

Queensland Race Walking Club Inc.

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



May 30th 2024

Oceania Athletics Championship



&

Oceania Masters Athletics Championships



Suva, Fiji 1st-8th June

All the best to our Australian representative race walkers over in Fiji competing this weekend

Ocean Masters Athletics

Brenda Gannon, Jasmine Blackburn & Dash Newington will be flying the flag for Queensland at these Championships.

Sunday June 2nd 10km Road Walk

Tuesday June 4th 3,000 metre Track Walk

Friday June 7th 5,000 metre Track Walk

Oceania Area Athletics Championships

Bailey Housden U18 Men 5000m walk.

Milly Sharpe U18 Women's 5000m walk

Tayla Billington Open Women's 10,000m walk.

Alex Bradley Open Men's 10 000m walk.

Sunday June 2nd Open 10km Road Walk

Friday June 7th U18 5,000 Track Walk

RESULTS RESULTS RESULTS

26th May, 2024

Handicap #4

Aurora Park, North Lakes

A Grade 10km

Men: (1) P. Bennett 1.13.45

Women

(1) Phoebe Chadwick 1.14.41 (2) Jasmine Rose McRoberts 1.22.14 (3) Joy Dale SB 1.24.16
(4) Noela McKinven 1.36.43.

B Grade 5km

Men: (1) Noah Cooke 28.16 (2) Kai Dale 31.02 (3) Eli Melinz 33.48

Women: (1) Summer Millard 32.39

C Grade 3km

Women: eq (1) Abigail Rogers SB , Eliza Kelly SB 16.50, eq (3) Savannah Dunleavy, Kiara Waterman SB 19.40.

D Grade 2km

Men: (1) Leo Hyde 11.09

Women: (1) Jessica Gorham 14.32

E Grade 1km

Women: (1) Clara Hermus 6.36.5 (2) April Kelly SB 6.36.9

F Grade 0.5km

Women: (1) Piper Dunleavy SB 3.49 (2) Harper Waterman SB 4.05 (3) Matilda Wales 8.57

Judges' Reports

7 kK
13 k
292 k
380 cC
398 k
401 cC
415 k
425 cC
440 kK
447 cC
449 c
450 cC
501 kK
503 c
509 c
520 c

THIS WEEK

Handicap #5 Sunday June 2nd

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

ENTER HERE

[QRWC Handicap #5 Sunday June 2nd - Old Race Walking Club - revolutioniseSPORT](#)

Club Fund Raising Raffle

\$2 A TICKET OR 3 FOR \$ 5



Tickets available at the Check In desk (Cash or Card).Just ask Stuart.

If you are able to donate a prize for future weekly raffles we would be please to hear from you.



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

NEXT WEEK

LBG Carnival Mt Stromlo , Canberra Sunday June 9th

Programme

No.	Event	Start Time	Handicap	Base Time
1	Robin Whyte Classic Men	35 km	7.30am	127mins
2	Val Chesterton Classic Women	35km	7.30am	127mins
3	ACT Fitness	35 km	7.30am	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
10	Athletics ACT/RWA Women's U20	10 km	10.30am	47 mins
PRESENTATIONS EVENTS 1 -10 & SPECIAL AWARDS 11.45am- 12.15pm				
11	RWA Boys Under 10	1 km	12.15pm	4 mins 30 secs
12	RWA Girls Under 10	1km	12.15pm	4 mins 30 secs
13	RWA Boys Under 12	2km	12.25 pm	9 mins 20 secs
14	RWA Girls Under 12	2km	12.45 pm	9 mins 20 secs
15	RWA Boys Under 14	2km	1.05 pm	9 mins 20 secs
16	RWA Girls Under 14	2km	1.25 pm	9 mins 20 secs
17	RWA Boys Under 16	3km	1.45 pm	13 mins
18	RWA Girls Under 16	3km	2.10 pm	13 mins
19	RWA Boys Under 18	5km	2.40 pm	22 mins
20	RWA Girls Under 18	5km	2.40 pm	23 mins
21	RWA Women's Open	5km	3.10pm	20 mins
22	RWA Men's Open	5km	3.10pm	20 mins
PRESENTATIONS EVENTS 11 - 22				4.00 pm

QRWC Representatives

Women 35km
 Kirstin Shaw
 RWA Women's U20 10 km
 Phoebe Chadwick
 RWA Women's Open 5km
 Phoebe Chadwick
 RWA Open Women's 15 km
 Noela McKinven
 RWA Men's U20 10 km
 Sam McCure
 Judges
 Shane Pearson
 Noela McKinven

Pack your winter woollies and your QRWC uniform.

QA QLD ROAD WALKING CHAMPIONSHIPS



The QRWC Track Championships will now be on Sunday August 4th at UQ St Lucia.

MONTH	DATE	EVENT	VENUE	TIME
March	3			
	9-10	QMA Track Championships	SAF	
	14-17	QA Track Championships	Main Track QSAC	
	22-24	QLAA State Championships	QSAC	
	29 -1	AMA National Championships	Hobart	
	31	Easter Sunday	No competition	
April	7	QRWC Sign On Meet /AGM	Kalinga Park	
	11-19	AA U14-Open Track Championships	Adelaide SA	
	14	No Club Competition		
	21	QRWC Handicap Meet 1	Beenleigh	8.00am
	28	QRWC Handicap Meet 2	Yeronga	8.00am
May	5	Gold Coast Championships	Mudgeeraba	8.00am
	12	Mother's Day	No club competition	
	19	QRWC Handicap Meet 3	Capalaba	7.30am
	26	QRWC Handicap Meet 4	North Lakes	8.00am
June	2	QRWC Handicap Meet 5	Yeronga	8.00am
	9	LBG Federation Meet	Mt Stromlo Canberra	
	16	QRWC Handicap Meet 6	Mudgeeraba	8.00am

	23	QRWC Handicap Meet 7	Kalinga Park
	30	QRWC Handicap Meet	TBA
July	7	Gold Coast Marathon	Southport
	14	RWA Postal Challenge	Beenleigh
	21	QRWC Handicap Meet	TBC
	28	QA Road Walk Championships	TBC
August	4	QRWC Track Championships	UQ St Lucia
	11	QRWC Handicap Meet	TBC
	18	QRWC Club Championships	Beenleigh
	25	2 nd RWA Federation Meet	Melbourne
September	1	Father's Day	No Club Competition
	8	Relay/BBQ/Trophy Day	Sandgate Lagoon
	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.

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

2nd 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



AMA 20KM WALK POSTAL CHAMPIONSHIPS

Sunday 25th August or agreed date (States and Territories are encouraged to conduct their races between the dates of August 10th and September 8th. The World Championships 20km Walk in Sweden on the 25th 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 18th August for all entrants or 3 days before an Interstate race held earlier than the 18th.

Contact: George White gwhite@adam.com.au Mobile 0419 348 888

2024 World Athletics U20 Championships

Lima , Peru August 27-31st

The Australian Team for the World Athletics Under 20 Championships has been announced with four race walkers in the team.

Women 10,000m Race Walk Alexandra Griffin (WA), Chelsea Roberts (NSW)

Men 10,000m Race Walk Isaac Beacroft (NSW), Marcus Wakim (VIC)

Also in Lima will be Zoe Eastwood-Bryson (SA, International Race Walking Judge) who has been appointed to the officiating panel.

The Australia's team will complete a camp on the Gold Coast from June 20-23, before flying to Lima, Peru.



Coast2Coast International Meet

Gold Coast Performance Centre, Runaway Bay, Queensland

12th - 14th 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 12th

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 for information regarding group entries.



HURRY EARLY BIRD ENDS

31 MAY 2024

\$130 Early Bird
(1 March - 31 May 2024)

\$145 Saver
(1 June - 31 August 2024)

\$155 Standard
(from 1 September 2024)

ENTRIES NOW OPEN -EARLY BIRD ENTRIES CLOSING FRIDAY MAY 31

[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

- 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 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.

63 DAYS TO GO UNTIL 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.

WORLD ATHLETICS RACE WALKING TOUR 2024

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, though our current volunteer education grant.

Coaching Courses Coming Up

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.

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QRWC MEMBERSHIP 2024

The Qld Racewalking Club registration portal is open to athletes who wish to register with QRWC .

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

Many of our members who have been competing during the track season as a member of QRWC are registered through to the end of September 2024. These athletes are all set for entering winter road walk competitions and the QA Road walk Championships . So no need to take action until the first race portal opens.

New or existing non financial members who wish to join the club and compete in the QA Road Walk Championships are encouraged to register on the RevSport Portal

Of course, for those athletes not wishing to compete at or represent QRWC at QA events (i.e. already registered with other QA clubs , QRWC will retain the current membership options whereby only the QRWC club fee (i.e. \$15 Student/\$25 Non-Student) will apply. This membership can be taken out at any time prior to the start of the QRWC winter season in April 2024.

For these athletes, please email the Registrar if you have any questions or concerns. qrwcregistrar@gmail.com

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2024 and will cover the traditional QRWC winter racewalking season.

	\$15.00	Students
Membership Fee	\$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.

NON-COMPETING MEMBERS

VOLUNTEER	COMMITTEE MEMBER	OFFICIAL	COACH
Club volunteers are always welcome to assist with club operations and competition days	Club committee members are required to be registered members of their club	Officials accredited with Athletics Australia	Coaches may join an athletics club if they are accredited and currently registered with Athletics Australia

Working with Children Check – Blue Card

Volunteers, committee members, technical officials and coaches are required to have a Blue Card as deemed necessary by their club in accordance with the Queensland Blue Card system. Please refer to your club or www.bluecard.qld.gov.au for more information.

\$0 + CLUB FEE	\$0 + CLUB FEE	\$0 + CLUB FEE	\$0 + CLUB FEE
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NOTE – Additional club membership fees may apply, which varies for each club.

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 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/>

