

# Queensland Race Walking Club Inc.

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



November 23<sup>rd</sup> 2023

## Get Active - Queensland Government Active Women and Girls Programme

Grant applications have now opened for the new **Active Women and Girls Programme**. The objective of Active Women and Girls is to provide funding to eligible organisations to support opportunities to increase sport and recreation participation for women and girls.

**As a club we are eligible for Category 1 grants of up to \$7,500.**

We would welcome ideas and suggestions from our members on what project the QRWC could develop to support opportunities to increase participation for women and girls in race walking..

### Eligible projects

Applicants will be required to nominate one key focus area when applying, but expenditure may include elements from other focus areas.

The below table provides some examples of projects that would be eligible under this Program. Please note this list is not exhaustive.

Category One - \$7,500 (GST exclusive). Focus area Examples

**Education and training** • Online training programs for women and girls in remote and regional areas.

- Targeted education and training for women and girls' staff and/or volunteers e.g. coach, instructor or officiator accreditation courses.

- Leadership training opportunities for women and girls from diverse backgrounds.

**Equipment** • On-field - Equipment retained by the organisation including safety equipment, bats, balls, racquets, safety pads, nets, bibs, first aid, uniforms or apparel.

- Off-field - Equipment retained by the organisation including software, IT equipment hardware, white goods, child friendly activity space/equipment, club signage, display stands.

**Resources** • Participation activities and events – Costs associated with planning and delivery of women and girls sign-on days, come and try days, carnivals, mental and/or physical first aid, venue hire, equipment hire.

- Participation programs – Resourcing costs to operate online, modified, target group or social participation programs e.g., advertising, venue hire, presenters.

- Develop systems and practices – Costs associated with enhancing women and girls' involvement in the organisational/club environment.

### Timetable

20 November 2023 Applications open / **6 March 2024 Applications close** (5pm AEST)\*

December 2023 - May 2024 Successful projects announced\*\*

June 2025 Project completion / 30 June 2025 Acquittal and final reporting complete



*Photo courtesy Ralf Hamann*

## **RESULTS RESULTS RESULTS**

### **Looking Back.....**

Where are they all now? The GC2018 venue trial race at Currumbin organised and conducted by the QRWC. The 5km road race field had two Olympians and an 11 year old Sam McCure. Sam was adamant that he wanted to be part of this race and even did a time trial to show that he could break 30 minutes.

### **RWA Invitational 5km Currumbin October 29<sup>th</sup> 2017**

#### **Men**

- 1 Dane Bird-Smith 22.11
- 2 Kris Hayward 24.28
- 3 Peter Bennett 28.13
- 4 Sam McCure 29.40
- 5 Jonathan Wearne 30.19
- 6 Paul Lindenberg 30.26
- 7 Ethan Clarke 31.31
- Ryan Stewart DNF

#### **Women**




- 1 Claire Tallent 22.28
- 2 Clara Smith 22.41
- 3 Jessica Pickles 23.59
- 4 Christina Papadopoulou 24.03
- 5 Caitlin Hannigan 24.37
- 6 Camryn Novinetz 26.48
- 7 Jayda Anderson 27.26
- 8 Gabriella Hill 27.48
- 9 Anika Clarke 28.00
- 10 Diana Adams 28.31
- 11 Brenda Gannon 29.00
- 12 Amelia Schofield 29.59
- 13 Nyle Sunderland 30.36
- 14 Bridie Sullivan 30.47
- 15 Kay Shaw 32.56
- 16 Charlotte Hamann 33.24
- Jade Pearson DNF

# Race Walking World Rankings as of 21/11/2023

## Top 10 plus Australians

### Mens & Womens 20km

Place	Competitor	DOB	Nat	Score
1	Álvaro MARTÍN	18 JUN 1994	ESP	138
2	Caio BONFIM	19 MAR 1991	BRA	135
3	Perseus KARLSTRÖM	02 MAY 1990	SWE	135
4	Brian Daniel PINTADO	29 JUL 1995	ECU	131
5	Christopher LINKE	24 OCT 1988	GER	130
6	Evan DUNFEE	28 SEP 1990	CAN	130
7	<b>Declan TINGAY</b>	<b>06 FEB 1999</b>	AUS	<b>129</b>
8	Veli-Matti PARTANEN	28 OCT 1991	FIN	128
9	David HURTADO	21 APR 1999	ECU	127
24	<b>Rhydian COWLEY</b>	<b>04 JAN 1991</b>	AUS	<b>121</b>
35	<b>Kyle SWAN</b>	<b>28 MAR 1999</b>	AUS	<b>118</b>
76	<b>Will THOMPSON</b>	<b>18 NOV 2002</b>	AUS	<b>113</b>
100	<b>Tim FRASER</b>	<b>22 FEB 2000</b>	AUS	<b>111</b>
	<b>Competitor</b>	<b>DOB</b>	<b>Nat</b>	<b>Score</b>
1	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	133
2	María PÉREZ	29 APR 1996	ESP	133
3	<b>Jemima MONTAG</b>	<b>15 FEB 1998</b>	AUS	<b>130</b>
4	Alegna GONZÁLEZ	02 JAN 1999	MEX	129
5	Shijie QIEYANG	11 NOV 1990	CHN	126
6	Glenda MOREJÓN	30 MAY 2000	ECU	124
7	Zhenxia MA	01 AUG 1998	CHN	124
8	Antonella PALMISANO	06 AUG 1991	ITA	123
9	Antigoni NTRISMPIOTI	21 MAR 1984	GRE	123
10	Jiayu YANG	18 FEB 1996	CHN	122
27	<b>Rebecca HENDERSON</b>	<b>04 JUL 2001</b>	AUS	<b>116</b>
28	<b>Olivia SANDERY</b>	<b>22 JAN 2003</b>	AUS	<b>116</b>

Place	Competitor	DOB	Nat	Score
66	Allanah PITCHER	19 SEP 2003	 AUS	108
70	Elizabeth MCMILLEN	10 APR 2004	 AUS	107
97	Katie HAYWARD	23 JUL 2000	 AUS	103

## 35km Men & Women

Place	Competitor
1	Álvaro MARTÍN
2	Masatora KAWANO
3	Brian Daniel PINTADO
4	Massimo STANO
5	Evan DUNFEE
6	Christopher LINKE
7	Perseus KARLSTRÖM
8	Tomohiro NODA
9	Miguel Ángel LÓPEZ
10	Xianghong HE
25	Rhydian COWLEY
63	Dylan RICHARDSON

Place	Competitor
1	María PÉREZ
2	Kimberly GARCÍA LEÓN
3	Antigoni NTRISMPIOTI
4	Viviane LYRA
5	Cristina MONTESINOS
6	Serena SONODA
7	Hong LIU
8	Katarzyna ZDZIEBŁO
9	Shijie QIEYANG
10	Raquel GONZÁLEZ
27	Rebecca HENDERSON

Place

Competitor

32

Allanah PITCHER

## This Week

On Saturday morning, November 25<sup>th</sup>, at Qld Masters there is a 3,000 metre walk starting at 8.00am on the track at the SAF.

In the afternoon at the QA Shield Meet there is a 3,000 metre (5.30pm) and a 5,000 metre (5.55pm) walk on the programme.

## Track Season 2023/24

### Qld Masters December 3<sup>rd</sup> Sunday SAF

3.00 800m Run / Race Walk

4.50 5000m Run / Race Walk

### Qld Masters December 9<sup>th</sup> Saturday SAF

8.00 2000m Run / Race Walk

10.00 1 Mile Run / Race Walk

### QA 2024

#### QA Shield Meet January 20<sup>th</sup> SAF

TBA 3,000/5,000 metres Walk

#### QA Shield Meet February 3<sup>rd</sup> SAF

TBA 3,000/5,000 metres Walk

#### QA Shield Meet February 17<sup>th</sup> SAF

TBA 3,000 metres Walk

TBA 10,000 metres walk Championships

#### QA Shield Meet March 9<sup>th</sup> SAF

TBA 3,000/5,000 metres Walk

#### QA State Championships March 14-17<sup>th</sup> 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 8-10<sup>th</sup>**

### **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 3-11<sup>th</sup>, 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](http://www.nzmg.com)  
Facebook [www.facebook.com/new.zealand.masters.games](https://www.facebook.com/new.zealand.masters.games)  
Instagram @nzmg2024

**Australian 20km & Under Age  
Race Walking Championships  
War Memorial Drive, Adelaide February 11<sup>th</sup> 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 29<sup>th</sup> 1,500 metres



Saturday March 30<sup>th</sup> 5,000 metres  
Monday April 1<sup>st</sup> 10km Road Walk  
For more information go to [amahobart2024.com.au](http://amahobart2024.com.au)



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 101<sup>st</sup> 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.



### **Antalya, Turkey April 21<sup>st</sup> 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.



## **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 3<sup>rd</sup> or Sunday 10<sup>th</sup> 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
<b>Membership</b>	\$25.00	non-students
<b>Fee:</b>	*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 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.

## 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](mailto:grwc1@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/>