sup> July 2024

**What:** A Mid-Winter Track & Field Meet for Athletes

**Age groups:** Open, U20, U18, U16, male and female

**Who:** Athletes from the USA, New Zealand, Queensland, Interstate Australia and some Pacific Islands

**Hosted by:** Gold Coast Victory Athletics Club Inc

**Awards:** Medals to first three placegetters in each of the three age groups plus relays

**Registrations open:** Monday, 13th May 2024

**Note:** Race walking events will be held on Friday July 12<sup>th</sup>

**Entry fee:** Early bird (13 May to 2 June) \$27.50 (GST incl) per event

**Standard entry** (3 June to 2 July) \$36.30 (GST incl) per event

Close of entries: 11:59pm Tuesday 2 July

Late entries (3 July to 5 July) \$60.50 (GST incl) per event – conditions apply

Registrations Link :- Link for Australian athletes will be available from the opening of registrations.

School groups and Overseas groups please contact Peter Hannan on [treasurer@goldcoastvictory.com.au](mailto:treasurer@goldcoastvictory.com.au) for information regarding group entries.



**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+

## Important Update

**Athletics – Track & Field** at the 2024 Pan Pacific Masters Games will no longer be held at the Gold Coast Performance Centre, Runaway Bay due to major and ongoing track repair following recent storms.

Events Management Qld is working with Queensland Athletics to secure an alternative venue and will provide updates to participants as soon as a venue is secured.

# 84 DAYS TO GO UNTIL 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.

## **WORLD ATHLETICS RACE WALKING TOUR 2024**

**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

## **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**

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

## 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 Handicap Meets and Points

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.

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. To maximise your points for the season it is recommended that an athlete stays in the same grade for the season.

## 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.

## 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.



## **Racewalking Queensland Management Committee 2024/25**

**President:** P Bennett

**Vice President.** J-R McRoberts

**Secretary:** N. McKinven

**Treasurer** N McKinven

**Committee:** Shane Pearson, Joanne McRoberts, Claire Chadwick, Jasmine Blackburn, Ignacio Jimenez, Simon Dunleavy

**Patrons:** Patrick & Maxine Sela

**Registrar:** S Dale

**Handicapper** A Guevara / N McKinven

**Uniforms:** S Dale

**Publicity / Media** Jasmine Blackburn

**Results** R Wales / N McKinven

**Newsletter Editor:** P. Bennett

**Equipment Officer.** Ignacio Jimenez & Noela McKinven

**Canteen Convenor.** Vacant, but to be by roster.

**Club Captains:** Bailey Housden, Phoebe Chadwick

## **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.

### **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/>