

Queensland Race Walking Club Inc.

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



November 16th 2023

Get Moving ... for the sake of your mental health Take the 15.09 challenge, Gen Z this means you.

A global study has shown a direct positive link between exercise and mental health, but it also uncovers the worrying potential impact of lower levels of activity in younger generations across the world.

The Global State of Mind Index, which was undertaken by ASICS and tracks the mental state of 37,000 people from 16 countries around the world, found that people who move the most have a higher state of mind score. Active individuals have an average state of mind score of 68/100, in relation to just 56/100 for those that are inactive.

The study also highlights dramatic differences in physical activity between generations, with older generations (those aged 57+) moving on average for almost one hour (53 minutes) more than Gen Z a week. This in turn is shown to be having a big impact on each group's collective state of mind score.

The study found that 54% of the global older population are active and feel the uplifting benefits, reporting an average state of mind score of 67/100. In contrast, just 45% of the global Gen Z (aged 18-24) population are currently active and, as a result, have a considerably lower average state of mind score than their older counterparts of 59/100.

And while the global population perceives 30 minutes as the minimum amount of exercise required to experience the uplifting impact of movement, new research by ASICS proves that just 15 minutes and nine seconds of movement is all it can take to begin feeling the mood-boosting effects.

Dr Brendon Stubbs, a leading exercise and mental health researcher from King's College London who led the study, said: "There is a common perception that you need to move for a long time to experience the uplifting benefit. However, our research proves this is not the case – **just over 15 minutes of movement is actually all it can take to experience the positive impact.** Coinciding with the state of mind index, which demonstrates the positive link between movement and mental health on a global scale like never before, we hope it will be inspiring for many to see the impact that such a small amount of movement can have."

While the results of the global State of Mind Index prove just how intrinsic the link between regular movement and positive mental health is, they also show the potential impact a small amount of movement could have in raising the world's collective state of mind. Our 15:09 Challenge sets out to do just that, calling on everyone to move and in doing so experience those all-important benefits first-hand.

So, what are you waiting for? Get out there and get moving.

RESULTS RESULTS RESULTS

QMA November 11th SAF

3000 Metre Race Walk

Gannon, Brenda W49 QMA 16:58.60 (15:28.46 75.43%)

McKinven, Noela W81 QMA 25:41.21 (15:53.86 73.42%)

Bennett, Peter M68 QMA 19:36.90 (15:27.87 69.74%)

Age Graded Times & Percentages in Brackets

Two former race walkers gain silver status as judges

Athletics Australia welcomes four more of its talented team to its rapidly growing ranks of international technical officials. Following the World Athletics evaluation in October for global level race walking judges, two former international race walkers have gained Silver status.

Scott Nelson (Victoria) and Blake Steele (Tasmania) have converted their passion and success on the track and road as athletes to new roles as judges – in one of the most challenging areas of technical officiating in athletics. “The judging of race walking is one of the few aspects of our sport that has a subjective element, requiring a special skill-set, understanding and empathy,” Athletics Australia General Manager, Delivery and Partnerships Samantha Culbert said. “We have a fine group of existing international race walking judges and it’s great to see their stocks replenished with four committed officials – making it that little bit easier for us to stage world ranking competitions in Australia.”

School teacher Nelson, who represented New Zealand in major teams on eight occasions and was a bronze medallist at the 1994 Commonwealth Games, is a long-term Victorian resident with partner Australian Olympian Gabrielle Blythe and their family. Steele who was a Youth Olympian in 2010 and an Australian Under 20 champion two years later is now Executive Officer of Athletics Tasmania. Jodie Sundstrom (NSW) and **Rodney Clarke (Queensland)**, both multi-discipline technical officials, have been recognised as Bronze international judges.

The quartet join Australia’s five current international race walking judges – Marion Buchanan (Silver-WA), Renee Cassell (Silver-ACT), Lisa Colquhoun (Silver-ACT), Kirsten Crocker (Gold-NSW) and Zoe Eastwood-Bryson (Gold-SA). “Mentoring is a crucial element in providing officials with the chance to improve their knowledge and qualifications and we are very appreciative of the support provided to these four in the preparation for the evaluation from our current international judges and former gold judge Wayne Fletcher,” Ms Culbert said. “No better example than when Zoe provided Jodie, as part of her development, with a shadow judging task at the recent World Championships in Budapest. *Article by Brian Roe, Athletics Australia*

THIS WEEK

The QA relay championships are on this weekend so there are no track walks scheduled by either Queensland Masters or Queensland Athletics. At the QA Shield Meet next Saturday (November 25th) there is a 3,000 metre and a 5,000 metre walk on the programme.

Enter online: [2023/24 Alana Boyd Shield - Queensland Athletics - revolutioniseSPORT](#)

Track Season 2023/24

Old Masters November 25th Saturday SAF

8.00 3000m Race Walk

QA Shield Meet November 25th SAF

5.30pm 3,000 metres Walk

5.50pm 5,000 metres Walk

Old Masters December 3rd Sunday SAF

3.00 800m Run / Race Walk

4.50 5000m Run / Race Walk

Old Masters December 9th Saturday SAF

8.00 2000m Run / Race Walk

10.00 1 Mile Run / Race Walk

QA 2024

QA Shield Meet January 20th SAF

TBA 3,000/5,000 metres Walk

QA Shield Meet February 3rd SAF

TBA 3,000/5,000 metres Walk

QA Shield Meet February 17th SAF

TBA 3,000 metres Walk

TBA 10,000 metres walk Championships

QA Shield Meet March 9th SAF

TBA 3,000/5,000 metres Walk

QA State Championships March 14-17th SAF Main Track

TBA 3,000/5,000 metres Walk

QMA Draft 2024 Calendar

Venues to be determined - SAF or Main Stadium

6th January 2024 Saturday

8.00 2000m Run/Walk

13th January 2024 Saturday

8.00 3000m Run/Walk

20th January 2024 Saturday

8.00 5000m Run/Walk

27th January 2024

8.00 3000m Run / Race Walk

3rd February 2024

8.00 3000m Run / Race Walk

10.10 1500m Run / Race Walk

10th February 2024

8.10 3000m Run/Walk **QMA State Championships**

9.40 1500m Run/Walk

17th February 2024 Saturday Venue

8.10 3000m Run/Walk

24th February 2024 Saturday

9.00 1500m run/walk

25th February 2024 Sunday

8.15 3000m Run/Walk

9.30 800m Run/Walk

Saturday 9th March

8.00am M30+ W30+ 5000m Walk **QMA State Championship**

Sunday 10th March

9.00am M/W30+ 1500m Walk **QMA State Championship**

24th March 2024

8.00 3000m Run / Race Walk

2023 Australian All Schools Championships Perth December 8-10th

Walks Schedule

Friday 8 December

4.45pm 5000m Race Walk Under 17 Girls Final

4.45pm 5000m Race Walk Under 18 Girls Final

5.35pm 5000m Race Walk Under 17 Boys Final

5.35pm 5000m Race Walk Under 18 Boys Final

Saturday 9 December

5.30pm 3000m Race Walk Under 15 Girls Final

5.30pm 3000m Race Walk Under 16 Girls Final

6.10pm 3000m Race Walk Under 15 Boys Final

6.10pm 3000m Race Walk Under 16 Boys Final

Sunday, 10 December

9.30am 3000m Race Walk Under 14 Girls Final

9.30am 3000m Race Walk Under 14 Boys Final

ALL SCHOOLS MEET RECORDS (as at 31st December 2022)

U18 5000m Walk Declan Tingay WA 20:11.80 2016

U17 5000m Walk Marcus Wakim VIC 21.21.17 2022

U16 3000m Walk Isaac Beacroft NSW 12:04.09 2022

U15 3000m Walk Kodi Clarkson ACT 13.24.12 2022

U14 3000m Walk Tyler Jones NSW 13:46.48 2011

U18 5000m Walk Katie Hayward QLD 21:40.87 2016

U17 5000m Walk Melissa Hayes NSW 23.55.30 2006

U16 3000m Walk Jemima Montag VIC 13.14.42 2013

U15 3000m Walk Paige Hooper SA 13.50.90 2005

U14 3000m Walk Matilda Webb NSW 14:21.15 2022



February 3-11th, Dunedin

Saturday 3 February 2024 3,000 metres track walk

VENUE: Caledonian Ground, 50 Logan Park Drive, Dunedin

Sunday 4 February 2024 10km Road walk

VENUE: Start & Finish OUSA Aquatic Centre, 26 Magnet Street, Dunedin

Wednesday 7 February 2024 5KM Road Walk

VENUE: Guthrie Pavilion, Bayfield Park, Shore Street, Dunedin 6.16pm

Saturday 10 February 2024 Half Marathon

VENUE: Start/Finish at MacAndrew Bay Beach Recreational Area

Walkers 8:30am start, Runners 9:30am start

Keep up to date with the latest on the Masters Games

Masters Games Website Entries & Monthly Newsletter Sign Up www.nzmg.com

Facebook www.facebook.com/new.zealand.masters.games

Instagram @nzmg2024

**Australian 20km & Under Age
Race Walking Championships
War Memorial Drive, Adelaide February 11th 2024**



Entries: Open on the 20th November 2023 and **close** on 21st January 2024 5pm AEDT

7:00 AM	20km Race Walk	Men Senior
7:00 AM	20km Race Walk	Women Senior
7:15 AM	10km Race Walk	Men U20
7:15 AM	10km Race Walk	Women U20
7:45 AM	5km Race Walk	Boys U16
7:45 AM	5km Race Walk	Boys U18
7:45 AM	5km Race Walk	Girls U16
7:45 AM	5km Race Walk	Girls U18
8:00 AM	3km Race Walk	Boys U14
8:00 AM	3km Race Walk	Girls U14



Tasmanian Masters Athletics is excited to announce that the Australian Masters Athletics National Track and Field Championship will be held in Hobart, Tasmania in 2024.

Venue: Domain Athletic Centre

Walk Schedule

Friday March 29th 1,500 metres

Saturday March 30th 5,000 metres

Monday April 1st 10km Road Walk

For more information go to amahobart2024.com.au

Australian Athletics Championships

Adelaide | 11-19 April, 2024

The Australian Athletics Championships is the largest annual athletics event in Australia and the Oceania region, traditionally attracting more than 3,500 athletes from across Australia and the Pacific.

The 101st edition of the Championships will be the culmination of another impressive domestic season and also act as a key part of the nomination process for the Australian Olympic and Paralympic Teams travelling to the Paris 2024 Games. It is expected that the Australian Olympic Committee will make the first round of selections for the Olympic team on ground in Adelaide, following the conclusion of the Open age championships.

World Athletics Race Walking Team Championships Antalya, Turkey April 21st 2024

This will be the second time that Turkey has hosted a World Athletics Series event, following the 2012 World Athletics Indoor Championships, held in Istanbul. Some 500 athletes from 50 countries are expected to compete in Antalya next year in what will be a qualifying event for the Paris Olympic Games. Fatih Cintimar, President of the Turkish Athletics Federation, said: “The fact that a World Athletics Championships will be hosted in Antalya is very important in terms of raising awareness of athletics in Turkey, gaining new athletics fans and increasing the popularity of athletics. We hope to gain great momentum for our sport by hosting the World Race Walking Team Championships.”



QRWC to host 10km Road Walk at 2024 Pan Pacific Masters Games



The venue will be the **Luke Harrop Cycle Circuit, Oxley Drive, Biggera Waters** (behind the Runaway Bay athletics track).

The date is still to be confirmed. It will be either Sunday 3rd or Sunday 10th November to align with the Track & Field programme. Race start will be 7:00am.

QRWC MEMBERSHIP 2023/24

Qld Racewalking Club is excited to announce that we have opened up our registration portal to members who wish to register with QRWC with a view to representing QRWC at QA meets in the coming year.

Our membership year will now commence in October each year to align with Qld Athletics' (QA) membership year. This will allow athletes wishing to compete at QA events representing QRWC, to take out a combined QRWC/QA membership in or after October each year. Once registered, athletes can represent QRWC at the various QA competitions held throughout the year, including the QA Road Walking Championships, QA Shield Meets and Qld Athletics Championships. Please note that QA offers 3 levels of membership. More information can be found at <https://cdn.revolutionise.com.au/site/qmqoo3oyiea1blrd.pdf>

Of course, for those athletes not wishing to compete at or represent QRWC at QA events, QRWC will retain the current membership options whereby only the QRWC club fee (ie. \$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 2022.

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2022 and will cover the traditional QRWC winter racewalking season.

	\$15.00	Students
Membership	\$25.00	non-students
Fee:	*club fee on top of Qld Athletics membership (Base \$12, Gold \$110, Platinum \$220)	

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.

Our Volunteers – We need you to

For all our road walk and track meets we need the help of our members to set up and run the meets in a safe and organised manner. Please feel free to offer your services whether it be as a judge, timekeeper, setting out the course or helping to pack up. All assistance is greatly

appreciated. We especially need lap scorers. If you would like to help out, please talk to any member of the Committee.

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

Queensland Athletics Member Protection Policy

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

You can read the full policy here

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

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

Who this Policy Applies To

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

- Parents, guardians, spectators and sponsors to the full extent that is possible.
- Individuals appointed or elected to boards, commissions, committees and sub-committees;
- Employees and volunteers;
- Support personnel (e.g. managers, physiotherapists, psychologists, masseurs, sport trainers, etc);
- Coaches and assistant coaches (whether or not they are accredited)
- Athletes, coaches, officials and any other personnel participating in any teams, events and activities, including camps and training sessions, conducted or sanctioned by Queensland Athletics
- Referees, judges and other officials.
- Members, including life members.
- Member associations and each of its members, including life members.
- Affiliated clubs and associated bodies of Queensland Athletics;
- Peak associations and other State bodies engaged in any form of athletics.
- Any other person or body that is a member of or affiliated to Queensland Athletics.

Code Of Conduct/Behaviour Queensland

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

- 4.1 Be ethical, fair and honest in all their dealings with other people and Queensland Athletics;
- 4.2 Treat all persons with respect and courtesy and have proper regard for their dignity, rights and obligations;
- 4.3 Always place the safety and welfare of children above other considerations;
- 4.4 Comply with Queensland Athletics', Athletics Australia's, the IAAF's, the National and International Olympic and Paralympic Committees' constitution, rules and policies including this Policy;

- 4.5 Operate within the rules and spirit of the sport;
- 4.6 Comply with all relevant Australian laws (federal and State), particularly anti-discrimination and child protection laws;
- 4.7 Be responsible and accountable for their conduct; and
- 4.8 Abide by the relevant specific Codes of Conduct referred to in Part B of this Policy.

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/>