

Queensland Race Walking Club Inc.

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



May 4th, 2023



Italy's Francesco Fortunato and China's Yang Jiayu were victorious at the Gran Premio Internacional Finetwork Madrid Marcha – a **World Athletics Race Walking Tour Gold** event – held over 10km in the Spanish capital on a bright Sunday (30). While the Italian had to fight hard to beat his opponents with a 38:56 PB, world 20km record-holder Yang produced a convincing win in 43:20.

Leading results

Women

- 1 Yang Jiayu (CHN) 43:20
- 2 Wu Quanming (CHN) 43:33
- 3 Alegna Gonzalez (MEX) 43:35
- 4 Clemence Beretta (FRA) 44:06
- 5 Ana Cabecinha (POR) 44:16
- 6 Ma Zhenxia (CHN) 44:29
- 7 Li Maocuo (CHN) 44:36
- 8 Antigoni Ntrismpioti (GRE) 44:38
- 9 Antía Chamosa (ESP) 44:49
- 10 Valentina Trapletti (ITA) 44:53

Men

- 1 Francesco Fortunato (ITA) 38:56
- 2 Caio Bonfirm (BRA) 39:03
- 3 David Hurtado (ECU) 39:06
- 4 Massimo Stano (ITA) 39:06
- 5 Paul McGrath (ESP) 39:09
- 6 Christopher Linke (GER) 39:11
- 7 Karl Junghannss (GER) 39:25
- 8 Gabriel Bordier (FRA) 39:25

9 Diego García (ESP) 39:50
10 Perseus Karlstrom (SWE) 40:04

RESULTS RESULTS RESULTS

QRWC Handicap #2

Yeronga, April 30th

A Grade Men 15km

Men: (1) Peter Bennett 1.45.21.

A Grade Women 10km

Women: (1) Brenda Gannon 1.03.54 (2) eq. Jasmine Rose McRoberts, Lily Housden 1.14.26
(4) Joy Dale 1.27.50 SB (5) Noela McKinven 1.27.52 SB.

B Grade 8km

Men: (1) Roel Wheeley 44.06 (2) Kai Dale 49.13. Patrick Sela DNF.

Women: (1) Lyla Williams 45.41.

C Grade 5km

Men: (1) Noah Wheeley 35.09.

Women: (1) Summer Millard 27.52 (2) Makenna Clarke 31.31 (3) Kiara Waterman 33.14.
Destinee Pickvance-Ye DNF.

D Grade 3km

Men: (1) Lachlan Moore 16.18 (2) Hunter Sibenaler 21.35.

Women: (1) Isabella Welch 16.44 (2) Freya Williams 18.28 (3) Savannah Dunleavy 19.56 (4)
Mackenzie Wormald 25.59.

E Grade 2km

Men: (1) Jake Dunleavy 13.04 (2) Dylan Moore 15.44

Women: (1) Amelia Chisholm 13.09 (2) Bethany Moore-Kirkland 13.26 (3) Izzy Blackburn
14.47.

F Grade 1km

Men: (1) Hayden Robertson 5.57.

Judges' Reports

365 ccC
380 ccC
389 cc
413 c
416 ccC
430 c
438 c

281 Also received a report, but the reason was not clear nor whether it was a yellow or red
431 is asked not to wear tights covering her knees in races, please, as it obscures the judges' view.

QRWC 2023 WINTER ROAD WALKING SEASON As at May 4th 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	13-16	AA Championships U14-Open	Brisbane	

	23	QRWC Handicap Meet 1 & AGM	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	TBA	8.00am	
June	4	Gold Coast Championships	Mudgeeraba	8.00am	
	11	LBG Federation Meet	Mt Stromlo Canberra		
June	18	QRWC Handicap Meet 6	North Lakes	8.00am	
	25	QRWC Handicap Meet 7	TBA	8.00am	
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 **	QSAC	8.00am	
	30	QA Road Walk Championships	QSAC		

* July 16th Incorporating QMA Short Road Walk Championships

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

THIS WEEK

QRWC Handicap #3 Sunday May 7th

Aurora Park, North Lakes

Venue location: Aurora Boulevard Park, Cnr Expedition Drive and Aurora Boulevard, North Lakes

Course is an 1km out and back loop.

Registrations are now open

[Handicap #3 - Sunday, 7th May 2023 - Old Race Walking Club - revolutioniseSPORT](#)

Please register from the event link above.

Programme

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



Start/Finish area and direction of loop in red marker

COMING UP

QRWC Handicap #4 Sunday May 21st

Faye Carr Park Ripley

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

We meet at the picnic tables at Faye Carr Park (Ripley Park) at the corner of Fitzgibbon Road and Panorama Circuit. Racing will be conducted on a 1km loop on the path along Panorama Circuit.

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.

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

Entries : Entries will close **5 pm Wednesday 24th May 2023**. Competitors must complete an ON-LINE ENTRY.

NO MANUAL ENTRIES WILL BE ALLOWED and LATE ENTRIES CANNOT BE ACCEPTED. This applies to both Race Walks & Fitness Walks.

Entries MUST be submitted by individuals via an Entry Portal available on the VRWC Web page. <http://vrwc.org.au/wp1/56th-lbg-walking-carnival/>

If you are going to Canberra as an athlete, official or as a volunteer please let Noela know noelarhoda@gmail.com

Additional Information (Full details on separate attachment)

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.

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](#)

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 (“It’s race walking Jim, but not as we know it’)

Thursday August 1st 7:30am 20km Race Walk Men

9:20am 20km Race Walk Women

Wednesday August 7th ~~7:30am 35km Walk Mixed Teams~~ Cancelled.

Replaced by a marathon distance 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.

From the AGM

SECRETARY'S REPORT

Although Covid is still around, it has not been as big a problem as in the previous years. I feel we have learned to live with it in many cases.

Again, Zoe carried out a very informative judging seminar and followed it up by attending our end-of-season relay and trophy day; this time back at Sandgate Lagoon after many years away from it.

Although the LBG meet in Canberra is difficult for Queenslanders as it is held on the original Queen's Birthday weekend, which we do not have as a long weekend, and it is usually exam time for schools and Uni. However, a number of us braved the cold winds to compete.

Jenny and Claire joined forces as Registrar and Jenny managed the uniforms as well.

Unfortunately, she now has family issues which make it very difficult to continue. She has offered to help anyone who could step up for this position.

Despite the renovations at UQ St Lucia, making it out of bounds from October until (we hope) May, they are still happy for us to use the lovely new track for our Track Championships. As usual, the date we decided upon has just been announced as QA Championships, so we will have to think again.

As you may have noticed, I am not getting younger. Hopefully, some of you younger members (you are all much younger than I am except Pat) could work toward taking over as Secretary before I lose my faculties or am hit by a bus while training in my local streets.

For some years, Ralf, although no longer a member of the Club has done the bookkeeping for our accounts. It is not a big job. He has been a great helper, but needs to move on.

For this new season, I would like to see friendliness and kindness to one another as our aim – the real meaning of sportsmanship. (That should be sportspersonship)

Noela

President's Report

Thank you to everyone for giving up your time to attend the 2023 AGM of the Queensland Race Walking Club. . A successfully track season for our walkers has just concluded and we all look forward to a rewarding road walk season. Your input and interest are very important to this club so all of you being here is appreciated. The club is not one or two people it is all of us so we can all contribute to the development and success of our athletes and the club. Welcome to all the new athletes and their families to the club and welcome back to all our existing members. Our walkers continued to develop and challenge themselves in all levels of competition in 2022 on the road & track at club, State and at National level and this is in no small part to the dedication and efforts their coaches and families.

At the start of the season, we lost two more long term venues at Kalinga Park & Morningside. As we do not have a permanent home venue and our members are spread across a wide geographical area of SE Queensland this is a constant challenge for road walking. Long term members could rattle off dozens of former venues we no longer use.

We had meets at three new venues last season all of which came about because of suggestions by our members. These were at Ripley, Yeronga & Cleveland. We also went out to visit other possible venues that members have put forward, so we thank everyone for their interest in finding suitable venues.

The enhancement of the RevSport portal for club member registrations, race entry and uniform purchases continued together with the reintroduction of the season pass and addition of a new 5 race pass initiative. These have all have improved our efficiency and reduced the reliance on dedicated members collecting cash and paper forms on race day.

Thank you to Jenny for the many hours she has put into the RevSport portal and in liaising with QA & RevSport in getting them to understand our needs and making the system work for us.

A big thank you go to Andrew & Ralf who both continue to work for the club even though they are no longer active members but still maintain a keen interest in the club. Andrew does great work updating the website and in dealing with numerous issues with the provider. Ralf has been doing our accounts and maintaining the equipment register for several years and has asked if another member could step in to assume these roles.

The annual Canberra Federation Carnival was held at Stromlo Forest in June and Queensland was represented by a small team. Two weeks later the Federation AGM was held via a Teams meeting and our committee member Shane Pearson was elected President. Congratulations to Shane for taking on this role.

The Pan Pacific Masters Games resumed in 2022 and the QRWC has received nothing but positive feedback from the way the club organised and presented the 10km road walk at Runaway Bay in November and for the convivial breakfast the club provided with the post-race medal presentations. Thank you to all those club members that made the trip to the Gold Coast and contributed to the set up and running of the event and in organising and presenting the breakfast despite the last-minute challenges we faced.

As a result of a successful volunteer grant application, we were again able to conduct a successful race walk judging seminar at QSAC. There was a full house of attendees of qualified judges, beginners and those just wanting to understand more about the role of judges and the rules of race walking. The course was presented by international panel judge Zoe Eastwood-Bryson who didn't need to be asked twice to fly up from Adelaide for the seminar. Zoe attended our annual Relay/ Presentation Day the following day and presented the trophies

and kept a keen eye on some low flying in the relays. After a number of years absence, we returned to Sandgate Lagoon where we saw competitive relays, good food and lots of laughs. First timers found out that what looks like an easy lap of the lagoon can become a painful exercise over the last few hundred metres if you go out too fast

Thank you to the outgoing Management Committee. The committee and volunteers put in a significant amount of time and energy during the 2022 road walk season to ensure our meets could take place. Our committee is a mixture of members with a long association with race walking the QRWC and other newer members stepping up into this role. This helps with succession planning, and we are fortunate to have such an experienced and passionate group of individuals who are keen to progress the sport in Queensland. I thank all committee members most sincerely for the support they give to me as president and to each other. It was so good to see a number of new volunteers stepping up when needed last season. Our races can only take place with the help of a number of volunteers and qualified officials. We value your contribution and time.

All the best for 2023
Peter Bennett

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 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/>