

# Queensland Race Walking Club Inc.

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



November 9<sup>th</sup> 2023

## QA All Schools Track Championships Records all Round

The dynamic duo of Bailey Housden and Sam McCure were the standout performers in a walks programme that produced so many great results at the QA All Schools Championships on Sunday at QSAC.

Bailey was fastest overall in the 5,000 metre races with a superb time of 20:30.89 in the U17 race. Sam won the U18 title with a pb shattering time of 20:51.23. It seems like Sam is breaking pb's with every race this season. The U17 & U18 Boys 5,000 metres will be one race to watch at the National All Schools next month in Perth. The depth of talent in these age groups for the boys is phenomenal. I can see some of the meet records there will be under serious threat. Congratulation to every walker who competed in these championships especially the medal winners and those that have qualified for the National All Schools. As QA have just re introduced these championships all the records have been reset. So, congratulations to gold medal winners and new record holders Bailey, Sam, Milly, Makenna, Ella, Phoebe, Lyla, Kai & Noah.

## RESULTS RESULTS RESULTS

### Queensland All Schools T&F Championships QSAC

#### Girls 3000 Metre Race Walk Under 16

1 Sharpe, Milly 08 Toolooa Shs 16:17.35R

2 Bray, Katie 08 Qaci 18:43.68

#### Girls 3000 Metre Race Walk Under 15

1 Clarke, Makenna 09 CLEV 17:44.58R

2 Flahey, Natasha 09 LINDI 19:33.95

-- Boulton, Olivia 09 Marymount College DQ TR 54.7.1

#### Girls 3000 Metre Race Walk Under 14

1 Cosgrave, Ella 10 Trinity Lutheran 17:23.56R

2 McDonald, Mikaela 10 Mt St Michaels 17:38.57

3 Moore-Kirkland, Bethany 10 Scot's Pgc 17:41.88

4 Renton, Zoe 11 St Peter's Lutheran 17:57.72

5 Waterman, Kiara 11 North Side CC 18:23.43

#### Women 5000 Metre Race Walk Under 18

1 Chadwick, Phoebe 06 Bracken Ridge Shs 28:26.43R

2 Housden, Lily 06 Mt Maria College 32:09.58

-- Heap, Ashanti 06 Emmanuel College DQ TR 54.7.1

#### Women 5000 Metre Race Walk Under 17

1 Williams, Lyla 07 LINDI 27:32.71R

2 Morris, Taylah 07 Qahs 30:04.34  
**Boys 3000 Metre Race Walk Under 16**  
1 Dale, Kai 08 Pimpama Shs 15:25.40R  
**Boys 3000 Metre Race Walk Under 14**  
1 Cooke, Noah 10 North Side CC 16:11.72R  
2 Moore, Lachlan 11 Wellington Point SS 17:07.98  
3 Melinz, Eli 10 PEREG 19:27.45  
-- Miller, Brock 10 SBEN DQ TR 54.7.1  
**Men 5000 Metre Race Walk Under 18**  
1 McCure, Sam 06 Emmanuel College 20:51.23R  
2 Bradley, Alex 06 Toowoomba Shs 24:27.53  
**Men 5000 Metre Race Walk Under 17**  
1 Housden, Bailey 07 Mt Maria College 20:30.89R  
-- Wheeley, Roel 07 Faith Redlands DQ TR 54.7.1

## **THIS WEEK**

This Saturday, November 11<sup>th</sup> Queensland Masters are at the SAF and there are two race walks on the programme.

At 8.00am the 3,000 metres starts with the 800 metres at 10am.

Members and visitors can enter at the track on Saturday at least 30 minutes before the event start.

## **Track Season 2023/24**

### **Qld Masters November 25<sup>th</sup> Saturday SAF**

8.00 3000m Race Walk

### **QA Shield Meet November 25<sup>th</sup> SAF**

5.30pm 3,000 metres Walk

5.50pm 5,000 metres Walk

### **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 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

## **2023 Australian All Schools Championships Perth December 8-10<sup>th</sup>**

The Australian All Schools Championships will head west this year with **Perth** hosting the Championship at the WA Athletics Stadium from **December 8-10**.

## 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 Race Walking Championships**

**(inc. Australian Underage – U20 Race Walking  
Championships)  
Adelaide February 11<sup>th</sup> 2024**

**War Memorial Drive, Adelaide, SA**

**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)

**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 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.

**World Athletics Race Walking Team  
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. 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 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:**

[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/>